

# SNOWDON SEA TO SUMMIT

## FREQUENTLY ASKED QUESTIONS

### How fit do I need to be?

This multi-activity challenge is all about endurance fitness, designed to test your skills, stamina and mental strength and it is therefore essential that you put in the training for this challenge! Sticking to our training plan will really pay off. Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. At the point of deciding to take part you may not be very fit, but as long as you have given yourself enough time to train, and have the right attitude, you can do this! We want you to succeed in your challenge, and will support you as much as we can, but commit to your training now so you can complete the event safely and enjoyably. Try to train with your day pack on your back and get used to drinking and carrying water during your training. This challenge is achievable for most people provided they **train well in advance**. We design our challenges so that everyone can go at their own pace and achieve their own personal challenge; 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. It goes without saying that you need to be mentally prepared too – self-belief and determination goes a long way!

Keep in mind that this is a tough day and many people will find elements of the trip difficult at times, whether it is the physical activity, changing weather, 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, **this long, tough day offers a great sense of achievement and camaraderie at the end will be unforgettable!**

### What will the challenge be like?

Full instruction and safety briefings will be given for all activities and no technical knowledge or previous experience is required. The terrain on Snowdon for the trekking part of the challenge is mainly stony with some loose rocks and stones. Paths are generally very good and there are steep inclines both up and down. For the cycling part of this challenge, we cycle on good tarmac roads; traffic should be fairly light but caution must be taken. Cycling terrain is challenging but nothing too strenuous. The canoeing is in open top kayaks on Llyn Padarn.

The environment we pass through needs the respect of all its users to be preserved. Please walk and cycle on the path surface rather than on the vegetation growing beside it, don't remove stones from the paths and don't take short-cuts. Please follow the Countryside Code.

### Who accompanies us on the challenge 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.

### Where do we meet?

In good time prior to the trip date, you will be provided with the details and address of where and when to meet the group. Registration and a full briefing will take place with your Discover Adventure crew prior to starting the challenge. Parking should be available at the hotel but this will be confirmed along with the meeting venue. 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.



### What kit is included?



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**DISCOVER**

Buoyancy aids and canoeing equipment is provided however it is recommended that you arrive with a change of clothing. When canoeing, trainers, loose bottoms (NOT denim) and a windproof top would be best. Bikes will be provided so do make sure we have your height to get the right sized bike for you. If you want to bring your own, please let us know in advance that you intend to do so. If you have a change of clothes or shoes for the trekking section this can go in your day pack in the support vehicle which will meet you at the trek starting point. If in doubt—please refer to your kit list!

### What will the weather be like?

The lakes and mountains that make up Snowdonia National Park are stunning and beautiful on a good day, but this can give a false sense of security. The weather can change rapidly during the course of a day, and the mountains are very exposed. This can have an impact on your comfort and safety, especially if you are ill-equipped. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy. Keep a regular check on your location.

### What will I be eating?

A locally sourced and produced packed lunch will be provided and we will also provide snacks at the water stops during the day to help you keep your energy levels up, although if you want to use special energy drinks and bars then please bring them with you.

### 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. 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.

### 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 throughout. 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 a day 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 for you throughout the weekend 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



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## 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. Definitely something worth considering.

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

You should have access to Wi-Fi at the hotel, however the phone reception will be limited throughout and there won't be access to power for charging devices. Treat this challenge like a '**Digital Detox**' and enjoy being in the lakes and mountains.

## What do I need to bring?

All technical equipment relating to the cycling and canoeing elements will be provided but please refer to your kit list for full details. 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 the support vehicles or en route. You won't need a great deal of money whilst on the challenge, however you may want to bring enough for any extra snacks or drinks from the café at the Marina at the end of the day.

## 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](#).

