



AiTO
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OF INDEPENDENT
TOUR OPERATORS



SNOWDON TRAINING WEEKEND Itinerary & Further Information



14 March – 15 March 2009

11 July – 12 July 2009

5 September – 6 September 2009

7 November – 8 November 2009

13 March – 14 March 2010

10 July – 11 July 2010

4 September – 5 September 2010

6 November – 7 November 2010

ITINERARY

The highest mountain in England and Wales at 1085m, the views from the top of Snowdon itself are spectacular and on a clear day you can see for miles along the coastline. Its Welsh name is Yr Wyddfa, reputedly the burial place of a mythical giant.

Our challenging weekend trek takes us not only to Snowdon's peak, but traverses other mountains and valleys in the National Park, offering a fabulous experience in this wild mountain landscape and a well-earned sense of achievement.



Day 1: Meet at 9am for a trip briefing before we set out on our first day's trek. Our main challenge today is a full traverse of the Glyderau, the central of the Park's main mountain massifs. We start with a slow and steady ascent of Y Garn, then traverse across to Glyder Fawr before continuing on to Glyder Fach and a photo opportunity on the famous cantilever stone! We descend to the valley and our night's accommodation.

Approx 18km (8-10hrs)

After freshening up we gather for dinner and an information evening, where you can find out more about what to expect on our trips and how best to prepare for them. There will also be the chance to look at some of the clothing and equipment we recommend, and of course have a chance to ask any questions about your specific trip.



Our Snowdon Training Weekends are perfect for anyone who is signed up, or thinking of signing up, to a fundraising challenge with Discover Adventure.

It doesn't matter if you are signed up to one of our many Open Challenges, or a trip we are running solely for one charity.

Get in touch to book your place now!

Day 2: An early start as we head out for the summit of Snowdon. The first couple of kilometres are on flattish gradients and provide a welcome warm-up before we start our long ascent. It should take us around 2 hours to reach the summit, where we'll take a well-earned rest. We head back down to our finishing point at Pen-y-Pass, where we'll celebrate our achievement before jumping on the waiting bus to transfer us back to our start point. From here we'll say our goodbyes and head homeward after a fabulous and very rewarding weekend.

Approx 10km (4-6hrs)

Included:

- All meals (packed lunch both days; dinner on Day 1; breakfast on Day 2). Special diets can be catered for if notified in advance.
- Accommodation – usually in hostels (exact location depending on group size); camping may be an option once hostel accommodation is booked up
- Experienced Discover Adventure leaders and back up support
- Information Evening & Kit Demonstration; Leaders' advice on fitness and preparing for your trip

Not included:

- Transport to Snowdonia National Park
- Drinks & personal expenses; we recommend you bring approx. £50.00

- **Gauge your fitness & get advice**
- **Re-focus your training**
- **Meet others facing the same challenges**
- **Ask our experienced leaders about your trip**
- **Equipment & clothing information**
- **Have fun in a stunning part of the UK!**



Weather & Safety:

The mountains of Snowdonia National Park are stunning and beautiful on a good day, but this can lead to a false sense of security: mountainous terrain must always be respected.

The weather can change rapidly during the course of a day. This can make a big difference to your safety, particularly if you are ill-equipped. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy.

Do not under-estimate mountain conditions just because the mountain is in the UK!

We reserve the right to change the itinerary should the weather or trail conditions require it.

WALKING INFORMATION

We will be walking on terrain ranging from loose, rocky ground to grassy moorland. Some paths are narrow and there may be some sheer drops on ridges we cross. Lots of our route is spent ascending or descending; some ground is very steep.

A good level of fitness is recommended to enjoy the weekend to the utmost! The weekend is designed to give you a feel for how fit you are for your challenge, and whether you need to step up your training. It is not designed to be the start of your fitness training!

Vehicles will transport your luggage to the accommodation and transport you back to your cars the following day. Please pack what you need in a soft rucksack or expedition-style kitbag (ask us about our low-priced kitbags!) as space in the vehicles may be limited: **NO suitcases please!**

You will need to bring a small daypack for items you will need during the day: waterproofs, warm layers, sun-cream, etc. You will also be given a packed lunch and extra water to carry.

COST FOR WEEKEND: ONLY £120

Special Offer: £99

only when you book your Training Weekend at the same time as your main challenge (applies to Open Challenges only)

Book Your Place now!

See below for our Registration Form, or sign up online.

We will send further details upon booking. Exact details of where and when to meet will be sent closer to the weekend.

Please phone the office with any questions:

Discover Adventure Ltd
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Registration Form



To help us save paper and do your bit for the planet, please complete your trip registration online at:
www.discoveradventure.com

If you prefer not to register online, please complete the form below in **BLOCK** capitals

SNOWDON TRAINING WEEKEND

Weekend Departure Date: (please complete) 2009 / 2010 (circle as appropriate)

1. Personal Details

Title: First Name: Surname:

Name by which you like to be known: Gender: M / F

Address:

..... Postcode:

Home Tel: Work Tel / Mobile: E-mail*:

* In order to save resources, we prefer to email information to you. If you are receiving this by post but have an email address and are happy to receive PDF attachments for future correspondence please tick this box:

I agree to my email address being given to my fellow challenge participants: Y / N (please ensure your email address is supplied in the above section)

2. Dietary Requirements

Do you have any special dietary requirements / food allergies? Y / N

Vegetarian Nut allergy Gluten Free Other

3. Next of Kin/Emergency Contact: This should not be someone who will be on the challenge with you*

Name: Relationship:

Address:

..... Postcode:

Daytime Tel: Evening Tel: Mobile Tel:

* Please complete for our records even if your emergency contact is the same as nominated for your main challenge.

4. Accommodation: Share with

Accommodation will usually be in single-sex dorm-style rooms. Please let us know if there is somebody else on the trip you would like to share with, we will try our best to accommodate your request.

5. Medical Form

The Medical Form you received when you registered on your main challenge must be completed and returned to us at least one month before your chosen Training Weekend. **If you need another copy, please tick the box above.**

6. Booking & Payment Details

Deposit payable on booking: £ 50.00

Balance payable 6 weeks before: £ 70.00

Full Cost of Training Weekend: £ 120.00

Please read the following closely before signing:

- The Snowdon Training Weekend deposit of £50 is non-refundable and non-transferable
- Final payment is due 6 weeks before the start date. Please pay promptly as failure to do so may jeopardise your booking. If booking less than 6 weeks before the start date we will require the full cost upon booking.
- If your chosen Training Weekend is full and alternative dates are unsuitable we will refund your deposit
- If you have to cancel after full payment has been made:
Between 8 – 2 weeks before departure we will refund 50% of the total cost
We regret we cannot refund any payment if you cancel less than 2 weeks before trip departure

Payment can be by cheque (payable to 'Discover Adventure Ltd') or simply fill in your card details below:

Card: DELTA / SWITCH / VISA / MASTERCARD (delete as applic)

Card No: - -

3-digit security no: Start Date: /

Expiry Date: / Issue No: (Switch Only)

Declaration and Registration: I confirm that I have read the above information, understand the nature of the Training Weekend, and the information provided by me on this form is to the best of my knowledge true and correct.

Signed Date