



CLIMB SNOWDON

#CLIMBSNOWDON

Yr Wyddfa (as it is known locally in Welsh) is the highest peak in Wales and England. At 1085m high, it's a tough climb to reach the summit. But, you are rewarded with tremendous views to the coast and northern Snowdonia from its lofty heights. If the cloud obscures the fine views from the summit, as it often can, there is still plenty of exciting mountain terrain to view around you. You will certainly know you are climbing a high mountain with its dramatic rocks and secret cwms. Your Mountain Leader will be able to point these out to you.

It may seem very odd that there is a Visitor Centre at the summit, but buildings have stood atop of Snowdon since 1838 and a train to the summit was completed in 1896. Snowdon has always been a popular mountain climb since the Victorian era. The Visitor Centre is never guaranteed to be open during the summer season (this being weather dependant) and it is completely closed from Oct - April, over the 'winter' months.

You will be joined by qualified and local Mountain Leaders who will share their enthusiasm and advice with you all the way. Each stony step is worth it as you climb higher into the mountain's unique environment full of history and drama... enjoy your Climb Snowdon day!

YOUR ITINERARY

We usually recommend you journey to the area the day before, to make the most of your walking day and make sure you're fresh and prepared. Or maybe you're already in the area...

Day before - time to settle into your accommodation prepare your kit and equipment. Basing yourself in Llanberis for this event is the best place for ease of access to the start point and a choice of accommodation.

Climb Snowdon Day

0845 Meet your Mountain Leader outside the Snowdon Mountain Railway station - there is a car park opposite this for parking

0900 Group Safety Briefing and catch a local bus to Pen y Pass (Pyg Track path starts here)

0930 Latest walk start time from agreed start point

1300 Expected arrival at Snowdon summit

1330 Departure from Snowdon summit (we usually use the Llanberis Path to descend)

1700 Latest arrival back in Llanberis - there are options in the village for post-walk drink/food - ask your Mountain Leader

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TRANSPORT

Follow postcode LL55 4TY

Transport to Llanberis to be organised by yourselves. There are numerous car parks in Llanberis. There is a public car park next to the Royal Victoria Hotel and opposite the Snowdon Mountain Railway. Please note, depending on where you park for the day, there are local charges between £4 - £10 for parking. We can choose to take a taxi to another start point and walk back to cars in Llanberis - cost apx £3pp - this option will be discussed with you before the event.

FOOD

Breakfasts should be provided by your accommodation (please check). You need to carry at least 1.5 litres of water, plus juice drinks. Using a Hydration Bladder is the best way to ensure adequate drinking over the day, whilst on the move. Unless otherwise agreed, please bring your own lunch and please pack a few extra personal/group snacks for climb. Do not rely on the Visitor Centre on Snowdon summit being open for food/drink purchases, it can remain closed in poor weather. Please contact us if you need further advice on nutrition for your day.

ACCOMMODATION

Accommodation to be organised by yourselves - please note that breakfast at your accommodation must be taken by 0800 to make sure everyone has eaten, organised and packed their bags to get to the designated meet point at 0845.

Recommended Hotels in Llanberis:

Royal Victoria www.theroyalvictoria.co.uk

Padarn Hotel www.padarnhotel.co.uk

Recommended Guest Houses in Llanberis:

Plas Coch www.plascochsnowdonia.co.uk

Glyn Afon www.llanberisbedandbreakfast.co.uk

Recommended Hostel in Llanberis:

YHA Snowdon Llanberis www.yha.org.uk

OPEN DATES

On certain days of the summer season we operate 'Open Climb Snowdon' events where you can book in advance and turn up to walk with a group. Groups meet in Llanberis at 0845 and full walk details are given to you upon enquiry or booking.

From £35 per person (Summer Walk)

Check www.climb-snowdon.co.uk for current dates and availability

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COST

Open Climb Snowdon Days: from £35 per person

Bespoke Climb Snowdon Day: £180 per day
(for a team of 1-4 people)

£35 per person (for a team of 5 or more)

You can pay for our Open Climb Snowdon days by following the links on our Climb Snowdon website.

BACS transfer payment is preferable for all other bookings and payment details can be found in our Terms and Conditions. Please see our Terms and Conditions for deposit and balance payment deadlines.

BOOKING FORMS

Find the Open Climb Snowdon date you would like to book, from the home page of our Climb Snowdon website - www.climb-snowdon.co.uk

Choose to complete our online Booking Form and pay online. Or, please email us if you would like to book and pay another way.

All bookings must be accompanied by a Booking Form and agreement to our Terms and Conditions.

KIT LIST - SUMMER CONDITIONS

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

- Rucksack – at least 25 litres
- Rucksack liner (or bin bag) – to keep rain out!
- Sturdy, comfy walking boots with ankle support
- Comfortable walking socks (and liner socks if needed)
- Base layer or T-shirt (not cotton)
- Walking trousers (not jeans)
- Fleece jacket or top
- Spare warm layer in rucksack - essential
- Waterproof jacket - essential
- Waterproof trousers (separate to your walking trousers) - essential
- Warm hat - essential
- Warm gloves – essential
- 2 x 1 litre water bottles (re-useable bottles to save on plastic litter!)
- Bag or box for pack lunch/extra juice drinks
- Trekking poles - highly recommended for tired legs on descent
- Camera
- Suncream/sunglasses/sun hat
- Mobile phone in sealed plastic bag
- Sandwich bags for sealing articles
- First Aid Kit – personal blister protection/ Compeed, ibuprofen/painkillers, plasters
- Please see our additional Winter Kit List if appropriate



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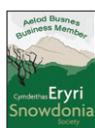
HEALTH AND FITNESS

To enjoy and succeed in this event you need to be in good physical condition – able to withstand sustained activity over a number of hours, including steep ascents and descents. We will cover high-level terrain which is rocky and uneven underfoot. A sense of humour to cope with any adverse weather conditions is also quite beneficial! If you are not already active walking, running, swimming, cycling at least 3 x times/ week you will need to build up general good fitness to fully enjoy this mountain walk. And please do include ‘hills’ in any training you do – Snowdon is not flat! Your muscles and heart need to be used to ‘getting out of breath’ and working hard.

Please contact us to discuss any personal issues about fitness and medical conditions prior to the event. We need to know about pre-existing medical conditions and anything that occurs after completing the attached Booking Form.

WEATHER & SAFETY

At any time of year rain is a distinct possibility, and it can be very cold on the top of the mountain. So pack spare layers and be ready for anything! We will adjust our walking plans to take any adverse weather conditions into account. Mountain walking can be a potentially hazardous activity. Certain minor injuries are commonly associated with trekking and are sometimes unavoidable: blisters, twisted ankles and minor grazes etc. Please ensure you have all the required equipment as specified in the Kit List, this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well experienced and qualified Mountain will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.



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