UNITED KINGDOM – North Wales
Snowdon Training Weekend

Duration: 2 days / 1 night
Trip Grade: Tough
Dates:

13 – 14 Mar 2010	**12 – 13 Mar 2011**
15 – 16 May 2010	**14 – 15 May 2011**
10 – 11 Jul 2010	**9 – 10 Jul 2011**
4 – 5 Sep 2010	**3 – 4 Sep 2011**
6 – 7 Nov 2010	**5 – 6 Nov 2011**

Payment Options:	**2010**	**2011**
Trip Cost	£129	£149

Snowdonia National Park in North Wales is synonymous with beautiful, rugged landscapes and wonderful trekking and outdoor pursuits.

The highest mountain in England and Wales at 1085m, the views from the top of Snowdon itself are spectacular and on a clear day you can see for miles along the coastline. Its Welsh name is Yr Wyddfa, reputedly the burial place of a mythical giant.

Our challenging weekend trek takes us not only to Snowdon's peak, but traverses other mountains and valleys in the National Park, offering a fabulous experience in this wild mountain landscape and a well-earned sense of achievement.

Day 1: We meet at Ogwen Cottage for a 10am start. There will be a briefing before we set out on our first day's trek. The main challenge today is a full traverse of the Glyderau, the central of the Park's main mountain massifs. We ascend passed Llyn Idwal (textbook example of glaciation) and head up the main ridge of Y Garn. It is a slow and steady ascent but the views from the top are well worth it (if the weather is clear). From here we traverse across to Glyder Fawr before continuing on to Glyder Fach and a photo opportunity on the famous cantilever stone! Leaving the heights of the Glyderau behind us we descend to our night's accommodation at Pen Y Pass. After freshening up we have a debrief before tucking into a fine feast to restore our bodies for the following day. *Packed lunch & dinner included.* ***Approx 18km (8-10hrs)***

Day 2: Another early start, as we head out for the summit of Snowdon. The first couple of kilometres are on flattish gradients and is a welcome warm-up before we start the long ascent to the top of Snowdon. It will take us around 2 hours to reach the summit, where we'll take a well-earned rest and hopefully enjoy the stunning views that can be seen on a clear day. From the summit we head back down to our finishing point at Pen-y-Pass, where we'll celebrate our achievement before jumping on the waiting bus to transfer us back to our start point. From here we'll say our goodbyes and head homeward after a fabulous and very rewarding weekend.

Breakfast & packed lunch included. ***Approx 10km (4-6hrs)***

WHAT'S INCLUDED

The trip cost includes all accommodation, meals and camping equipment except sleeping bag and sleeping mat. It also includes full trip support of experienced Discover Adventure leaders, drivers and cooks (see Trip Support below).

As a general guide, items not included in the trip cost are your personal travel insurance (optional), any extra meals, drinks, personal items and entry to any optional tourist sites you may wish to visit.

Approx. £50 is recommended for personal expenses. We strongly recommend you carry a credit card in case of personal emergency.

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

ACCOMMODATION

Usually in youth hostels (exact location depending on group size will be announced nearer departure); camping may be an option once hostel accommodation is booked up.

FOOD

All dinners, breakfast and lunches are included from Friday evening to Sunday lunchtime. The food is very good, it will give you lots of energy and there is plenty of it!

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)

TREKKING INFORMATION

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Clothing & Equipment

We are travelling through varied terrain and could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the UK! We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Weather

Average temperatures for UK:

March – November 4 – 25°C

Even in the summer months we can be exposed to rain, strong winds and storms. Be prepared for any weather! This may only be a weekend trek, but you still need appropriate, good quality footwear and clothing to cope with the weather conditions.

Terrain

We trek mainly the coastal path but there are some stony tracks and tarmac road sections. There are some steep inclines both up and down along the cliff tops.

Trekking Distances

You will trek approximately 23 miles on this trip overall. Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for, and the type of terrain you will be trekking over!

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our

leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's leading the trek, looking after camp or making your lunch! At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Luggage

Space in camp is limited and hard-sided luggage is not recommended, so we suggest your kit is packed in a soft rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency mobile phones, medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency UK back-up. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

RESPONSIBLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association has recognised the work we do in this area and has awarded us 4 stars as a Responsible Tour Operator.

CARBON OFFSETTING

We actively encourage all our customers to offset any emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action you can volunteer for a day with BTCV and work on an environmental project near to where you live. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge

Please contact the Discover Adventure office with any queries using the contact details below.

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