



Climb Snowdon for Sunrise

Experience the quiet majesty of Yr Wyddfa at dawn with a guided sunrise walk.

Yr Wyddfa is the highest peak in Wales and at 1085m high, it's a tough climb to reach the summit, especially as you will be in the dark. However, you are rewarded with tremendous sunrise views over the coast and northern Snowdonia from its lofty heights. If the cloud obscures the fine views from the summit, there is still plenty of exciting mountain terrain to view around you.

You will be joined by qualified local Mountain Leaders who will share their enthusiasm and advice with you all the way. Each step is worth it as you head ever higher into the mountain's unique, mythical environment full of drama... enjoy YOUR Climb Snowdon adventure.

*If you are driving home after this event then ensure you are fully rested first. Always consider the safety of yourself and others before you drive

Your itinerary

We recommend you journey to the Llanberis area the day before, to make the most of your walking day and make sure you're fresh and prepared.

The timings below are a rough guide but we will send you precise timings in your booking confirmation and again 4-weeks and 1-week before your event.

Climb Snowdon Sunrise

Saturday evening

00:30 - Meet your Mountain Leaders at the pre-arranged meeting point

00:45 Safety brief and introductions to your Mountain Leaders

01:00 Depart meeting point in SILENCE and with all torches turned off so as not to disturb local residents.

01:30 Ascend Llanberis path

05:00 Expected time at Yr Wyddfa summit

05:15 Approximate sunrise (this will change for every event)

05:30 Latest departure from summit

09:00 Arrival back into Llanberis (via the Llanberis path) on Sunday morning*



Food

It might seem the wrong time to eat a big meal, but make sure you do at least an hour before we meet. You need to carry at least 1.5 litres of water, *plus* juice/hot drinks. Bring your own lunch and pack both savoury and sweet foods. Choose complex carbohydrates and whole foods instead of overly sweet items. E.g. malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, pork pies or sausage rolls will last well on the hill and sustain you for hours.

Ensure you pack a separate drink for the journey to and from the start point as well as the recommended amount for your walk.

Transport & Accommodation

Transport and accommodation are not included in this event unless otherwise stated. Use postcode LL55 4TY to plan your trip.

There is plenty of parking available in Llanberis village, the meeting point is usually in a car park. Other places include; opposite the Snowdon Mountain Railway station, The National Slate Museum, and Electric Mountain (LL55 4UR). All car parks are pay and display and charges vary from £6/day upwards.

FAQs

Visit our [FAQs](#) if you have any more questions

Health & Fitness

To enjoy this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming /cycling at least 3 times a week to fully enjoy this challenge. We will cover rocky and uneven high-level terrain and your muscles and heart need to be used to working hard. Ensure you include any health and medical details on your booking form.

Download our [Climb Snowdon Countdown](#) which includes a 6-week training plan.

Weather & Safety

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler on the mountain tops, so bring layers that you can add and remove easily. Ensure you have all the required equipment as specified in the [Kit List](#) to protect you from unexpected weather conditions. Your qualified Mountain Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

You can monitor the weather for Yr Wyddfa here: [Mountain Weather Information Service - Snowdonia](#)

[Met Office Mountain Weather - Snowdonia](#)

A sense of humour to cope with any adverse weather conditions is also beneficial!

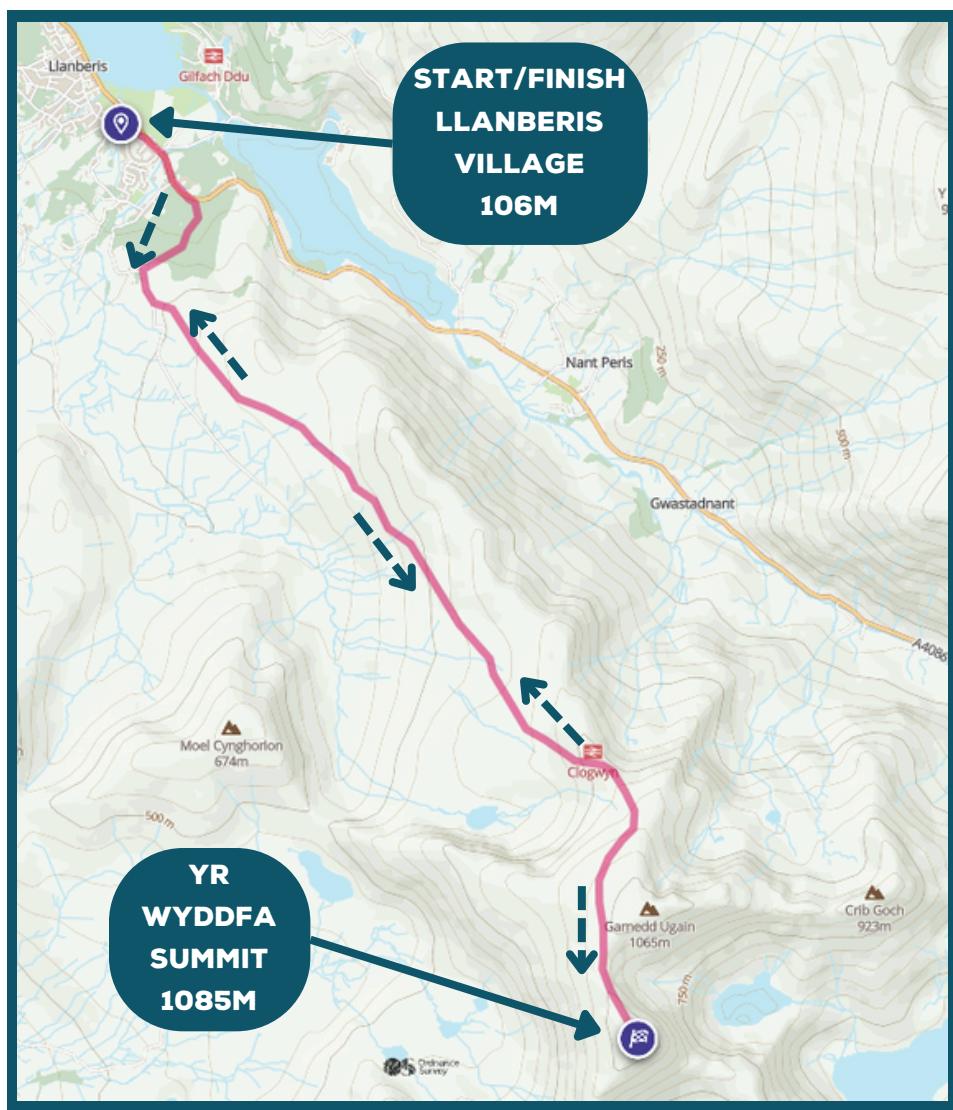
Climb Snowdon Sunrise Route

Due to the added risk of this Climb Snowdon Challenge being walked in complete darkness or very low light, we will be walking up and down the well known Llanberis Path. Tread in the footsteps of the Victorians who built the world famous Snowdon Mountain Railway.

Linear: Starting/ending in the village of Llanberis

Distance: 14.5km/9 miles round trip

Total Ascent: 975 metres/3560 feet



Distance and times are approximate as these will change depending on the pace of your group. Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leader who will always make choices with the safety of the group as a top priority.

Kit list

Summer Conditions

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

| Item required | Got | Packed |
|---|-----|--------|
| Rucksack – at least 25 litres | | |
| Rucksack liner (or bin bag) to keep rain out! | | |
| Trekking poles (optional) highly recommended for tired legs on descent | | |
| Suncream/sunglasses/sun hat | | |
| Mobile phone in sealed plastic bag | | |
| First Aid Kit prescription medication, blister protection, painkillers, plasters | | |
| Headtorch and spare batteries | | |

Food / Drink

| Item required | Got | Packed |
|---|-----|--------|
| 2 x 1 litre reusable water bottles (filled with water to start) | | |
| Packed lunch | | |
| Snacks / extra juice drinks | | |
| Plastic bag to take your rubbish home | | |

Clothing

| Item required | Got | Packed |
|---|-----|--------|
| Base layer or T-shirt (not cotton) | | |
| Walking trousers (not jeans) | | |
| Fleece jacket or top | | |
| Spare warm layer in rucksack | | |
| Waterproof jacket | | |
| Waterproof trousers (separate to your walking trousers) | | |
| Warm hat | | |
| Warm gloves | | |

Footwear

| Item required | Got | Packed |
|--|-----|--------|
| Sturdy, comfy walking boots with ankle support | | |
| Comfortable walking socks + spare pair | | |

Leave in your car/accom

| Item required | Got | Packed |
|--|-----|--------|
| A full change of clothes including shoes | | |
| More food and drink | | |



#quittalkingstartdoing

RAW Adventures Mountain Activities Ltd.

VAT Registration No. GB 213419439 | Registered in England No. 07170551

