

Snowdonia Mountain Challenge

Friday 23rd - Sunday 25th July 2010

Fundraising for Breakthrough Breast Cancer

Organised by professional walking company Walkwise UK

Tackle the highest mountain in England and Wales, Mount Snowdon, on this 19 mile trek across rugged mountain terrain with its breathtaking summits and superb panoramic views of the surrounding countryside.



Boot Level Three: Training is required for all treks, this is a challenge. However, anyone with a good level of fitness and health who trains beforehand should be able to complete this walk.

Day 1: Saturday 24th

Pen-y-pass, Snowdon, the South Ridge and the Watkin Path.

Leaving the hotel a coach will take you towards Mount Snowdon by ascending up to Pen-y-Pass.



From here you will set out on good paths winding their way through some spectacular mountain scenery, with hidden lakes, lofty ridges and dramatic peak accompany your every step as you commence the climb.

Eventually you'll arrive at the mighty perch of Yr Wyddfa (*Snowdon*) and be rewarded with a feast of unparalleled views over the vast and open countryside of majestic and tranquil Snowdonia.

From this impressive bastion you will take the dramatic South Ridge to the valley floor and a lovely hidden café before skirting the fine waters of the charming Llyn Dinas Lake and heading back to the hotel.

Distance to walk on Saturday: 10 miles / 16km
Ascent on Saturday: 2,450 feet / 750 m

Day 2: Sunday 25th

Lyn Gwynant, Lyn Dinas, Mynydd Sygyn, Cwn Bychan and Aberglaslyn Gorge.

Today's trek begins back at Lyn Dinas with a route somewhat lower in altitude but still with lots of variety and passing through some of the most wonderful scenery in Wales.

Beginning on the tranquil waters of Lyn Dinas you'll immediately enjoy views of the lofty heights of Snowdon above. Turning away from this impressive panorama you'll head out through the lush, shady woodlands to the open moorlands beyond.

Your path weaves up the rolling hillside, gradually lifting you up to the summit of Mynydd Sygyn. Here you are rewarded with a breathtaking view stretching from the highest mountains of Snowdonia right down to the coast and the vast sea beyond.



From here you'll begin the descent through the Cwn Bychan and then onto the Aberglaslyn Gorge.

You'll follow a tranquil riverside path onto the infamous Gelerts Grave in Beddgelert.

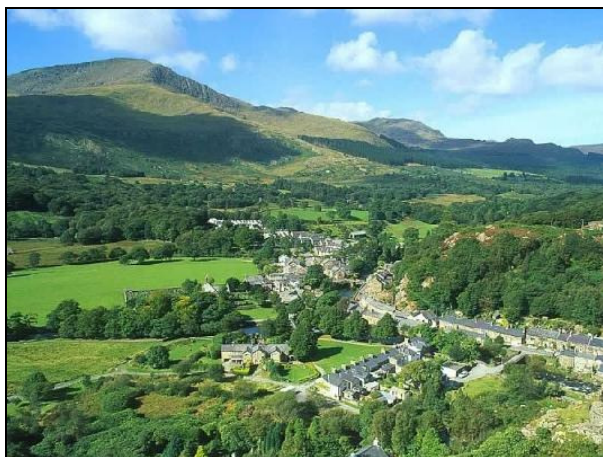
Distance to walk on Sunday: 9 miles / 15 km
Ascent on Sunday: 950 feet / 310 m

Accommodation

The Royal Goat Hotel, Beddgelert

This 3 star hotel has an excellent reputation for food and wine, with a very welcoming ambience and a bar and lounge.

The bedrooms are all tastefully furnished, and come fully equipped with central heating, en-suite bathrooms, telephone, hair dryer, radio alarm clock, TV and trouser press.



Cost

Full Package: £150 per person (sharing a twin room), or £180 per person in a single room made payable to Walkwise UK (our walk operator).

Includes: 2 nights accommodation (Friday 23rd and Saturday 24th), 2 breakfasts, 2 picnic lunches, 2 evening meals, all transport to and from walks (to and from the hotel), professional walking guides.

Minimum fundraising pledge: £250 per person.

Event Only: £75 per person paid to Walkwise UK (our walk operator).

Includes: 2 picnic lunches, 1 evening meal (Saturday), all transport to and from walks (to and from the hotel), and professional walking guides.

Minimum fundraising pledge: £250 per person.

Extra night: If you would like to stay an extra night on the Sunday, departing Monday 26th, the cost is £50 per person and includes dinner and breakfast.



Itinerary

7PM FRIDAY 23rd – Meet the Walkwise Guides, Breakthrough representatives and your fellow trekkers in the Hotel Bar for dinner and a briefing about the weekend.

9AM SATURDAY 24th – Short briefing about the trek. Ready to leave by coach at 9.15 for the start of the challenge.

5PM (approx) SATURDAY 24th – End of first day's trekking and transported by coach back to the hotel.

7.30PM SATURDAY 24th – Three-Course meal at the hotel.

9AM SUNDAY 25th – Leave by coach for the start of the final day's trekking.

4PM (approx) SUNDAY 25th – End of trek, finishing back at the hotel.

Limited places available
Book now!

How fit do I need to be?

(Provided by WalkWise UK)

- Your UK Trek will be a physically demanding event and as such you will need to train beforehand. You will be walking up to 23 miles and at least 10 miles a day along many varying landscapes with some ascent and descent. If you're not used to walking or regular exercise you ought to prepare yourself.
- Anyone with a reasonable level of fitness and health should be able to complete this walk, but you will need to train beforehand.
- Whilst this trek is a challenge it is also not a race. We want everyone to enjoy themselves and to be able to appreciate the beautiful surroundings. There is usually quite a discrepancy in people's abilities and the Walkwise Trekking Guides will allow for this, ensuring that no one is left behind and you can take the trek at your own pace.
- There will be a few trekking guides with the group and what usually happens is that the group will naturally split into different groups of ability. You can decide which group you would like to trek in; it may be that on the Saturday you trek in the slower group and then on the Sunday you decide you would like to pick the pace up a bit and switch to the faster group.
- Ultimately, anyone who leads a fairly active and moderately healthy lifestyle should be ok on this trek, as long as you train beforehand.

Why bother training?

- You will have a far better chance of completing the challenge.
- You will enjoy the trek far more if you have a good level of fitness.
- You will be far less likely to become injured or suffer from aches and pains (remember to train in your walking boots if going out on hikes as this will break them in and help to minimise blisters whilst on the challenge).
- Your potential sponsors will be far more likely to dig deep into their pockets if they can see just how much hard work you're putting in to prepare for the challenge.
- It will make you feel more energetic and more relaxed about the expedition.

How shall I train?

- Training is very specific to the activity that you are undertaking, therefore to become fitter for trekking you need to trek. This can be mixed up with some cross training of your favourite sport or outdoor activity, e.g. swimming, aerobics, squash.
- To break your body in and avoid injury, training is best done gradually building up to the challenge over a period of time.

The simplest of changes to your every day life can make a really big difference:

- If you're popping out to the shops, walk instead of taking the car.
- If you go to work on the bus or tube make a resolution to walk to the next stop or get off a stop early.
- Once a week during your lunch hour take a brisk walk around the park, or have a 30 minute jog.
- To get used to ascent and descent stop using the lift and start using the stairs. Using the stairs regularly is a very effective tool in preparing your body for climbing up hills.
- Do some half-day walks. To build up your stamina it's a good idea to go on some half-day walks. Buy a local guide book of short walks in your area or why not get a group of friends together? Try to do 2 or 3 half-day walks over a period of a couple of months and start to build up the distance you cover.
- Try some full-day walks. After a few half-day walks try to do a couple of full day walks and gradually increase the distance you cover until you're happy with your own ability.

How to raise your £250

You'll be sent a full Fundraising Pack once booked, but take a look below to see how easily you could reach your £250 minimum sponsorship target in just a couple of weeks. You're fundraising could easily be a lot bigger than these ideas, all you need to do is make sure you have a bit of a plan at the start. Breakthrough will support you every step of the way with regular fundraising tips and free fundraising materials.



Carol Curtis, UK Trekker 2009

"I was a bit concerned about making the £250 pledge. But with the support given to me by Breakthrough I found it a lot easier than I expected and raised in excess of £400!"



Online sponsorship page:

It's very easy and really quick to set-up an online sponsorship page at www.justgiving.com/breakthrough. Then just email the address to all of your friends, family and colleagues and ask them to forward it on to their contacts too.

If 10 people sponsor you £10 each that's **£100 raised**.



Food/Cake sale at work:

Make home-made cakes or soup and sell these at lunch or in the afternoon at your workplace. Ask friends if they will help to make them and if it's ok to sell them at their workplace as well.

If you hold 2 food sales at work and 30 people buy a cake or a pot of soup sold at £2 each that's £60 raised. If you manage to get your family or friends to do one at their work as well you could double the amount! **At least £60 raised**.



Bag packing at your local supermarket:

This is a far more lucrative fundraising activity than most people think. If you go to a large supermarket and bag-pack for a few hours asking for donations for doing so, you'll be amazed at how much you can raise. Get a group of friends to help you and that should help make it more fun and bring in the donations quicker.

If you bag-pack twice and 60 people donate £1 for you to pack their bags, that's **£60 raised**.



Quiz Night / Raffle

Ask your local pub/club if their quiz entry fee can be donated for one night towards your fundraising efforts for Breakthrough.

If 15 people take part in the quiz at £2 each that's **£30 raised**.

Congratulations, you've reached your £250 minimum sponsorship target!