

# SNOWDON BY NIGHT (Yr Wyddfa)



## FREQUENTLY ASKED QUESTIONS

### How fit do I need to be?

This challenge is all about endurance fitness and teamwork. We design our challenges so that everyone can go at their own pace and achieve their own personal goals; so this is not a race. We support the group in a way that allows a good spread between the front and back of the group. For logistical and safety reasons we sometimes need to re-group, so those at the front will find themselves waiting. This is a team effort that enables people to achieve their goals and earn sponsorship – it's not about how fast you can walk it as an individual. Equally, it's no good for your self-confidence if you haven't prepared yourself for the challenge.

It goes without saying that you need to be mentally prepared too – self-belief and determination go a long way! Sticking to our training plan will really pay off. Try to train with your day pack on your back and get used to drinking and carrying water during your training. This trek is achievable for most people provided they **train well in advance**.

Keep in mind that this is a **challenge** and many people will find elements of the trip difficult at times, whether it is the physical trekking, changing weather, darkness, or something else. It is great if you can work as a team and help each other out during any difficulties. While there are challenges, **the enjoyment and rewards that come from experiencing Snowdon by night are unforgettable.**



### What will the trekking be like?

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. In the dark it's easier to lose your footing or become disoriented, so we take it easy. There will be marshals or lit markers on any sections of the route which are not clear.

### How far and fast will we be trekking?

You will trek approximately 9 miles on the night, though it would be a mistake to base your training purely on distance! It's vital when training to think about the hours you need to walk for and the **terrain** you are walking on – for example, purely uphill, followed by purely downhill. This challenge will take between 4 – 8 hours to complete, depending on group fitness. We adopt a fairly **relaxed pace** on the mountain, and time things so that you can enjoy **sunrise while descending** – if you walk very fast, you may miss it! Try to relax, don't rush the experience – and if you're finding the pace isn't pushing you much, use your energy to encourage others who might be finding it tough.

### What will the weather be like?

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 the challenge. 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 the dark can confuse your sense of direction, and mist, rain or wind will make it worse. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy. Keep a regular check on your location.



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## Who accompanies us on the trek from Discover Adventure?

Your trip will be led by **experienced Discover Adventure leaders**. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

## Will there be a doctor trekking with us also?

An expedition doctor or medic usually accompanies the group as well, dependent on group size.

Our medics are there to provide first aid and promote day-to-day welfare on the trip; they carry a robust medical kit, but cannot possibly be equipped with everything needed to counter any given situation. They also provide crucial support to our leaders and, as they are usually found at the back of our groups, are also experts at encouraging you when things get tough.



## Where do we meet?

We meet at a hotel, which allows us the comfort of facilities and warmth before and after the challenge. Registration and a full briefing will take place with your Discover Adventure crew. You will set off shortly after 11.00pm. You will be provided with details of where to meet the group in good time before your trip.

There is limited parking available, which usually costs in the region of £8.00 for the night (correct at the time of writing). There is a Pay and Display machine in the car park which takes cash and card payments. Nearer the time, you will be given our out-of-hours number so you can contact us if you have any difficulties getting there on the day. Please note: You must be responsible for your own kit on the trip so please take care of your items. The crew cannot be responsible if any items are left in your vehicles. You can leave a change of clothes safely at the hotel, in case you get cold and wet, or want to change before travelling home.

## What will I be eating?

A slap-up buffet breakfast will be waiting for you at the end of your trek! We recommend you make time for a good dinner en-route to meet the rest of the group, to give you plenty of energy for the trek.

## I have a specific dietary need; will there be enough for me to eat?

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. You can always ask for our advice.

## Do I need to bring snacks?

You may wish to bring a few snacks to keep you going - around **2-3 tasty treats will suffice**. We recommend a combination of slow and fast release snacks such as cereal bars (e.g. Tracker), flapjacks, salted nuts, chocolate bars, and a packet of sweets. Bringing a combination of treats will keep you interested in snacking as consistent energy levels are important.



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## What about toilets?

You may be getting used to being out trekking for periods of time and noticed that toilet facilities are not always in the most convenient places. This is also true of the challenge itself. There are facilities at the start and end of the challenge but then it is more limited whilst you trek. There may be occasions when you will need to discretely find a sheltered natural spot, and make sure you take nappy sacks with you if required which can be disposed of at the next available bin.



## How much do I need to drink?

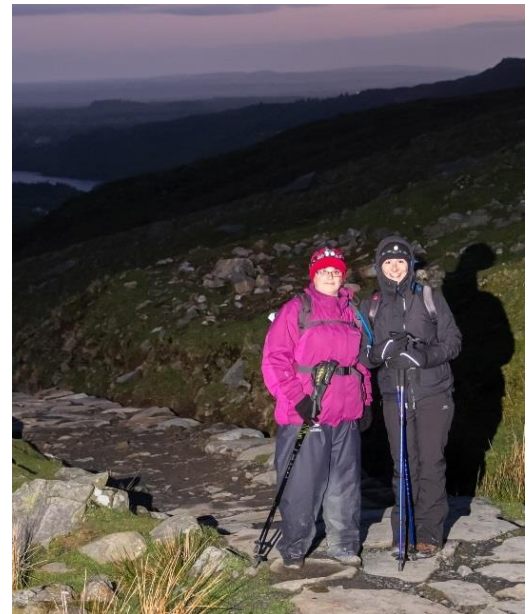
**Drink, drink, drink!** You should be drinking 1-2 litres of water during your trek so please also make sure that you are used to walking with this amount of weight on you. 1ltr of water weighs around 1kg. There will be plenty of water provided so ensure you stay well hydrated.

## What can I do to prevent illness during the challenge?

Illness can spread through the group very quickly so it's important to bring **antiseptic hand sanitiser** for use after the toilet and before eating to minimise the spread of germs. Also, avoid sharing water bottles and sharing each other's food or sweets as this spreads germs very easily, even if you are being careful.

## What if I have any issues during the trip?

Our leaders are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip **please talk to the crew and give them the opportunity to explain or rectify things while they are able.** They are all very approachable!



## What will happen in the case of an emergency on this challenge?

The crew will have radios, an extensive medical kit and other safety apparatus where necessary. If you are feeling unwell on this trek, tell your leaders and listen to their advice as your health and safety is our top priority.

## Do I need travel insurance?

Many people assume that travel insurance is an unnecessary expense for a trip in the UK. Of course, as a British citizen you won't need insurance for medical treatment because you can rely on the NHS. However, travel insurance is about more than medical cover, as it can protect you from a multitude of unfortunate circumstances. See the [insurance page on our website](#) for further information.

## How much money will I need to bring with me?

You needn't worry about carrying much money with you – enough for parking and a drink in the evening. For obvious reasons, save the beers for another night! If for reasons due to fitness, illness or any unforeseen circumstances, you have to depart from the group arrangements, you must ensure that you have enough funds to cover any resultant costs. Some of these may be recoverable through your travel insurance, depending on your cover and the circumstances.



## Will there be Wi-Fi, phone reception and charging points?

There should be access to Wi-Fi at the hotel at start and end. The phone reception will be limited and there won't be access to power for charging devices. Treat this challenge like a '**Digital Detox**' and enjoy being on the mountain!

## What do I need to bring?

Be prepared for any weather! It could be clear, raining, windy, warm or cold – or a mixture of all of them. The weather at the bottom of the mountain is very unlikely to be the same as at the top; expect it to be very cold at the summit at night. You will enjoy the trekking more if your equipment keeps you warm and comfortable. Make sure that you have plenty of layers to wear on the mountain – you will want to add and remove layers frequently. You will need to carry a day-sack with spare layers, waterproofs, first aid kit, snacks and anything else you need for the trek. A day-sack with adjustable, padded shoulder-straps and hip belt is essential. If in doubt please refer to your **kit list**.



If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants 10% off any purchases you make with them. Please ask us for the code if you do not have this already.

You can leave **spare clothes** safely in the hotel, and change for breakfast or travelling home. Don't take all your clothing with you – even with good waterproofing, they are at more risk of getting wet in your backpack than stowed safely in a **warm room**!

## What if this trip does not meet minimum numbers?

Every group needs a minimum number of bookings for it to be feasible to run. Cancelling a trip is rare, and we do our utmost to avoid it. You will be contacted in plenty of time if we are concerned about the group size, and we will discuss options with you.

## Passenger Portal

We have a **Passenger Portal** which will enable you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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