



Roy Castle Climb Snowdon by Night

Experience the quiet majesty of Yr Wyddfa 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 Eryri (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. Plan ahead to make sure you are fully rested before you have to drive anywhere.

Climb Snowdon by Night

Saturday 22nd June 2024

Travel to North Wales and ensure you get plenty of sleep and food before the meet time below.

Sunday 23rd June 2024

00:15 - Meet your Mountain Leaders at the Padarn Hotel, LL55 4SU

00:30 Safety brief and introductions to your Mountain Leaders

00:45 Depart meeting point QUIETLY

01:00 Ascend Llanberis path

04:30 Expected time at Snowdon summit

04:49 Bangor sunrise

05:00 Latest departure from summit

08:30 Arrival back at Padarn Hotel (via the Llanberis path) on Sunday morning for a breakfast bap and hot drink



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.

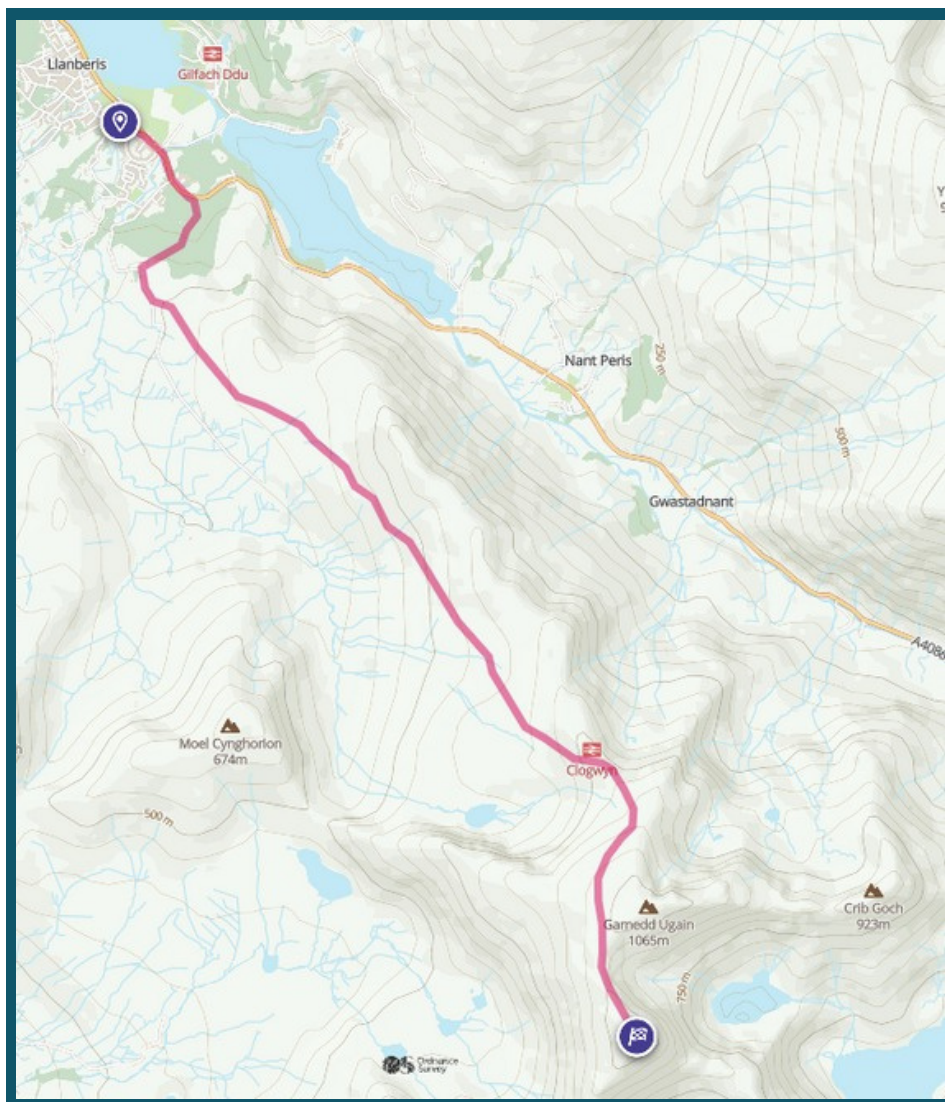
Climb Snowdon Sunrise Route

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

(M) = Mandatory

(R) = Recommended

Equipment

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

Clothing

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

Summer Conditions

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. You may be refused participation if your kit is not adequate for the weather conditions.

It's important that you check the quality of all your kit before your event.

We've previously had to turn away participants whose boots have fallen apart on arrival!!

Food / Drink

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

Footwear

Item required	Got	Packed
(M) Sturdy, comfy walking boots with good tread to avoid slips		
(M) Comfortable walking socks + spare pair		

Bag to leave at the Hotel

Items left unattended at the hotel are done so at your own risk

Item required	Got	Packed
(R) Extra food and water		
(R) A full change of warm comfy clothes		
(R) Fresh comfy shoes & socks		

