

Snowdon - FAQs

How long is the climb?

The length of this climb is approximately 14.5 km (9 miles) up and down, with an ascent of 975m (3,199 ft).

How long will the climb take?

The duration of the climb will be roughly 5 to 8 hours.

Which route will we take?

We will be taking the Llanberis path. This is the longest route to the summit of Mount Snowdon, but the most gradual climb.

What is the terrain like?

The Llanberis Path terrain starts with tarmac, then becomes a mix of wide, well-defined paths with gravel, dirt, and large rocks, becoming steeper and rougher with loose stones.

What kit do I need?

Walking boots and a waterproof coat is essential. It's advised that you bring at least two litres of water for this challenge, plus some lunch/breakfast and snacks.

The full list of kit needed is on the third page of this document.

What if I don't reach the minimum sponsorship?

We're here to support you throughout your fundraising journey. If you're finding it difficult or are concerned about meeting the minimum sponsorship amount, please get in touch with us. We'll be happy to offer guidance and help you boost your fundraising.

How much time do I have to submit my fundraising to the charity?

We kindly ask that all fundraising is completed and submitted within six weeks after the event. If you have raised funds through JustGiving only, you don't need to take any further action — all donations made on the platform are automatically sent directly to us.

Can I make my own way there?

All participants must take the coach provided. This is so the group stays together, and we can make sure the whole group arrives promptly.

Are there toilets available?

There are toilets available in Llanberis and at the Visitor Centre at the top of Snowdon. Please be aware that toilet facilities at the summit are unlikely to be open for sunrise hikes.

Is there a café at the summit?

Yes, however we recommend bringing your own food and drink. The café will be closed during sunrise hikes and is too busy in daytime for a group of our size to have time to stop there.

Will the summit be busy?

Yes, the summit is usually quite busy. Please bear in mind that you will most likely need to queue for a photo, if you want one of yourself at the trig point.

Do I need to be fit to take part?

The Llanberis Path is considered the easiest route up Snowdon due to its gradual incline and good path quality, following the railway line, but it's still a long and hard mountain walk, requiring good fitness, proper gear, especially near the summit where conditions can be steep, rocky, and exposed to wind.

Who will be guiding us up Snowdon?

We use professional guides who will be with us every step of the way. They are qualified Mountain Leaders with professional insurance and up-to-date outdoor first aid certificates.

For more information or to contact us, please email charities@uhb.nhs.uk or call **0121 371 4852**.

Snowdon - Kit list

This is what we'd recommend everyone should have when climbing Snowdon but we understand the weather on the day will affect what you pack.

Equipment

- Rucksack / backpack.
- Gloves - waterproof is ideal.
- Dry bags/bin liners - you will need to keep everything in your rucksack in either a dry bag or bin liner to keep everything dry in case it rains (don't rely on the weather forecast) you can also get waterproof covers to go over your rucksack if you prefer.
- Walking poles - this is optional, however many people prefer to have the support on rough terrain.
- Head torch and spare batteries - this is essential for our Sunrise Snowdon trip but is also recommended for the Daytime Snowdon Trek.
- Personal first aid kit.
- Survival bag - Unlike a space blanket, a survival bag fully encloses your body, keeping you warm and out of the wind in an emergency.

Clothing

- Walking shoes/boots.
- Warm socks / walking boot socks (plus a spare pair in your rucksack) - specialist walking boot socks are not essential but have more appropriate padding and are designed to suit long hikes.
- Walking trousers - jeans or other restrictive trousers are not recommended.
- Waterproof over trouser - can be worn or kept in your rucksack in case you need them.
- Base layer (e.g. t-shirt).
- Mid layer such as a fleece (plus a spare in your rucksack).
- Outer layer (e.g. a lightweight jacket).
- Waterproof jacket - this is different from your outer layer.

- Some spare clothing items for emergencies.
- Woolly hat/sun hat.

Food and drink

- Food – lunch or breakfast plus snacks (enough to last you all day plus spare).
- Water – at least one litre, preferably double that.

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