



25 YEARS
Helping Palestinians
In Need

SNOWDON

TREK 2019

INFORMATION PACK



BE A CHAMPION
FOR PALESTINE



Interpal is a charity registered
in England & Wales: 1040094

WELCOME TO INTERPAL'S CHARITY CHALLENGES

It is a pleasure to have you join us to walk some of the UK's most beautiful landscapes with Team Interpal. We have plenty more challenges taking place this year and we hope you can take part in as many as possible and like last year, enjoy not only the landscape but the experience with us.

Team Interpal has both male and female outdoor first aiders and qualified UK registered guides and trainee guides to lead the groups up the treks to ensure you have a safe and truly memorable experience. Some of the challenges we offer are suitable for all and others for the more experienced and who will need to be assessed by the qualified guides to make sure they are well prepared.

All our treks are off-road. The conditions depending on the weather can be rough, hard, uneven, wet, slippery and rocky. Most routes start off with a gentle walk then you're walking up to the peak, which may include steep climbs. It is therefore important you take the kit-list seriously bringing the correct footwear and clothing.

THE MOUNTAIN TRACK UP LLANBERIS PATH

Llanberis Path is the longest and most gradual of the six main paths to the summit of Snowdon, and offers fantastic views of Cwm Brwynog, Llanberis and the Menai straight towards Anglesey. Often known as the 'tourist path', this is the most popular and certainly the busiest of the main routes to the top of Snowdon. Although a relatively easy walk due to its gradual ascent, and simple to navigate - good level of fitness is required. Although the Llanberis Path is certainly the easiest of the main routes, in heavy rain, strong winds, poor visibility and winter conditions on the day, could make the route can difficult.

The path mainly follows the Snowdon Mountain Railway track, going by Hebron, Halfway and Clogwyn stations. Before the railway was opened in 1896, visitors employed guides to lead them to the summit along this path on mule-back.

Please remember, you should ensure you are well equipped with good footwear, adequate food and drinks plus clothing to cater for worsening weather conditions which could come upon you very quickly if you haven't fully prepared. (Treat the mountain with respect, remember you are climbing 3,300 feet to the summit.)



DISTANCE

9 MILES
14.5 KM

(There & Back)



TIME

5-6
HOURS

(There & Back)



ASCENT

3,300 FEET
1,000 METRES



GRADE

MODERATE
MOUNTAIN WALK

START & FINISH: Llanberis - Snowdon Summit

PARKING POST CODE FOR SAT NAV: LL55 4TD

PARKING: Pay & Display Car Park - Loose change required

ABOUT INTERPAL

Interpal is a leading British charity working to support Palestinians in need. We have been established since **1994**, and have worked tirelessly for **25 years** to provide relief and development aid to Palestinians in the Shaam area (West Bank, Gaza Strip, Lebanon, Jordan and also within Syria).

THE CAUSE

We are asking you to raise **£100**, which will provide a **water tank** and a **6 month's supply of clean water** for a whole family. Palestine is facing a water crisis resulting from the ongoing occupation and violence. Every day, families are forced to drink highly contaminated water or buy clean water supplied by private tankers: a choice that most Palestinians cannot afford to make. The water supplies in Gaza contain contaminants including high levels of nitrates, which pose serious health risks to babies and children in particular.

FUNDRAISING

OUR TARGET IS TO PROVIDE 100 FAMILIES WITH CLEAN WATER

Print out the attached sponsorship forms and try to reach a target of **£100**. We know fundraising can be daunting but we are here to support you with ideas and advice or even better to work together as a team to achieve your goals. It's your effort that counts, so do not hesitate to contact us on **0207 183 5155** if you need any support from us.

Some fundraising ideas are:

- Door to door
- Contact your friends via Email, social media, send them a text or a message on WhatsApp
- Do your own event or take part in an Interpal fundraising event (Fun day, street collections, bake sales etc.)

TRANSPORT

REGISTRATION FEE: **£30.00**

(Includes transport and guide fees.)

Remember, being on time will please all your colleagues and make everyone's day feel a lot better. We do ask everyone to show patience when waiting for others due to the time they are setting off their journey and the distance they are coming from. Candidates are asked to arrive on time so please check your emails.

FOOD

Make sure you have a good healthy breakfast, as you will need plenty of energy and fluids to help you complete the course. Participants are required to bring their own packed lunch. Energy bars, flapjacks, bananas, peanuts as well as high energy food such as egg sandwiches, tuna & pasta are highly recommended. Water is a must as you need to stay hydrated (try to keep away from anything fizzy).

KIT LIST

-  **HIKING BOOTS**
A MUST and ideally waterproof. (Sports Direct / Go Outdoors are good and affordable shops).
-  **NO WELLINGTONS OR JEANS**
The guide may refuse to allow you to board the coach if you are not well equipped for health and safety standards.
-  **LOOSE, COMFORTABLE TROUSERS**
Ideally waterproof.
-  **AVOID COTTON**
Wear synthetics which are quick drying material.
-  **A HOODED TOP OR FLEECE**
To keep you warm as temperatures can drop.
-  **A WATERPROOF COAT/JACKET**
To keep you warm and safe from the rain.
-  **SCARF, GLOVES, HAT OR SUNGLASSES**
Depending on weather and temperature predictions on the day.
-  **SUNCREAM AND VASALINE**
A key essential to have your skin protected from the sun.
-  **WALKING POLE**
Walking poles are highly recommended for this challenge as they improve balance and stability. It's a fact that using walking poles for hiking has been proven to reduce stress on legs and knees by up to 25%!
-  **SPARE CLOTHING**
Socks, trainers, trousers and top.
-  **A RUCKSACK**
Normal sized to carry items. A rucksack is perfectly designed to make your load more comfortable to carry and offers good support. NO SIDE BAGS / HAND BAGS / STRING BAGS.

SAFETY FIRST!!!

The weather on Snowdon often changes drastically, from clear and sunny clouds to heavy rain and poor visibility within minutes without much warning - even the most experienced of walkers can get caught out. Storm force winds (gusts over 70mph) make walking very strenuous with any mobility virtually impossible over exposed ground. Where these conditions occur there is a high risk of being blown over and even standing may be impossible at times.

It is essential that anyone climbing Snowdon, takes suitable precautions and dresses appropriately. Light clothing that is adequate at sea level is unlikely to provide suitable protection except on the fairest of summer days. Attempting to climb Snowdon without adequate protection including waterproofs and warm clothing, could result in hypothermia.

We want to keep you as safe as possible, so the advice in this pack, is essential. Stay safe.

FOR MORE INFORMATION PLEASE CONTACT:



0207 183 5155



CHALLENGES@INTERPAL.ORG

SNOWDON TREK SPONSORSHIP FORM

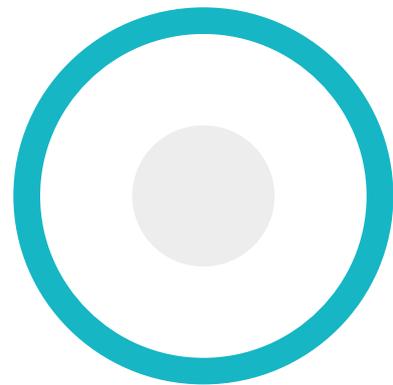


25 YEARS
Helping Palestinians
In Need

Full Name			
Address			
	Post Code		
Contact Number	Email Address		

MY FUNDRAISING TARGET...

Write your target in the circle.



MY FUNDRAISING TOTAL...

Fill in your total once you've finished fundraising.
Let's hope you meet your target!



REMEMBER TO:

1 APPROACH FRIENDS & FAMILY FOR SPONSORSHIP.
Make sure to tell them about the challenge and the project you're fundraising for.

2 BRING YOUR FORMS AND MONEY TO INTERPAL
Once you finish fundraising go to your local office where you registered for the challenge.

3 HAVE FUN AT YOUR CHALLENGE
Enjoy yourselves and give it your all for the needy people of Palestine.



You can also take pictures and share your efforts on social media to spread awareness of this fantastic cause! Below are a few hashtags:
#Interpal #InterpalSnowdonTrek

FOR MORE INFORMATION PLEASE CALL:  0207 183 5155

