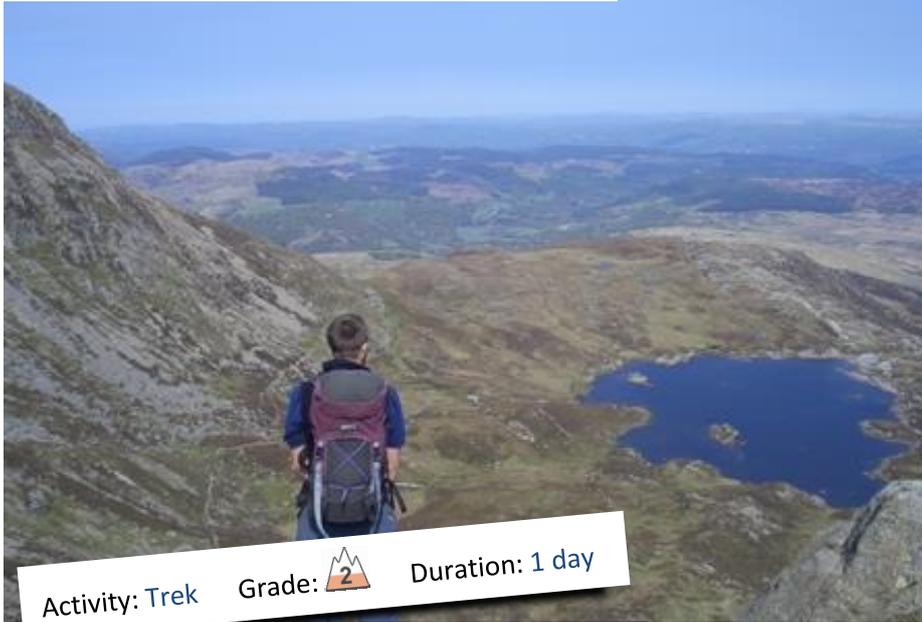


## Snowdon Summit Trek



Activity: Trek    Grade:     Duration: 1 day

**Snowdonia National Park in North Wales is synonymous with beautiful, rugged landscapes and wonderful trekking and outdoor pursuits.**

**The highest mountain in England and Wales at 1085m, its Welsh name is Yr Wyddfa, reputedly the burial place of a mythical giant. A popular summit trek, it forms a real challenge for all! Standing at the summit will be an unforgettable experience, as will seeing the magnificent views from the mountain slopes if we're lucky enough with the weather. We celebrate our huge achievement with obligatory photos at the top and then as we descend, we continue to see the spectacular landscapes unfold before our eyes.**



### What's Included

The tour cost includes a packed lunch and experienced Discover Adventure leaders, crew and back-up support. Snacks to carry with you will also be provided. Please let us know about any dietary requirements in advance.

It does not include personal travel insurance (optional), drinks or any transport / parking costs. We strongly recommend you carry a credit card in case of personal emergency.

### Detailed Itinerary

In the morning we meet in Llanberis, the popular village at the foot of Snowdon, and get ready for our trek. We'll have a full briefing ahead of setting off on our exciting challenge!

We follow a picturesque route through the Telegraph Valley, which then merges onto the Rangers Path. It's one of the most gradual routes up Snowdon with some spectacular scenery to surround us and forms a challenging yet accessible trek.

There is an initial steep section which will afford some good views in good weather; after this our route continues quite gradually. The gradient becomes steeper before we meet the Rangers Path, but then once we're on the Rangers Path we know we're headed for the summit!



After some time to experience the summit – though it will probably be quite windy at the top, so you may not want to linger too long – we leave the summit and return to Llanberis using the Llanberis Path – a lengthier but more gradual descent which roughly shadows the famous Snowdon Mountain Railway.

The descent will be much quicker and less arduous, but still tiring and can be hard on the knees. We return to Llanberis and after celebrating with our fellow trekkers, we head home, tired but very elated and proud of our achievement!

**Ascent approx 5-7 hours; descent approx 2-3 hours**

***Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.*** Copyright DA2009 / Updated 2017

## Trekking Information

The paths we use are generally well-maintained and vary from steps, steep inclines or gradual slopes, to more rocky ground. In wet weather it can be slippery in places, and in some areas it can be easy to lose the path. There will be marshals or markers on any sections of the route which are not clear.

You will trek approximately 9 miles on the day, though it would be a mistake to base your training on this!

It's vital when training to think about the hours you need to walk for and the terrain you are walking on – ie purely uphill, followed by purely downhill.

### DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

## Weather

The mountains that make up Snowdonia National Park are stunning and beautiful on a good day but this can lead to a false sense of security; mountain environments must always be respected.

The summit is considerably cooler than at the base, more likely to get rain, and can be exposed to high winds. Weather conditions can change rapidly during the course of a day. This can make a big difference to your safety, particularly if you are ill-equipped.

In bad weather, keep close together as a group and watch the weather! Walking in mist, rain or wind can confuse your sense of direction.

If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy. Keep a regular check on your location.



## Clothing & Equipment

We are trekking in a hazardous mountain environment where we could be exposed to extremes of weather at any time.

The information above gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice before the challenge.

## Trip Safety

Our tour leaders, recruited for their experience in harsh wilderness environments and knowledge of travel in remote areas, may decide to change the route for safety reasons should local conditions dictate.

Snowdon is very popular with walkers and this environment needs the respect of all its users to be preserved.



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