



Climb Snowdon

Yr Wyddfa (as it is known locally in Welsh) is the highest peak in Wales and at 1085m/3560ft high, it's a tough climb to reach the summit. However, you are rewarded with tremendous 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. Your Mountain Leader will be able to point these out to you. It may seem very odd that there is a Visitor Centre at the summit, but buildings have stood atop of Snowdon since 1838 and a train to the summit was completed in 1896.

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 day 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 and end point and a choice of accommodation.

A typical Climb Snowdon day will follow this itinerary, we will be in touch before your event if it's likely to be any different.

Climb Snowdon Day

08:45 Meet your Mountain Leader at the Dolbadarn Castle Parc Padarn Car Park, Llanberis, LL55 4TY
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09:00 Group safety briefing and kit check

09:15 Latest walk start time from agreed start point

13:00 Expected arrival at Yr Wyddfa summit

13:30 Departure from Yr Wyddfa summit

17:00 Latest arrival back in Llanberis – ask your Mountain Leader for options in the village for post-walk drink/food



Food

Breakfast should be provided by your accommodation (please check). You need to carry **at least 2 litres** of water, plus juice drinks. Please bring your own lunch and always pack a variety of foods – both savoury and sweet that will sustain you during the day. Choose complex carbohydrates and whole foods, rather than overly sweet items. 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.

The Visitor Centre and cafe are never guaranteed to be open during the summer season (this being weather dependent) and it is completely closed from Oct – April, over the 'winter' months. Please contact us if you need further advice on nutrition for your day.

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](#).

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](#).

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.

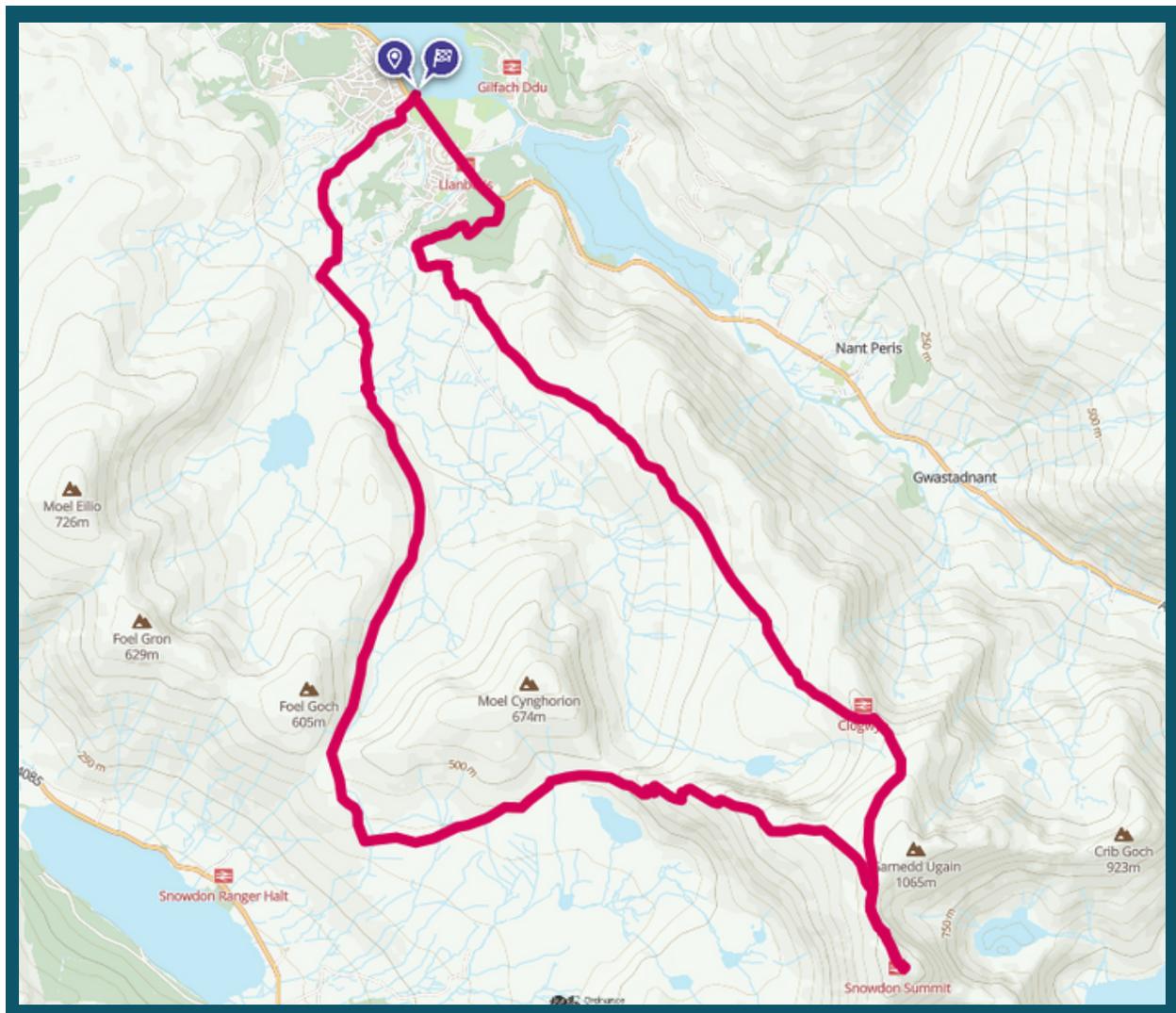
Climb Snowdon Route

Starting and finishing in the village of Llanberis, this circular route will take you along a much lesser known and quieter path through the Maesgwm Valley. Once over the Bwlch, you'll join the Snowdon Ranger path all the way to Yr Wyddfa's summit. Your return route will be down the popular Llanberis Path, where you'll walk alongside the famous Snowdon Railway

Circular: Starting/ending in the village of Llanberis

Distance: 19km/11 miles round trip

Total Ascent: 1160 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		

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		

Food / Drink

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

Footwear

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

