



MOUNT

SNOWDON

SUNRISE CHALLENGE

SATURDAY 17TH AUGUST 2019

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Have any questions? Send us an email on
events@orphansinneed.org

Dear Challenger,

Welcome to Snowdon Sunrise 2019 challenge!

Firstly, thank you for taking part in this fun, exciting challenge to help us raise vital funds for vulnerable orphan children.

There are more than 153 million orphans across the world. Every day 5,760 more children in the world become orphans. Many of these are homeless, barely clothed and exposed to a world of deprivation and abuse. It is our mission to bring them out of this misery. Your efforts will go a long way in helping the world's most needy and destitute; orphan and widows.

Enclosed in this pack you will general information about the trek, a detailed kit list, information on how to prepare, as well as advice on how to fundraise.

Please pay particular attention to kit list, as you will need all of the items listed in order to participate.

We hope this pack will answer any questions that you may have and give you an idea of what to expect. If you have any queries please don't hesitate to contact us.

Orphans in Need Events Team
events@orphansinneed.org

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SNOWDON

Snowdon stands 1,085 metres (3,560 feet) high, the highest peak in Wales. Each year 350,000 people reach the summit, some on foot and some by train. The summit has 200 inches(508 cm) of rain per year, and can reach temperatures of 30 centigrade in high summer, and plummet to - 20 centigrade in the winter. Add to this winds of up to 150 mph and the temperature can feel more like - 50. The summit buildings at the top can be covered by ice and snow between November and April.



Route

The aim of this event is to hike up Snowdon, the highest mountain in Wales! We will be ascending the Snowdon Mountain Railway, Llanberis which is 4.7 miles long, with 2,600ft of ascent thrown in for good measure! If all goes well we will reach the iconic summit where you will be able to feast on some of the finest views in the UK.

We will then descend the easier Miners Path to finish the walk. There is no doubt about it, this will be a tough challenge, but that sensation of standing on the summit of Snowdon will make it all worthwhile, as well as raising vital funds for charity in the process.



Training

People from all walks of life take on Snowdon every year, but there is no getting around the fact that the fitter you are the easier it will be, and the more you will enjoy it. The best way to practice for mountain challenges is to go walking in the mountains. This may be easier said than done, but if you can get out and do some walks on hilly terrain on the lead up to the challenge then this will go a long way. If you cannot get into the hills then getting time on your feet is the next priority. You don't have to go out and do an 8 hour walk, but if you can do a couple of hour long walks a week on any sort of terrain (park, canal path, fields, moors, hills) then it will all help. If you can then schedule in some longer walks of about 4-6 hours then this will really help. Try and do all of the above wearing a pack of similar weight to the one you have on the day. This is also the ideal time to break in any new boots you will have purchased for the event.

Other Training methods are:

- Stair Climbing
- Cycling
- Gym Work – Any Cardio or Leg Exercises.

Code of Conduct

Whilst you are on this event you are representing the charity you are raising funds for, so we expect all participants to behave in a civilised manner.

This means the following:

- o **The Guide's word is final.** The guides who will be accompanying you on the challenge have extensive experience, and in the event of deteriorating weather or pace they may have to make a decision to foreshorten the route. These decisions are made based on the welfare of the group.
- o **Zero Littering.** From bottle tops and sweet wrappers to human waste, there is a zero littering policy for this challenge. If you are seen to be littering then you will be stopped from participating in the challenge at the next check point.
- o **Respect the Locals.** Please park sensibly, and make limited noise when arriving in the morning, whilst walking through farmland and leaving at the end.



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Kit List



You must have a waterproof breathable jacket. This item of clothing is a must, without this you will not be permitted to complete the challenge. Regardless of the weather, you must take a waterproof jacket for this challenge.



It is a **MUST** for you to have a proper footwear. They must be ankle high trekking boots. You will not be allowed to participate in trainers, wellies or any other footwear.



Double-shoulder, padded bag to avoid back and shoulder injury.



Waterproof combat trousers. You may wish to wear jogging bottoms or leggings underneath this, however the waterproof trousers are a must.



As the temperatures on a mountain can differ starkly, wearing a zippered fleece on top of your t-shirt would be a good idea. This way if you feel too hot you can always remove your fleece



You should get yourself a synthetic T shirt to wear over your base layer.



Waterproof thinsulate gloves.

Kit List – DO NOT BRING



Do not bring the following items to wear on the trek:

- Jeans
- Jogging bottoms
- Leggings
- Trainers
- Wellington boots
- Single strap bags



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Itinerary



LONDON

Meeting time and date – 4:00pm, Saturday 17th August

Coach departs – 5pm, Saturday, 17th August

Meeting point – Craft Building, 12 - 14 Greatorex Street,
London E1 5NF

Return time and date – 5pm, Sunday, 18th August

Contact – Shabana 07799 620 616

BIRMINGHAM

Meeting time and date – 9:00pm, Saturday, 17th August

Coach departs – 9.30pm, Saturday, 17th August

Meeting point – Unit 1 St Andrews Retail Park, Small Heath
Birmingham B10 0XA

Return time and date – 1pm, Sunday 18th August

Contact – Bilal 07473 430 774

SNOWDON

Meeting time and date – 1.30am, Sunday, 17th August

Meeting point – Snowdon Mountain Railway, Llanbris
Caernarfon LL55 4NY

Contact – Shabana 07799 620 616

If you are delayed for any reason, unfortunately we cannot wait for you and the trek will start according to the schedule above.

1:30 am Sunday 18 th August	Coach arrives at Mount Snowdon
1:15 am Saturday, 18 th August	Breakfast / Toilet break
1:45am Sunday 18 th August	Guides brief participants on health and safety procedures and start trek.
8.30am Sunday 18 th August	Ideally all participants should come back down by 8pm. As they come down they will be able to use the toilets to get changed, clean themselves up and if there is time go to the café to purchase any snacks if they want.
10:00am Sunday 18 th August	COACH DEPARTS FROM SNOWDON
5:00pm Sunday, 18 th August	We should arrive back to the London Office by 5pm, this is dependent on traffic.

Please note this itinerary is subject to change.

Fundraising

1

Set up a Fundraising Page

Create a personalised page, explain what you are doing, the cause you are doing it for, and share your page! Donations made to your online page means that your supporters can sponsor you instantaneously online so you won't have to worry about collecting cash. Remember, £150 is the minimum to raise, so you may choose to set a higher target.

Make your fundraising page now at [JustGiving.com](https://www.justgiving.com)

2

Read through our very helpful 'Top Tips to Help You Raise More' guide

With lots of amazing ideas on how to utilise social media; Twitter, Facebook, and Instagram to raise your funds online. As well as ideas on how to use your workplace, schools, or even from your home. Whether you're embarking on this challenge solo or trekking with your team this guide has all the answers you need to smash your target!

3

Promote your cause!

Whether through Facebook, Twitter or word-of-mouth, let the world know what you're doing to maximise support and those all-important funds! You can share your JustGiving page link on every social media site. Remember to first get the donations of family and friends to get the ball rolling.

Fundraising

4

Hold an event?

You can hold a small event to raise the money, such as hosting a bake sale, garage sale, or even a fundraising carwash! For more information on fundraising ideas call us on 020 7100 8866.

Fundraising pack can be found here: <http://www.orphansinneed.org.uk/wp-content/uploads/2015/04/Fundraising-Pack-Web.pdf>

5

Keep your cause in the limelight!

Don't forget to keep everyone posted with regular updates as to how you're progressing in preparation for the trek. Regular Facebook updates and tweets are a sure-fire way to ensure this!

6

Let everyone know of your challenge success!

After you have completed the challenge, inform all of your friends and family about your experience and thank all those who had supported you. Email us your photos on Facebook or tweet us @orphansinneed to let us know how it went- we'd love to give you a shout-out!

Registration

What is the registration fee and what does this cover?

The registration fee varies based on the time you made the booking. The earlier you book, the cheaper it is. The cost will vary from £25.00 to £39.99. This will cover the transport from London/Birmingham to Snowdonia and back, cost of hiring guides, petrol charges for coach, and as well as snacks for all participants.

How can I sign up?

You can only sign up via Eventbrite (www.snowdonsunrise.eventbrite.co.uk) complete the registration form, using your debit or credit card for payment.

If I change my mind, can I cancel?

You can cancel your booking, but the registration fee is non-refundable under all circumstances. The money from registration is used to pay for the guides and coach deposit, this cannot be refunded.

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Coach

What time will the coach arrive/leave?

Please see the itinerary below for full details of the timings for the day. Please note these are subject to change, especially as we are travelling with a large group there will naturally be delays.

Can I leave my things on the coach?

You can leave your things on the coach if you do not need them for the day. After the coach drops us to Mount Snowdon, the coach will leave and drive away to a hotel where the driver will be resting for the journey back. You will not be able to access the coach until it is time to leave. Please do not bring any valuables as we cannot take responsibility for this. Please do not leave spare clothes which you are hoping to change into for the journey back, as the coach will only be coming to collect participants and we won't have the time to wait for people to get changed and then start our journey.

Will there be service stops?

There will be at least one service stop on the journey to Mount Snowdon and at least one on the way back. The location and timings of these service stops are dependent on the driver and his need for a break. We cannot interfere with this.

Coach / Route

The meeting times are quite late. Is there any way I can come early and stay in the office?

Unfortunately this will not be possible, the member of staff leading the trek will also be arriving at the same time as yourself, so the office will only be open at the times stated in the itinerary and no earlier.

On the way back will Orphans in Need provide for transport for us to get home?

Orphans in Need cannot pay towards or arrange for your transport home. This is your responsibility. Please ensure you make the necessary arrangements beforehand.

Can we take our own route and meet the team later?

No. All guides will be taking the same route to go up and the same route to come down. We cannot split the guides, they are there to ensure the whole group trek up and down the mountain safely.

Clothes

What items of clothing should I bring?

You will need to bring waterproof trousers, waterproof jacket, fleece, t-shirt, gloves and trekking boots.

Why do I need waterproofs why can't I wear my normal clothes?

Mountain weather is unpredictable and it rains often. If you attempt to do the trek in wet clothes there is a very high chance you can catch hypothermia, for this reason waterproof clothing is mandatory..

Why do I need trekking boots, why can't I wear my normal shoes?

Due to health and safety you are not allowed to wear normal shoes for the duration of the trek. Without appropriate footwear (trekking boots) you will not be allowed to participate.

Do I need spare clothes?

Yes you will need to bring spare clothes. After the trek your clothes will become wet, dirty and smelly, so please do bring a spare set of clothes to change into.

Am I allowed to wear along dress?

Due to health and safety you are not allowed to wear any long dresses (skirts/abayahs).

What happens if I do not abide by these rules?

The guides can stop you from taking part. They have the last say on who should be allowed to participate as they have ultimate responsibility of ensuring everyone completes the trek safely.

Food / Facilities

What food will be provided?

You will be provided with one sandwich, packet of crisps, chocolate and a 500ml bottle of water.

What food can I bring?

We encourage you to bring food and snacks for your journey and to eat throughout the day. You should bring food high in energy (such as dates, nuts, sandwiches, light snacks to consume throughout the day).

Will there be any chance to buy food en route?

We will be stopping at service stops but cannot guarantee the quality or variety of food that will be available. Food bought at service stops is often pricier so please be aware of your budget.

Are there any cafes in Snowdon?

Yes there are a few cafés but we cannot guarantee that they will be open as they are independent and run according to their own schedules.

Are there any toilets on the mountain?

There is only one toilet on the mountain at the very top, this is part of the café. We cannot guarantee that this will be available for use or in good condition.

**Have any questions? Send us an email on
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Disclosure of Risk

Lakeland Mountain Guides asks that you read the following disclosure of risk. It may have a bearing on your safety, and that of others that are involved in the activities with you. Lakeland Mountain Guides, has legal and regulatory obligations to provide a duty of care to all participants of our outdoor activities. As you would expect we take all reasonable steps to provide the level of care and assurances of safety that are appropriate to each of the activities. You should though be aware that there will always be certain risks that are inherent to outdoor activities. It is not possible to eliminate these risks without destroying the character and experience of each activity.

The level of real, as opposed to perceived risk associated with the activities is very low, however the types of risk may be something with which you are not ordinarily familiar. For avoidance of uncertainty, environments and situations that you may encounter include:

Rough/ Rugged terrain: this may cause you to experience greater than usual strain on joints and muscles.

Physical Effort: Our activities may involve you in a greater level of exertion than in your usual day to day environment.

Height and Water: Whilst appropriate safety precautions are taken, some people can find situations at height or on water to be stressful.

Machinery: The addition of machinery, such as mountain bikes, in combination with the environment used for the activities, plus human error, does present additional opportunity for accidents.

Natural Environment: Most likely to be rapid and significant change in the weather, or unstable/ slippery conditions underfoot, but can also include rock falls, lightening etc.

Slips and Trips: The most common cause of accident through society, the opportunity for slips trips and falls is likely to be greater than that which you usually experience.

Loss or Damage: The environments and activities that you choose to experience may increase the potential loss of or damage to your personal clothing and equipment

Disclosure of Risk

As well as Lakeland Mountain Guides part in ensuring as safe an environment as possible for each activity, participants also have a responsibility for safety.

Your responsibilities are as follows:

Medical: Please make us aware of any medical condition(s) or injuries, past or present, which may affect or make ill-advised your participation in any activity. We can then agree with you whether or not you should participate.

Fears and Phobias: before commencing any activity, please ensure that we are aware if you have any major concerns, fears or phobia(s) about the situation(s) in which you are choosing to place yourself. We will work with you to help ease your feelings of discomfort/ apprehension/ fear, and ensure that you are as comfortable as possible. If you are not 100% of what a day / route / activity entails, and how this may affect and fear or phobia, please contact us prior to the event for clarification.

Drugs and Alcohol: it is potentially highly dangerous to participate in any activity whilst under the influence of drugs or alcohol. Lakeland Mountain Guides reserves the right to prevent any person participating in any activity, should we suspect that they may be under the influence of drugs or alcohol.

Instruction: You must accept and act upon all direction and instruction from our instructors. Thank you for taking the time to read and consider this disclosure of risk.

Prior to commencing your chosen activity, Lakeland Mountain Guides will ask you to acknowledge your acceptance of the disclosed risks by signing the related Acknowledgement of Risk. In doing so you will confirm that you have read and understood the content of the Disclosure of Risk. A parent or guardian must counter-sign for anybody under the age of 18. Signing the Acknowledgement of Risk does not release Lakeland Mountain Guides from any of our obligations towards you, nor does it affect your statutory rights.