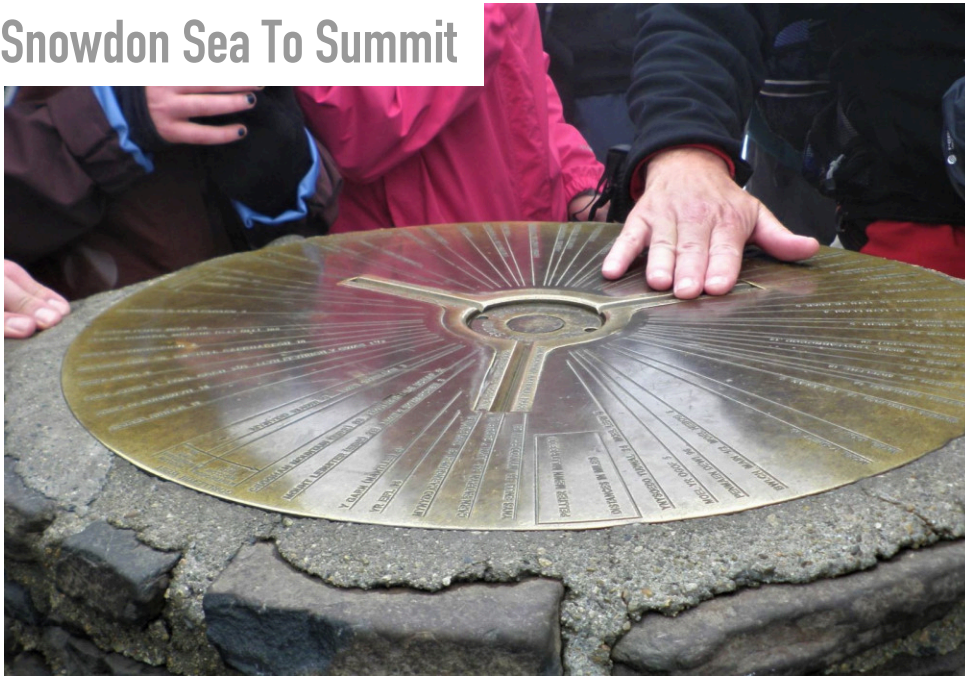


Snowdon Sea To Summit



Duration: 2 days

You don't have to be a pro at cycling or kayaking, just have an adventurous spirit which will see you conquer this 30 mile route in the epic Snowdonia landscape. All equipment hire is included (bikes, helmets, double sit on top kayaks, buoyancy aids & paddles) and it's a perfect weekend away in the heart of one of the UK's greatest adventure playgrounds.

DETAILED ITINERARY

Day 1: Arrival

We meet in the late afternoon at the hotel in Caernarfon. Once the whole team have arrived there will be a trip briefing to prepare you for tomorrow's challenge. Then you're free to arrange your own dinner, either in the hotel or somewhere else in town, before getting a good night's sleep.

Dinner not included.

Day 2: Challenge Day

After a good breakfast, we meet out the front of the hotel for 8 00am. Here you'll be split into teams, allocated your bike and have a final safety briefing before jumping in the saddle to start the challenge. You pedal a stunning route from the picturesque coastline, past the historic Caernarfon Castle before winding your way through the back door into Snowdonia National Park. Your journey takes you along beautiful cycle paths and through the rolling Welsh countryside and quaint villages with the peak of Snowdon looming in the distance.

Arriving at the base of the mountain you'll swap your bikes for boots, collect your homemade packed lunch and begin your ascent of the highest peak in England & Wales, the mighty Snowdon at 1085m. You'll ascend via one of the quieter routes, the Snowdon Ranger Path on the west side of the mountain which carves its way through

picturesque farmlands, past beautiful lakes and then follows the ridgeline all the way to the summit. On reaching the peak, there's time for a victory photo and a quick breather before your descent to the northwest via the more gradual Llanberis Path, finishing in Llanberis itself.

The grand finale of the day will see you paddling around Llyn Padarn completing a large circuit of the lake, to smash through the finish line and celebrate with a glass of bubbles with your fellow challengers.

WHAT'S INCLUDED

- Experienced Cycle & Mountain Leaders and Kayak Instructors
- One night's hotel accommodation in Caernarfon (twinshare basis)
- Hire bike and helmet
- Kayak, paddle and buoyancy aid
- Full back up support including first aid qualified staff and first aid supplies
- Entrance permission to national parks & lake
- Snacks, water and locally sourced and produced homemade packed lunch
- Luggage and bike transfer from cycling & trekking transition point
- Complimentary glass of fizz to celebrate the completion of your challenge

WHAT'S EXCLUDED

- Travel insurance (optional)
- Clothing and personal equipment listed on your Kit List
- Dinner on the night of arrival (day 1)
- Personal spending money, souvenirs and drinks
- Transport to / from event and parking fees (if applicable)
- Single room supplement @ £60 per person dependent on availability
- Any expenses incurred with leaving the trip early ie . hotel accommodation or change of travel costs.

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

What if I have any issues during the challenge?

Our leaders are very experienced and work very hard to ensure your challenge 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 **please talk to the crew and give them the opportunity to explain or rectify things while they are able.** They are all very approachable!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Luggage

Your main luggage will remain at our accommodation (camp, hostel or hotel as appropriate) and you will not have access to it until the end of each day. You should carry a small daypack for items needed during the day.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of cancellation charges can be found in the Terms and Conditions of booking.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables 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](#).

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. 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.

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 **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

Travel Insurance

Travel insurance for UK weekends and one-day events is not compulsory but you might like to consider taking out cover in case of cancellation or loss of belongings.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 17 Jun 2021, and the challenge is subject to change.