

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 stamina and mental strength and it is therefore essential that you put in the training!

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.

Keep in mind that this is a challenging day, and many people will find elements of the trip difficult at times, whether it is the physical activity, changing weather, or something else. Try to work as a team and help each other out during any difficulties. While there are challenges, **this long, tough day offers an unforgettable sense of achievement and camaraderie!**

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; 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!

What will the challenge be like?

Full instruction and safety briefings will be given for all activities and no technical knowledge or specific experience is required. For the cycling part of this challenge, we cycle mainly on wide cycle paths, with a small amount on tarmac roads; traffic should be fairly light. Bikes are hybrid or mountain bike. Cycling terrain is relatively flat, and we ride at a fairly relaxed pace. Once on Snowdon, the trekking terrain is mainly stony with some loose rocks and stones, and some steep sections. Paths are generally very good. The canoeing aims to complete a loop of Llyn Padarn in tandem sit-on-top kayaks; if it's very windy we'll paddle closer to shore. This is a good, fun way to end our big day.

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 an **experienced Discover Adventure leader**. 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 belongings. The crew cannot be responsible for any items left in your vehicles.



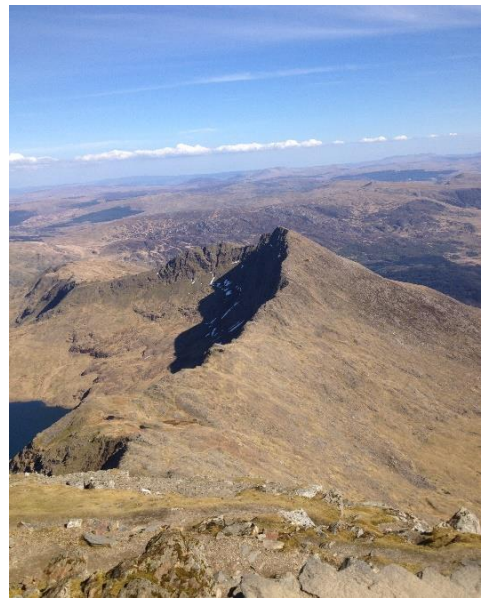
01722 718444
info@discoveradventure.com



What should I bring and what kit is included?

Refer to your **Kit List** to ensure that you have all the essentials, whatever the weather. If you aren't prepared, strong sun, rain or wind can make the day far more challenging than it needs to be. All technical equipment relating to the cycling and canoeing elements will be provided but please refer to your kit list for full details.

Canoeing equipment, including buoyancy aids, is provided. When canoeing, trainers, loose bottoms (NOT denim) and a windproof top would be best. We recommend you arrive with a change of clothing. Bikes will be provided; make sure you provide us with your height in good time, to get the right sized bike. If you want to bring your own, please let us know in advance that you intend to do so. Any changes of clothing or footwear for the trekking and canoeing sections can go in your day-pack in the support vehicle, which will meet you at the trek starting point, and again at the lake. 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. Even in the summer months we can be exposed to rain and strong winds, and it can be chilly. Conditions can change quickly, and mountain environments must always be respected. It can be very exposed; expect it to be windier and colder as you gain height. This can have an impact on your comfort and safety, especially if you are ill-equipped. Please ensure you have appropriate waterproofs and footwear, and plenty of layers so you can add and remove clothing to keep yourself comfortable. If you are poorly dressed for bad weather, exposure can rapidly deplete your concentration and energy.

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 bring a few extras, by all means do so. If you would like 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.

What about toilets?

You may be getting used to being out training 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, and at the lake, but there may be occasions when you will need to discretely find a sheltered natural spot. 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 opportunities to top up your water each time you swap activity, so ensure you stay well hydrated.



01722 718444
info@discoveradventure.com



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 very approachable!

What will happen in the case of an emergency on this challenge?

The crew will have phones, radios as appropriate, extensive medical kit and other safety apparatus where necessary. If you are feeling unwell, 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. See the [insurance page on our website](#) for further information.

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. Bring a powerbank, or treat this challenge like a digital detox and enjoy being in the mountains.

Do I need to bring any money?

You won't need any money during the actual activities, but 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.



01722 718444
info@discoveradventure.com

