



FHC Climb Snowdon 2025 Event Information Pack



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This pack includes all the important information you will need ahead of the event...

Event Meeting Point (Saturday): Main Entrance at Royal Victoria Hotel, Llanberis, Caernarfon LL55 4TY

Group Travel - Pick up info (Friday 26th September)

If you're using the group travel option, the minibus pick up location will be at Unit 1 Archipelago, Lyon Way, Frimley, GU16 7ER – leaving at 2pm, please be there at least 20 minutes before we depart. We also kindly ask if you are travelling on the minibus, that you pack as light as possible due to limited storage and needing to use the seat space in front of you.

Transport & accommodation

If you choose to drive, please use the nearest car park to our meeting point at The Royal Victoria Hotel, which is opposite the Snowdon Mountain Railway station. There is also plenty of other pay and display parking available in Llanberis village.

Itinerary

- 08:45 Meet your Mountain Leaders and #TeamFHC at the main entrance of Royal Victoria Hotel for welcome, group briefing and kit check
- 09:15 Latest Llanberis departure time, via Maesgwm Valley and the Ranger Path
- 13:00 Arrival at Yr Wyddfa summit
- 13:30 Depart Snowdon summit (via Llanberis Path usually in descent)
- 17:00 Arrival back into Llanberis / car parks

Emergency Contact Number

In case of emergency please call our emergency event number on 07341 884086.

How long does it take to climb?

A typical day climbing Snowdon can take up to 8 hours – always allow a full day for your activity.

Group fitness, experience and weather can affect timings. Expect to be walking for at least 4 hrs up, sometimes more. It is not always quicker on the way down, as this also depends on how the group cope with steeper sections in descent.

Will I be left behind if I'm slow?

No, absolutely not. The leaders are super experienced in working with groups of differing abilities. They know exactly how to manage a group to give everyone the very best experience possible, whilst keeping the whole group safe and engaged.

What if the weather's really bad?

Everyone who signs up to one of our Climb Snowdon days should be ready for various weather conditions on their walk. This includes extreme heat as well as wind, rain, low cloud and even snow showers! If the mountain leaders deem the incoming weather to be a danger to our walking groups, then they may make alternative arrangements in terms of route planning. This could include walking up as far as we can before turning back, taking an alternative route and using the train.

Key info from our mountain leaders...

For more information about your event, you can download the standard [Event Notes](#) document and visit the [FAQs](#). Please remember to pack according to the Kit List and don't forget to book your own travel insurance to cover you for any cancellations. Please also take the time to read [Our Terms and Conditions](#). Your experienced Mountain Leaders will take care of planning and navigation on the day, but many participants choose to buy a [souvenir map](#) or download the [Snowdon Paths App](#) to get a feel for the routes.

Thank You!

On behalf of all our patients, their families and the dedicated staff and volunteers at the Frimley Health NHS Foundation Trust, thank you for taking part in FHC Climb Snowdon and choosing to support Frimley Health Charity!

Route Information

Here's a useful guide to the paths up Yr Wyddfa (Snowdon). We anticipate we will be taking either the Pyg path/Maesgwm (Ranger Path) to ascend and the Llanberis path to descend. Our leader will confirm the route a few days before the climb, inline with any weather changes.

Depending on weather and group size, your leader might choose to take the local bus up to Pen Y Pass and walk the PYG Track or the Miner's Path to the summit. You will need to bring £3 for a single bus fare as you'll still walk back down the Llanberis path to start location.

There is often a large queue for a picture with the summit trig point, which is located on a man made cairn (stone structure). There will not always be time to join the queue for this photo so do be reassured that Yr Wyddfa's true summit is actually the plateau upon which the cairn stands.

Your perfect mountain day

There's a Snowdon adventure to suit every walker and here are the stats and our favourite path-pairings so you can pick the right one for you.

KEY TO SYMBOLS

Difficulty

Fear factor

Crowds

RATINGS GUIDE

1 is an easy, calm and/or quiet climb and 10 is tough, scary and/or very busy. Our routes grading (see page 100) ranks every route here as at least 'challenging'.



BEST FOR VARIETY

Watkin Path
Llanberis Path

These two combine for a spectacular south-north traverse of the Snowdon massif, letting you see the mountain from every different angle. It also sees each path at its best: most folk will prefer the steep and loose upper reaches of the **Watkin Path** in ascent, and the gentler gradients and wide-ranging views of the **Llanberis** make for a delicious descent.

BEST FOR THRILLS

Crib Goch
Y Lliwedd

If you crave adrenaline, relish heights and love scrambling then the Snowdon Horseshoe of **Crib Goch** and **Y Lliwedd** is for you. Do tackle the route this way round: descending Crib Goch is dangerous, **Y Lliwedd** is still an exciting descent, but easier on nerves and knees.

BEST FOR DRAMA

Pyg Track
Miners' Track

This is a classic pairing from Pen-y-Pass, although there is some debate about which way round to walk them. We suggest up the **Pyg Track** as it's slight gnarliness is easier on the climb, and down the **Miners'** for its long, view-rich gradients.

BEST FOR TRANQUILITY

Rhod-Ddu Path
Snowdon Ranger Path

Explore the quiet west side of Snowdon by climbing the shapely ridgelines of the **Rhod-Ddu Path** and descending on the knee-friendly contours of the **Snowdon Ranger**. Chances are the only other walkers you'll meet will be at the summit! You can strike south on footpaths above the Ranger's zig-zags to return to Rhod-Ddu, or descend to the bottom and hop on the Welsh Highland Railway.

Packing List

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. You may be refused participation if your kit is not adequate for the weather conditions. Please check the weather prior to packing.

Equipment

Item	Got	Packed
Rucksack – at least 25 litres	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack liner (or bin bag)	<input type="checkbox"/>	<input type="checkbox"/>
Trekking poles	<input type="checkbox"/>	<input type="checkbox"/>
Suncream/ sunglasses/ sun hat	<input type="checkbox"/>	<input type="checkbox"/>
Mobile phone	<input type="checkbox"/>	<input type="checkbox"/>
First Aid kit - painkillers, plasters	<input type="checkbox"/>	<input type="checkbox"/>
Designated bin bag	<input type="checkbox"/>	<input type="checkbox"/>

Clothing

Item	Got	Packed
Breathable base layer or t-shirt (no cotton)	<input type="checkbox"/>	<input type="checkbox"/>
Walking trousers (not jeans)	<input type="checkbox"/>	<input type="checkbox"/>
Soft fleece, shell jacket or top	<input type="checkbox"/>	<input type="checkbox"/>
If colder: Long sleeve synthetic/ wool base layer	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof jacket	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof trousers (separate to your walking trousers)	<input type="checkbox"/>	<input type="checkbox"/>

Item	Got	Packed
Walking socks + spare pair	<input type="checkbox"/>	<input type="checkbox"/>
Sturdy, comfy walking boots with ankle support	<input type="checkbox"/>	<input type="checkbox"/>
Warm fleece liner gloves	<input type="checkbox"/>	<input type="checkbox"/>
Warm hat	<input type="checkbox"/>	<input type="checkbox"/>
'Buff' neck warmer	<input type="checkbox"/>	<input type="checkbox"/>
Spare fleece/ thermal jacket	<input type="checkbox"/>	<input type="checkbox"/>

How to Fuel your Body for your Climb

Most people should aim to consume around 2000 calories before and during the hike. This will usually consist of breakfast, lunch and snacks.

Liquids

You should take between 2-3 litres of water, more so if it's hot. If it's cold you might want some of these fluids as warm tea or soup inside a flask. You may also wish to use Electrolyte powder or tablets, as this helps replace lost electrolytes, especially on hot days.

Breakfast

The aim of our breakfast is maximising glycogen stores for the start of the walk, as with the night before, carbs are key! Some good breakfast options include:

- Porridge, with banana and berries
- Wholemeal toast, scrambled eggs and avocado
- Bagel and peanut butter
- Fruit and yogurt
- Smoothie

A fry up is not considered to be a good breakfast before any exercise due to its high fat content. This can cause stomach upset and slow digestion. In addition a fry up is high in salt which will cause you to drink more.

Lunch & snacks on the mountain

Some good energy boosting lunch and snack options we recommend include:

- Granola and cereal bars
- Sandwiches
- Cold pizza
- Pork pies
- Nuts, trail mix, oat cakes (Nuts release energy slowly and the dried fruit release it much faster)
- Fresh fruit
- Sweets, such as jelly babies are ideal if energy levels drop for a sugar and energy boost
- Juice drinks

It's time to reach for the snacks if you...

- Feel lethargic
- Start tripping over rocks (or your own feet)
- Feel morale dip
- Feel cold

Please don't litter!

Please take all packaging home with you as there aren't any litter bins on the mountain. It's best to take a designated rubbish bag. Although banana skins, orange peel, apple cores etc., are all biodegradable, they can take up to two years to decompose. So please take them home and help keep the mountain clean and picturesque for its next group of climbers.

I'm walking for....



I'm walking in memory of...



FHC Climbs Snowdon Sponsorship Form

Name:

Address (with postcode):

Email Address:

Full Name

Home Address

Postcode

Gift Aid*

Amount Collected

John S mith

1, The Street, The Town

AB12 3CD





**Frimley Health
Charity**

[illegible]

* I confirm that I am a UK income or capital gains taxpayer. I have read this statement and want Frimley Health Charity to reclaim tax on my donation. I understand that I must pay an amount of income tax and/or capital gains tax in the tax year that is at least equal to the tax that Frimley Health Charity, and any other charities and CASCs I donate to, will reclaim on my donations for that tax year (council tax and VAT do not count). I understand the Frimley Health Charity will claim 25p in tax back for every £1 gift aided. Registered charity England and Wales 1049600.

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Please pay all sponsorship money via your chosen payment method and return this form to The Fundraising Department, Frimley Park Hospital, Portsmouth Road, Frimley, Camberley, Surrey, GU16 7UJ. We will only use the details that you have provided for the purposes of administering your donation and for claiming Gift Aid.

If you would like to know of other ways to improve patients' lives, please contact our fundraising team on 0300 615 3206 or email info@fundraising@nhs.net.

Paying in your fundraising

Whichever way you decide is best for you, please include a covering note and an address so we can send you a thank you.



You can deliver any donations to the hospital receptions or the cashiers office at:

**Frimley Park Hospital, Portsmouth Road,
Camberley, GU16 7UJ**

Or

**Wexham Park Hospital, Wexham Street,
Slough, SL2 4HL**



You can donate online at:

<https://www.frimleyhealthcharity.org/donate>



Please make all cheques payable to Frimley Health Charity. You can post to
**Frimley Health Charity, Portsmouth Road,
Camberley, GU16 7UJ**



Other ways to support FHC

Events & Challenges

Are you looking for a new challenge or do you want to do something different? Fundraising challenges are a great way to raise money for Frimley Health Charity, whilst pushing yourself out of your comfort zone and ticking off a new bucket list moment. With challenges including Marathons, Bike Rides and Skydives, as well as our FHC events Run Frimley, Walk 4 Wards and Jingle Jog, there really is something for all ages and abilities, so why not look on our website to find out more:

frimleyhealthcharity.org/get-involved/events/

Play our Lottery

Play our weekly lottery and every Friday you'll be in with a chance to win one of 100 prizes – a first prize of £1,000, five prizes of £25 and 94 runner-up prizes of £5. Prizes are guaranteed so 100 players will win every week! Sign up today: lottery.frimleyhealthcharity.org

Leave a gift in your will

Choosing to leave a legacy donation is a wonderful way to make a lasting difference and support a cause you truly care about. All gifts in Wills to Frimley Health Charity have a real positive impact on patients and families at the Trust's three hospitals – Frimley Park, Heatherwood and Wexham Park.





Get in touch

If you have any questions or queries please get in touch:



fhft.events@nhs.net



0300 615 3206



frimleyhealthcharity.org

Connect with us on social media



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FUNDRAISING
REGULATOR

Registered Charity Number: 1049600