



Sunrise Trek Yr Wyddfa (Snowdon)

Event guide

Saturday 22 March 2025



Find out more about our vital work and
how you can continue to support us by
visiting shootingstar.org.uk or scan the QR code.


Shooting Star
children's hospices

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Date, time, location and travel

Date - Saturday 22 March 2025

Please note this event takes place at sunrise therefore **you will likely need to travel the night before the event on Friday 21 March 2025**

Schedule

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

Trek distance - approx eight miles

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 including vegan and vegetarian options.

Meeting location

You can either meet us at the meeting location or travel with us by coach from Shooting Star House.

Meeting at Pen y Pass car park

- You can book parking at the Pen y Pass car park through the following link (insert link)
- Alternatively you can use the pay and display spaces at the bottom of Llanberis pass, near the Pen y Gwryd Hotel (LL55 4NT) for £4. **Please ensure your ticket is visible and that you park correctly, if one wheel is slightly on the road then your car will be towed away.** You can then take the 30 minute uphill walk to Pen y Pass car park using the path located on the left hand side of the road. This path can be accessed through a gate further down from the hotel.
- **Please ensure you arrive at the car park for the designated arrival time.**
- Walkers who have arranged their own transport will need to leave the breakfast room at The Royal Victoria Hotel by 12pm.
- **Please be mindful that you will be tired from this event and driving after the trek may be dangerous, we therefore advise you travel with us by coach and get some rest.**

Transport from Shooting Star House

- You can book a place on our coach from Shooting Star House leaving at 7pm on Friday 22 March. We will depart from The Royal Victoria Hotel at midday on Saturday 22 September to return to Shooting Star House for around 6:30pm.
- **Please arrive to Shooting Star House by 6:30pm on Friday 21 September and bring some food for dinner with you.**
- Bookings can be made during your registration or by emailing events@shootingstar.org.uk

Kit List

Essential Items

Rucksack	Small day pack	
Drinks bottles	We recommend at least two litres of fluid	
Head torch with batteries	We will be climbing in the dark so this is essential	
Medication and First Aid	Please bring plasters and any medication you require including painkillers and travel sickness tablets	
Walking boots and socks	Ensure you are wearing sensible footwear and thick socks as it will be cold	
Layers of warm clothing	It will be cold, please ensure you are wearing plenty of layers	
Waterproof Jacket		
Hat and Gloves		
Snacks	We recommend flapjacks and cereal bars to keep your energy up!	
Mobile phone and charger		
Change of clothes	Please bring a change of clothes for the way home after the trek	
Suncream		

Recommended Items

Trekking poles	The ground is uneven, please bring walking poles if you feel it would be helpful	
Anti-bacterial gel		
Pillow / blanket / eye mask	It is important to get some sleep on the coach before and after the trek	
Waterproof liner bags	Helps keep your kit dry and organised	
Energy gels or glucose tablets		



Key Information

Clothing and equipment

- We will be walking very early in the morning therefore it will be dark and cold - **please ensure that you have warm clothes, walking boots and a headtorch** (please see kit list for full details)

Toilets

- Public toilets will be open at the starting point, Pen y Pass car park - this will be your only opportunity to use the toilet before we embark on the trek
- 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, as they will find a safe space for you**

Water

- There are no water points on the mountain, therefore you need to come prepared with enough water for the full trek
- It is recommended that you **bring at least two litres of fluid**

Training and Preparation

- We expect to be **walking for approximately seven hours**
- **Snowdon is the highest mountain in Wales! The terrain is rugged, rocky and mountainous so please arrive prepared** - the more preparation you put in before the event the greater your enjoyment
- If you're not used to hiking or hill-walking then the sooner you start training the better - the summit is within reach of any reasonably fit and determined person
- We will be organising a training walk and trek talk where Simon from SVL adventures can answer all your questions (details of these events will be sent to you via email)
- More information on training and preparation will be sent to you via email

About Shooting Star Children's Hospices and fundraising for the event

About us

Shooting Star Children's Hospices support families who have a baby, child or young person with a life-limiting condition, or who have been bereaved, across Surrey, south-west London and north-west London.

We support families from diagnoses to end-of-life care 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 vital funds to make every moment count for babies, children, and young people with life-limiting conditions, and their families.
- To do this we ask that you'll commit to fundraising a minimum of £250 - this could pay for a visit by a Community Nurse during an emergency, providing vital support to a child and giving parents a few precious hours to themselves.
- We recommend using JustGiving, simply follow the link and press the orange 'start fundraising' button to get going!
- 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.
- We will be on hand to support you with your fundraising and any other questions you may have.

Those who reach their target of £250 will be entitled to a free beanie hat!

The power of social media

- Sites such as Facebook, Instagram and X 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 the official Shooting Star Children's Hospices accounts - @sschospices on Facebook, Instagram and X**

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. The route is entirely dependant on the weather on the day of the trek.

Pen y Pass Car Park - Pyg Track - Snowdon Summit



Snowdon Summit - Llanberis Path - Royal Victoria Hotel



Terms and 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 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 forecasted. 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 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 are experienced and working towards 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 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 act in a manner that is fitting of the outdoor environment that they are operating in. Any participant who does not adhere to instructions of guidance from any of the SVL Adventures mountain leaders may be putting themselves and the rest of the 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 to. 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.

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.

Terms and Conditions

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 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 to an acceptable level for the time of day and location.

Leave only footprints, take only photographs and memories.

Photographs and video

We encourage people to take photographs and video of the event. We may also take photography and video of the event and this may include images of 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 mountain leaders or by participants on the event, on our social media channels and in future marketing materials. If you do not want to be on any photography or video, then please make sure SVL Adventures are aware of this on the day of the event or notify the Shooting Star Children's Hospices events team before the event day. All photography 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 provider, 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.

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 and 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.

Find out more about our vital work and how you can continue to support us by visiting shootingstar.org.uk or scan the QR code.

