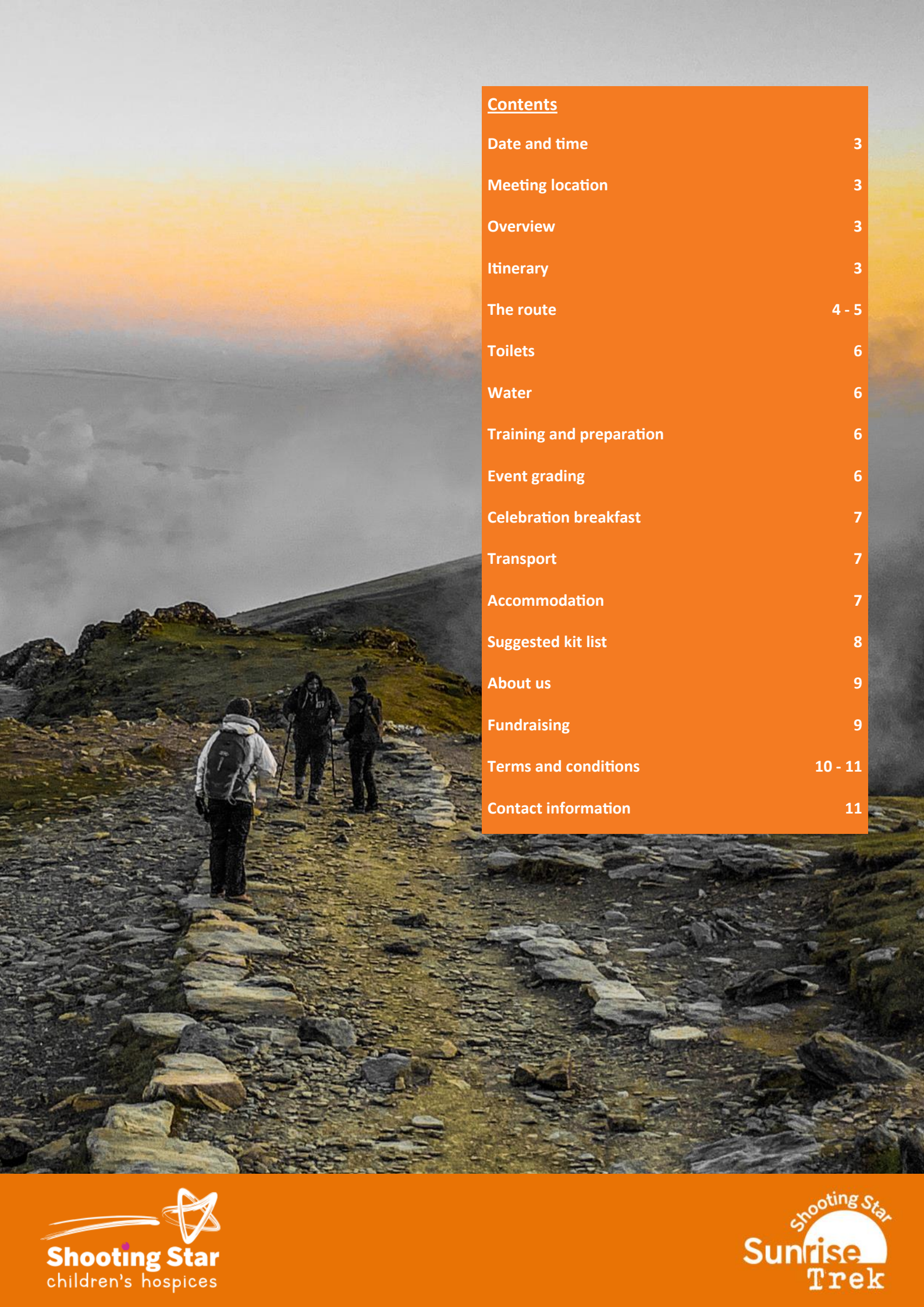


Snowdon 2024

Event Guide

Saturday 21 September 2024





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Date and time

Saturday 21st September 2024 (Travelling to Wales evening of Friday 20th September 2024)

Note: this event is to see the sunrise from the summit on the day of the event. This means we start very early on that specific day. You may need to travel the night before the event so that you arrive at the meeting point on time.

Arrival time	02:51am
Registration time	03:11am
Walk start time	03:21am
Sunrise time	07:01am
Breakfast time	10:06am
Departure	12:30pm approx.

Schedule

You will have 20minutes to get organised and visit the toilet. (Times and routes subject to change. Total trek distance approximately 8miles)

Meeting location

We will meet at the starting point for the walk which is the Pen y pass car park (postcode is LL55 4NY).

Please note that if you intend to park here then **it needs to be pre-booked** using the link below.

[Maes Parcio Pen-y-Pass / Pen-y-Pass Car Park, LL55 | JustPark](#)

Another parking option is to use the pay and display spaces at the bottom of the Llanberis pass, near the Pen y Gwryd hotel. (LL55 4NT). These spaces use a pay and display machine and is only £4 for the day. But please ensure that you park correctly, if one wheel is slightly on the road then your car will be towed away. Your ticket must also be clearly displayed.

There is then a 30-minute uphill walk up to the Pen y Pas car park from here. Please do not walk up the road.

There is a path that runs along the left-hand side of the road and is much safer. This is accessed through a gate further down the road from the hotel.

Please ensure that you arrive at the car park in plenty of time for us to get the group organised and to start the walk at the designated time as detailed at the top of this document.

Overview

We'll start the climb in the dark very early in the morning to reach the 1,085m summit of Snowdon to watch the sunrise and reveal a fresh new day. It's a wonderfully different way to enjoy the natural beauty and unique scenery of the beautiful Snowdonia National Park. The event is fully guided and supported by experienced professional Mountain Leaders and includes a celebration breakfast at the Royal Victoria Hotel after the walk.

Itinerary

We arrive at the starting point in the early hours of the morning where introductions will be made, followed by a briefing. We'll take time to ensure that everyone is organised and ready before we set off on the hike. **It'll be dark when we start, so a good head-torch is an essential piece of equipment** for this hike. We'll spend a short time on the top of Snowdon to see the sunrise before we start our descent. The walk is approximately 8 miles and is a linear route—we'll finish in the town of Llanberis (5 miles from the Pen-y-Pass car park). The pace will be steady and we'll have time to stop for breaks and snacks as required. Once we've triumphantly completed our walk we'll head to the Royal Victoria Hotel where we'll have our celebration breakfast to replenish our energy levels and reflect on an amazing experience.

The route

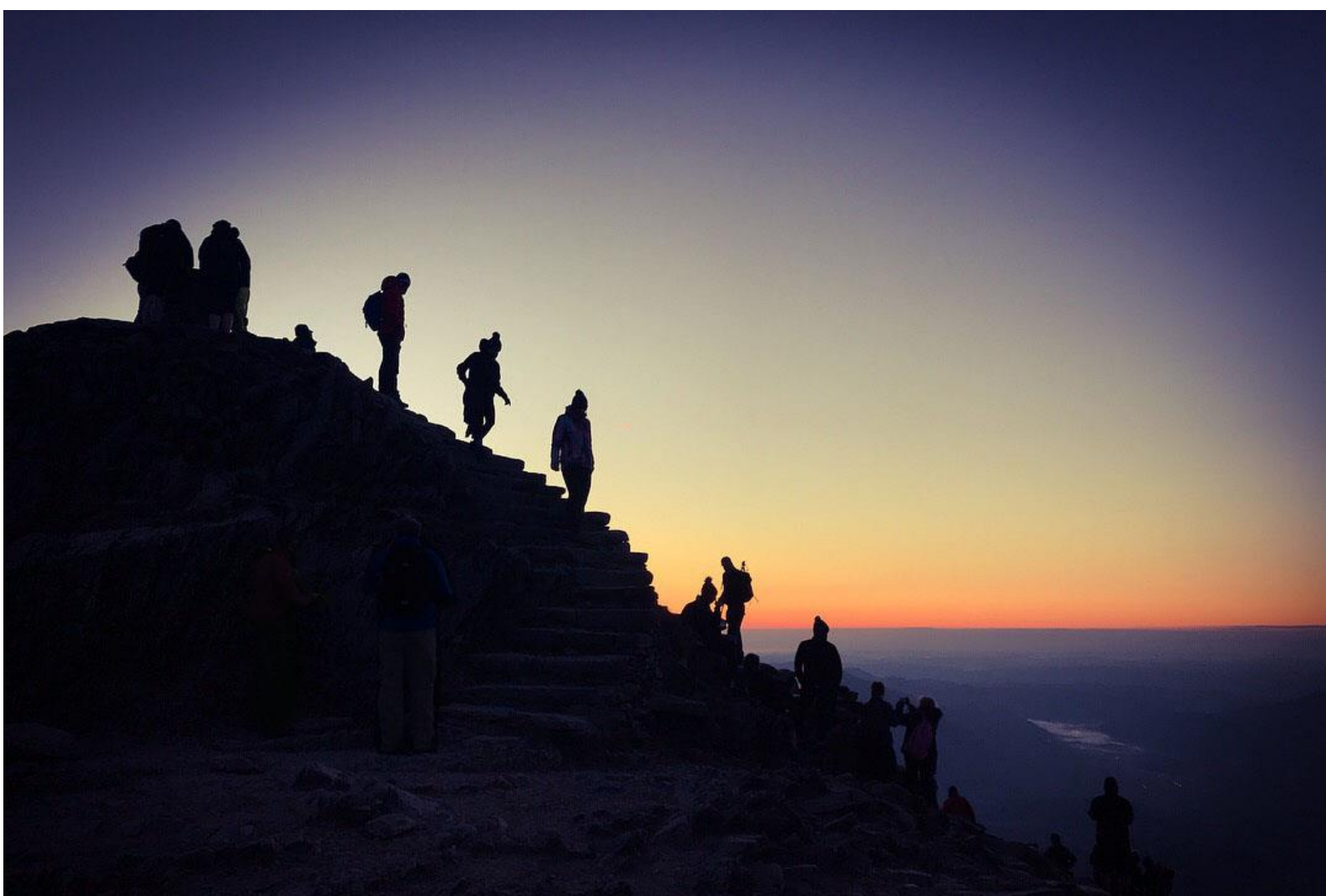
We plan to ascend via the [Pyg Track](#) and descend via the [Llanberis Path](#). These are both interesting and challenging routes with a variety of terrain. This route is entirely dependent on the weather on the day of the trek. If taking a different route option provides some shelter from the weather, the Mountain Leaders will have a flexible plan in place and make changes to the route if necessary. The Mountain Leaders will try their best to stay on the original route planned where possible.

Whether you're arranging your own travel to the start, or travelling on one of our buses, all walkers will start from the Pen-y-Pass car park.

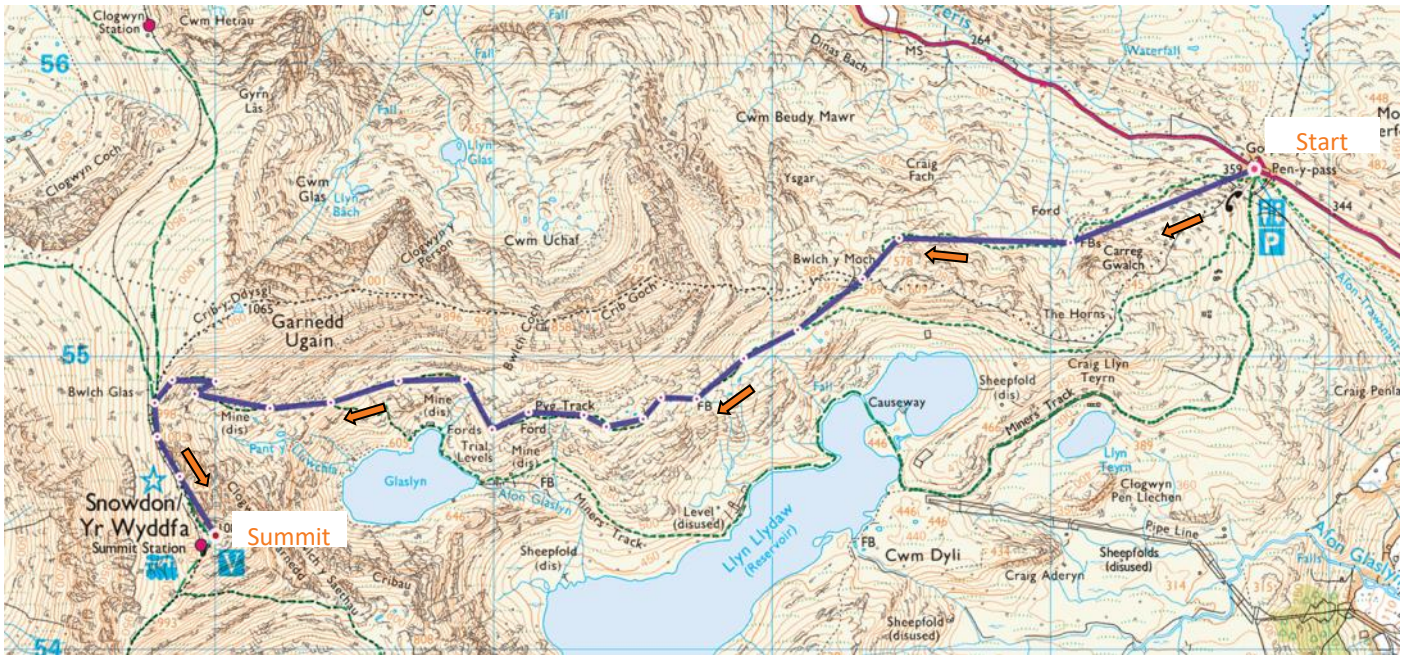
On the descent, we'll walk the Llanberis Path which will bring us to the doors of the Royal Victoria Hotel where the celebration breakfast will be served.

Walkers who have parked at the Pen-y-Pass car park or near the Pen y Gwryd hotel will need to arrange their own travel from the Royal Victoria Hotel (finish line) back to the car park (start line) to collect their vehicle. A local bus service is in place or alternatively you can book a taxi from the hotel to the car park.

Please be mindful that you will be tired from this event and driving after the trek may be dangerous.



Pen-y-Pass Car Park - Pyg Track - Snowdon Summit



Snowdon Summit - Llanberis Path - Royal Victoria Hotel



Toilets

Public toilets will be open at the start line within the Pen-y-Pass car park, this'll be your only opportunity to use a toilet before we embark on the trek. The Mountain Leaders find that walkers don't often have to stop for a toilet break as your body will be busy sweating and using the fluids you drink to keep hydrated. However, if nature calls, there are a few strategic places along the route where secluded rocks can be found for some privacy (we're told by the Mountain Leaders that a 'wild wee' is a great thing to experience!). It's important that if you require the toilet that you notify your Mountain Leader group, as they will find a safe place for you. Walking away from the designated route can quickly lead to cliff edges and sheer drops, so it is imperative that the Mountain Leaders know where you are at all times, particularly in the darker hours in the first half of the trek. Please remember to carry a small plastic bag to carry your used tissue in as there'll be nowhere along the route to dispose of this until you reach the finish line.

Drinks

There are no water points at the start line or on the mountain, so you need to come prepared with enough water for the full event. It's recommended that you bring at least 2 litres of fluid as a minimum as it's important to keep your fluid level up; becoming dehydrated will bring on muscle cramps and reduce energy. A combination of a litre of energy drink such as Lucozade Sport or Isostar, along with a litre or two of water is ideal. If you don't enjoy energy drinks, a flask of tea or coffee will also give you a boost, especially if it's a cold night. Please note that under no circumstances should alcohol be consumed during this event. For health and safety reasons we reserve the right to refuse entry to the event (and onto the bus) if anyone is suspected to be under the influence of alcohol.

Training and preparation

We'll ensure that you have all the information you need and our expert team of experienced Mountain Leaders will ensure your safety throughout the event. However, the more preparation you put in before the event the greater your enjoyment and chance of success. **Snowdon is a mountain. It's the highest mountain in Wales! The terrain is rugged, rocky and mountainous so please arrive prepared. You'll need the correct kit and your footwear is particularly important.** If you're not used to hiking or hill-walking then the sooner you start training the better. Your chance of success on this trek will be greatly increased by being well prepared for the challenge ahead; mentally, physically and with the right equipment. You will be walking for approximately 7 hours so make sure that you have completed at least one 7 hour walk on flat ground (or a 5 hour walk on varied terrain) ahead of the challenge. This will help make sure your boots are comfortable and you are used to carrying the correct snacks and water for the duration. We will host a **training walk which will start and finish at Denbies near Dorking and will include a stroll up around the Surrey Hills. We will share further information and the route nearer the time but will aim to be walking for 3 hours. We will also host a virtual trek talk so Simon from SVL Adventures can give you an overview of the hike as well as answer any questions you may have.**

Event grading

This is not a technical hike, but it is also not a stroll up a well laid path. The terrain will be rugged and rocky, but the summit is within reach of any reasonably fit and determined person. The added interest of starting in the dark and walking as the light begins to paint the landscape with its vibrant colours adds to the atmosphere, the adventure, and the experience. The pace is steady and there will be time for breaks and photo opportunities.

SVL Adventures' social media channels contain photographs, videos and customer reviews from all previous trips and are a great way to engage with the Mountain Leaders and get an idea of what to expect on the event. SVL Adventures use a 5-star rating system to give you an idea of what to expect on this event. This covers any technical skills that may be required, the exposure of the event to heights or edges and the fitness level required.

Technical Rating	★ ★ ★ ★ ★
Exposure Rating	★ ★ ★ ★ ★
Fitness Required	★ ★ ★ ★ ★

Celebration breakfast

The celebration breakfast will be held at the Royal Victoria Hotel (Llanberis, Caernarfon LL55 4TY). It will be a cooked breakfast buffet, to include vegan and vegetarian options.

From 12pm, walkers booked onto our transport will be picked up and taken back to Shooting Star House in Hampton. You'll be very tired from the trek, so please ensure you arrange to be collected from the hospice by family, friends or a taxi. Walkers who have arranged their own transport must leave the breakfast room by 12pm.

SSCH Transport

You can book a place on our transport (coach or minibus tbc) leaving the evening of Friday 17th March from Shooting Star House and returning the afternoon of Saturday 18th March from the Royal Victoria Hotel. Bookings can be made during your registration or by emailing events@shootingstar.org.uk/calling 0208 783 2000. The bus will be leaving promptly at 7pm on the Friday evening so you will need to be onsite by 6:30pm. Buses leaving the Royal Victoria Hotel after the challenge will leave around 12pm on Saturday afternoon. We expect to be back around 6:30pm on Saturday evening.

You can make your own travel arrangements and book local accommodation in the area, but choosing to travel on our transport is a great opportunity to get some rest before the start of the walk and some much needed sleep after the walk. We advise you to bring food with you on the journey as this may be your only opportunity to have your evening meal - we will not know which service stations we'll stop at until the evening we depart. You may also wish to bring a small pillow and blanket for the coach journey. However please ensure you do not leave anything valuable on the bus and bring only essential items with you. Shooting Star Children's Hospices and our transport provider, will not be held responsible for any items left on the bus.

Accommodation

If you're looking to make a weekend of your challenge, there's plenty of accommodation in the Llanberis and Betws-y-Coed area. The Royal Victoria is a great option as it is where the celebration breakfast is held.

Royal Victoria Hotel - 3 star hotel

Llanberis, Caernarfon, LL55 4TY

01286 870253

www.theroyalvictoria.co.uk



Suggested kit list

Essential Items	Details	✓
Rucksack	A small day pack is enough	
Drinks bottles or hydration pack	We recommend at least two litres of fluid	
Personal first aid kit	We recommend the Lifesystems Pocket First Aid kit	
Personal medication	Headache tablets, hay fever tablets, travel sickness etc.	
Head torch (and spare batteries)	This is an essential item! A head torch is worth spending money on. We use Petzl	

Useful Items	Details	✓
Waterproof liner bags	As well as keeping kit dry, they keep your rucksack organised too	
Trekking poles	Usually very useful	

Clothing for on the hike	Details	✓
Walking socks	SealSkinz waterproof socks or 1000-mile hiking socks	
Walking boots or shoes	Proper walking boots or shoes are essential	
Underwear	We recommend wicking underwear	
Walking trousers	NOT Jeans!	
Base layer top	A 'wicking' base layer is recommended	
Mid layer top	Lightweight long sleeve top	
Warm top	A fleece is perfect	
Warm jacket	Primaloft jackets are good as they stay insulated even when wet	
Waterproof jacket		
Waterproof trousers		
Lightweight gloves		
Waterproof gloves	More than one pair - spare gloves are essential if the weather is wet	
Sun hat or warm hat	Depending on weather	
Buff	A 'buff' is a great addition to anyone's kit	
Gaiters	Sometimes a useful optional extra	

Food for on the hike	Details	✓
Flapjacks	Great for an energy boost!	
Other snacks		
Flask	On a cold day a hot drink is wonderful	
Energy gels or glucose tablets		

General items	Details	✓
Anti-bacterial hand gel	Often very useful!	
Insect repellent	Depending on season	
Sunscreen	Depending on season	
Sunglasses	Depending on season	
Mobile phone, charger, camera	There are USB charging points on the bus	
Disposable bag	To carry used tissue and dispose of at the finish	
Pillow / blanket / eye mask	To make the coach journey comfortable	
Change of clothes	To make the coach journey home comfortable	

About us

Shooting Star Children's Hospices cares for babies, children and young people with life-limiting conditions, and their families.

We support families from diagnosis to end of life and throughout bereavement with a range of nursing, practical, emotional and medical care.

Whether lives are measured in days, weeks, months or years, we're here to **make every moment count**.

It costs over £10 million a year to run Shooting Star Children's Hospices and we simply wouldn't be here without our incredible fundraisers and supporters.

What's more, we know there are many more families desperate for our vital support, so it's crucial we raise more funds – that's where you come in.

Fundraising

With your bravery, courage and determination you can help us raise £20,000 to help make every moment count for babies, children and young people with life-limiting conditions, and their families. To do this we hope that you'll commit to raising a minimum of £250.

£250 could pay for a visit by a Hospice at Home nurse during an emergency, providing vital support to a child and giving parents a few precious hours to themselves.

Here are our **top tips** for hitting your target:

- Set up an online fundraising page with [JustGiving](#) so that people can sponsor you directly.
- Make a list of family, friends, neighbours and work colleagues who you can ask for sponsorship – you could even sponsor yourself to get started! Download a [sponsorship form](#) from our website
- You may wish to give people the chance to get involved by entering or organising a small competition relating to your challenge i.e. how many steps or how long will you take to complete the walk?
- Give something up like your morning take away coffee or put away the fuel or train ticket money you have saved when working at home and add this towards your sponsorship. This could be as much as £15 to £20 a week!
- Be creative with your fundraising. Hold an event, have a bake sale, organise a dress down day and add the money raised to your total. We have some fantastic tips on the [tools and advice](#) page on our website. We also have some wonderful incentives for participants who hit certain fundraising milestones.

Those who raise **£250** will be entitled to a free beanie hat and those that reach a fabulous **£500** will be entitled to a cosy hoodie. Both the beanie hat and hoodie are items on your kit list so get fundraising today and receive these items for free!

The power of social media

Sites such as Facebook, Twitter and Instagram are a great way to update your friends on how your training is going and encourage people to donate to your fundraising page.

Don't forget to tag in the official Shooting Star Children's Hospices accounts: @sschospices on [Facebook](#), [Instagram](#) and [Twitter](#).

Terms & Conditions

Booking

SVL Adventures (Snowdon trek providers) reserve the right to alter certain elements of the event if it is necessary due to factors outside of SVL Adventures control, such as the weather or COVID 19. This allows SVL Adventures to ensure your safety and satisfaction is a priority. For example, it may provide a safer and more enjoyable experience if SVL Adventures decide to take a different route that will give the walking group more shelter from any wind and rain that has been forecast. These decisions can only be made dynamically on the event.

It is very rare for SVL Adventures to cancel an event, and this is only done if extreme weather conditions such as lightning or strong winds mean that it would be unsafe and unwise for SVL Adventures to continue. If an event is cancelled, then it will be rescheduled where possible.

Safety and insurance

Safety will always be SVL Adventures and Shooting Star Children's Hospices number one priority. SVL Adventures take that responsibility very seriously and have a continuous development approach to their own skills. All the guides that SVL Adventures employ on the events are experienced and qualified Mountain Leaders with up to date remote first aid qualifications. SVL Adventures occasionally also use assistants, who may not be fully qualified, but who are experienced and working towards gaining their qualifications. They will always be under the supervision and guidance of an experienced SVL Adventures leader.

SVL Adventures are fully insured through John Ansell & Partners under the British Activity Holiday Insurance Services Scheme. SVL Adventures take every care to ensure that all participants are safe and well looked after, but there is also an individual responsibility on the participant to listen and act upon any advice given by SVL Adventures Mountain Leaders or assistants, to be aware of their own safety, and to act in a manner that is fitting of the outdoor environment that they are operating in. Any participant who does not adhere to instructions or guidance from any of the SVL Adventures Mountain Leaders may be putting themselves and the rest of our group at risk and as such will no longer be considered as part of the group and may be asked to leave. SVL Adventures will not be responsible for their safety from that point onwards.

The Mountain Leaders are well versed in encouraging walkers to dig deep and achieve more than they think they are able too. A huge part of getting up and down successfully is based on determination and mental strength. At the briefing at the start line the Mountain Leaders will ensure everyone is motivated and in the right mind set for the challenge. If you feel you need to drop out at any point of the challenge, one of the Mountain Leaders will be on hand to get you safely back down.

Environment

The impact that we all have on the environment can be substantial. SVL Adventures work hard to keep the impact of the trek to a minimum; their processes and back office systems, their travel plans, their time in the outdoors planning the events, and the events themselves. SVL Adventures expect participants to adhere to the simple guideline that we leave nothing behind. Anything that is carried on an event is taken back with us. No material, rubbish or items of any kind will be left behind, this includes banana skins, apple cores, toilet tissue or any other matter. Noise should be kept at an acceptable level for the time of day and location.

Leave only footprints, take only photographs and memories.

Dogs

Although dogs are permitted on the trail and we're big fans of your pawsome companions, dogs will not be permitted due to the narrow paths and limited light first thing.

Photographs and video

We encourage people to take photographs and video of the event. We may also take photographs and video of the event and this may include images of the people on the event. SVL Adventures and Shooting Star Children's Hospices reserve the right to use any photographs or video footage from the event, taken either by the Mountain Leaders or by participants on the event, on our social media channels and in future marketing collateral. If you do not want to be on any photographs or video, then please make SVL Adventures aware of this on the day of the event or notify the Shooting Star Children's Hospices events team before the event day. All photographs and video remain the property of the person who took them. When you post a photo or video from the event, mention should be made of SVL Adventures as the organiser and as the provider of the leadership and management on the event, and Shooting Star Children's Hospices as the beneficiary charity.

Intellectual property

SVL Adventures spend a great deal of time, money and energy designing and developing events. This includes route planning, checking the routes, having various options on each route, completing risk assessments and assessing accommodation. All this work produces material which is the intellectual property of SVL Adventures and cannot be reproduced.

Equipment

It is the participant's responsibility to ensure that any equipment that is borrowed from SVL Adventures is returned in full working and serviceable order at the end of the event. Any unreturned items or damaged items will be invoiced to the walker at the full replacement cost.

Contact information

Should you require any further information about the event or help with your fundraising please contact events@shootingstar.org.uk or call 0208 783 2000.

This event is organised and run by SVL Adventures, the trading name of SVL Training and Consultancy Ltd. Registered Company Number – 8273107. VAT Number – GB151637027.

SVL Adventures are insured through John Ansell & Partners under the British Activity Holiday Insurance Services Scheme. All information and documents are the intellectual property and copyright of SVL Adventures - www.svladventures.com



Shooting Star Children's Hospices

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