

Bolton Hospice Climb Snowdon for Sunrise Challenge

Experience the quiet majesty of Snowdon at dawn with a guided sunrise walk.

Yr Wyddfa (as it is known locally in Welsh) is the highest peak in Wales and at 1085m high, it's a tough climb to reach the summit, especially as you will be in the dark. However, you are rewarded with tremendous sunrise views over 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.

You will be joined by qualified local Mountain Leaders who will share their enthusiasm and advice with you all the way. Each stride up is worth it as you head ever higher into the mountain's unique, mythical environment full of drama... enjoy YOUR Climb Snowdon adventure.

Your itinerary

We recommend you journey to the area the day before, to make the most of your walking time and make sure you're fresh and prepared. 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 Sunrise

Friday 27th September

Travel to the area and get some rest before your event starts

Saturday 28th September

02:45 - Meet your Mountain Leaders at the pre-arranged meeting point

03:00 Safety brief and introductions to your Mountain Leaders

03:15 Depart meeting point QUIETLY

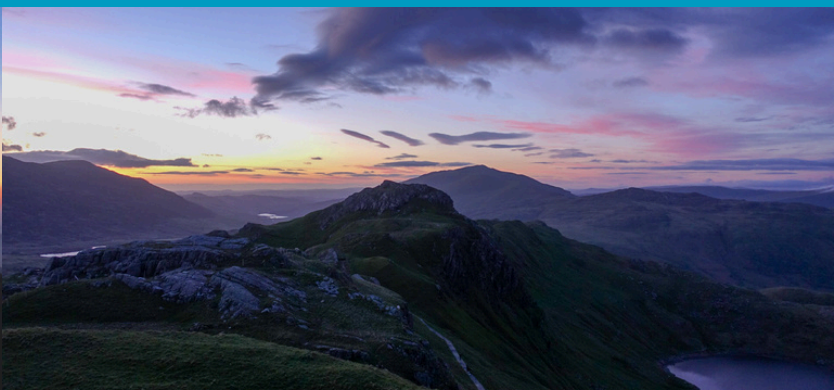
03:30 Ascend Llanberis path

07:00 Expected time at Yr Wyddfa summit

07:13 Bangor sunrise

07:30 Latest departure from summit

11:00 Latest arrival back into Llanberis (via the Llanberis path) on Saturday morning



Food

It might seem the wrong time to eat a big meal, but make sure you do at least an hour before we meet. You need to carry at least **2 litres** of water, plus juice drinks. Bring your own food and remember to pack a few extra personal snacks for the climb. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over a number of hours. Please contact us if you need further advice on nutrition for your day.

Weather & Safety

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. 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 Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

Health & Fitness

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming/cycling at least 3 times a week to fully enjoy this mountain walk. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – Yr Wyddfa is not flat! Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed.

You can download our **Climb Snowdon Countdown** which includes a 6-week training plan from our [website](#).

Transport & Accommodation

Transport and accommodation are to be organised by yourselves, you can use Llanberis and postcode LL55 4TY to plan. There are numerous pay and display car parks in Llanberis. More information along with public transport options and accommodation recommendations can be found on our [website](#).

If you are driving home after this event then ensure you are fully rested first. Always consider the safety of yourself and others before you drive.

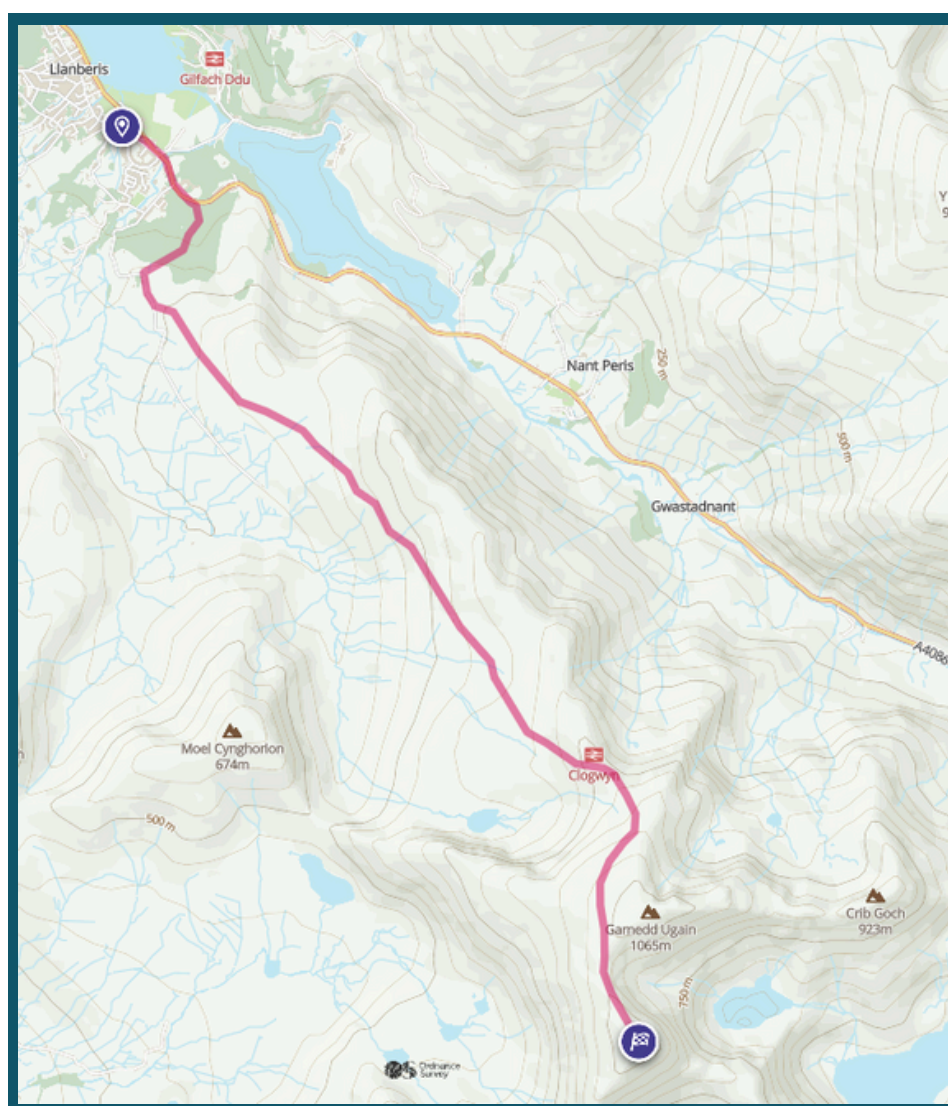
Climb Snowdon Sunrise Route

Due to the added risk of this Climb Snowdon Challenge being walked in complete darkness or very low light, we will be walking up and down the well known Llanberis Path. Tread in the footsteps of the Victorians who built the world famous Snowdon Mountain Railway.

Linear: Starting/ending in the village of Llanberis

Distance: 14.5km/9 miles round trip

Total Ascent: 975 metres/3560 feet



Distance and times are approximate as these will change depending on the pace of your group. Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leader who will always make choices with the safety of the group as a top priority.

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.

Equipment

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal blister protection/Compeed, ibuprofen/painkillers, plasters		
Headtorch and spare batteries		

Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks /extra juice and hot drinks		
Plastic bag to take your rubbish home		

Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

Footwear

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		