

Snowdon Climb Itinerary and Kit List

Snowdonia National Park, Caernarfon

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Snowdon Climb in aid of Cats Protection

Take on Wales' highest peak which summits at 1,085 metres above sea level. Led by an experienced guide you will take on the challenge of conquering Snowdon to raise vital funds for Cats Protection.

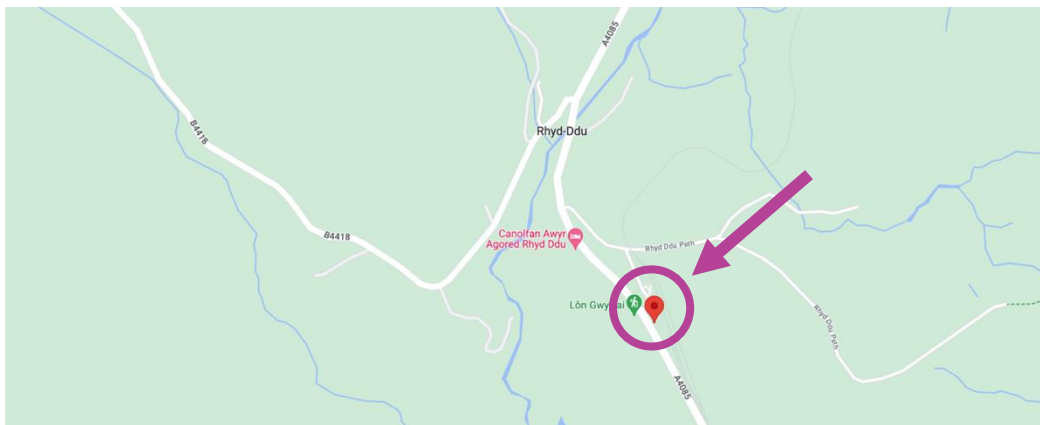
Registration fee - £25

Minimum sponsorship pledge - £150

Your Itinerary

Parking

Meet at Rhyd Ddu car park at 8:30am sharp on the date of your challenge with a view to returning to the start point by 5pm at the latest. The car park postcode is LL54 6TN (this postcode is vast and may take you to another car park close by), if you have any problems please reference the map and photos of the car park below. The cost for parking for the day is £6 for the day (correct at time of writing), and the machine does accept a card as payment.



Climbing Snowdon – what to expect

We start our climb at Rhyd Ddu and ascend the South Ridge of Snowdon, we will descend the Rhyd Ddu Path to return to our start location.

The route will take between 3 to 4 hours to ascend and roughly 3 hours to descend. The route is challenging and includes some low level scrambling on the ascent, and at times, you will need to use your hands. There are extremely steep areas and it is very exposed at the top but it has an easier path to descend.

It is physically demanding, so you will need to be a reasonable level of fitness and suitably equipped.

We will be led by experienced guide Pete and Lou Robertson who are members of Llanberis Mountain Rescue Team for over 15 years. They run their own climbing business called Snowdonia Peak and Valleys and are mountain, climbing and caving experts.

Kit list

To wear

- Thermal wicking base layer and fleece top – not cotton.
- Polyester, fleece or woollen trousers and tops – no jeans.
- Walking boots (three season) – we highly recommend you DON'T use this trek to 'break in' your new walking boots. If your boots are new ensure you have already done at least 2-3 continuous hours walking in them first.

Layer up your clothing, you will start cool, warm right up then on each stop you will cool down again. The top of the mountain can see temperatures drop dramatically so we recommend gloves, ear muffs / hats etc and extra clothing.

Read about the climb and conditions on Snowdon here:

www.llanberismountainrescue.co.uk/snowdon

Please also be familiar with the [countryside code here](#)

Personal items (these can be carried in your backpack)

- A good quality trekking backpack (30ltrs)
- Hat and gloves (for the top of the mountain even if you think you don't need them)
- Spare fleece or woollen top
- Waterproof jacket and trousers
- Flask or water bottle at least 1 litre
- A packed lunch, plus energy food, even some sweets help morale at the top of the mountain and serve as a celebration
- Whistle
- Sunglasses and sun-cream

- Walking poles recommended but non-essential
- Camera / Camera phone
- Blister plasters / tape (a first aid kit is carried by your guide).

Please note;

- All items are carried at your own risk and not covered under any insurance.
- No alcohol is permitted, if you have alcohol on you it will be confiscated and given back to you after the trek.
- If you are driving to the challenge, please make sure you plan plenty of time to get there with lots of rest stops, we want you to be fresh and ready to take on the trek.

FAQs

What is the minimum age I can take part?

Minimum age to take part is 14+.

What if the weather is poor?

We cannot guarantee good weather but if the route becomes impassable, the guides will take you on an alternative safer route.

Is accommodation included?

No, accommodation is not covered, you will need to ensure you can arrive at Rhyd Ddu car park by 8:30am on the date of your challenge.

Are there toilets?

There are toilets at the car park before we set off and at the top of the summit in the cafe. However, be prepared to go out in the wild. Please do bring biodegradable bags to put any toilet paper into.

Is there a café?

There is a café at the top called Summit café, which sells a selection of hot and cold drinks and snacks. Please note there is no guarantee the cafe will be open as it is weather dependant.

How many miles up is Snowdon?

You will be covering between 7 and 10 miles.

Where can I fill up my bottle of water?

It's a good idea to bring enough water with you and then if the cafe on the summit is open you can buy a top up then.

Do I need to bring food and how much?

Please bring a packed lunch, snacks, energy bars and sweets to keep you going. Please also make sure you eat a decent sized breakfast to fuel you well for the day.

Contact

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