

Pink Pants Snowdon Horseshoe Challenge

Join us!

Join our Pink Pants team and enjoy a challenging day of hiking on one of the best routes to the summit of Mount Snowdon - the Horseshoe Trail!

Pink Pants Challenges are Endometriosis UK's very own flagship fundraising events that also aim to raise awareness of endometriosis.

The Pink Pants Snowdon Horseshoe Challenge is chance to see the stunning scenery of the Snowdonia National Park and an opportunity to meet other women who have similar experiences of endometriosis, to bond with and achieve something amazing together.

About the challenge

Fast Facts			
Place	Llanberis, Snowdonia National Park, Wales		
Registration Fee*	£75 pp	Duration	3 days, 2 nights
Min. Sponsorship**	£450 pp		
Min Age	18 years	Max Age	NA
Max Altitude	1085m	Total Ascent	1230m
Total Distance	17.5km	Fitness Level	Moderate
Dates	3 rd – 5 th of May 2014 (Bank Holiday weekend)		

Starting bright and early, your challenge will bring you from the slate mining town of Llanberis, past the majestic sheer cliffs of Clogwyn, and on to the summit of Yr Wyddfa — the highest point on Mount Snowdon!

From here you will continue on around the stunning horseshoe to the peak of Y Lliwedd, before descending into the Cwm, by Llyn Llydaw to join the original Miners Track where a railway once ran, and finally back down to Pen Y Pass for a well-earned cup of tea and slice of cake!

It will be a truly exciting adventure and the memory climbing the highest mountain in Wales in pink pants will certainly be one that stays with you!

Itinerary

Day 1 – 3rd May 2014

- Arrive at Llanberis – hostel check-in begins at 17.00
- Dinner at a local pub
- Event briefing for the following day

Day 2 – 4th May 2014

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- 07.30 breakfast
- 08.50 prepare lunches and kit check
- 09.20 team briefing and safety procedures
- 09.30 depart bunkhouse, transfer to base of mountain
- 09.45-17.00 ascent of Yr Wddfa (Snowdon), around the horseshoe to Y Lliwedd
- 17.00 end in Pen Y Pass Café
- 19.30 celebratory dinner in Llanberis

Day 3 – 5th May 2014

- 08.00 breakfast
- Team free to depart or explore the area

Accommodation

You will stay for two nights in good quality, simple, bunkhouse-style accommodation in the heart of the Snowdonia National Park. Participants may be required to bring a sleeping bag. Accommodation is mixed. We will be staying at the YHA Llanberis. For more information visit www.yha.org.uk/hostel/llanberis

Walking Conditions

Typically, conditions underfoot are good. If however there have been changes to the conditions underfoot, the experienced guides will adapt the route accordingly.

Fitness Level

You must be active with moderate fitness level. You should be doing regular exercise and feel comfortable in undertaking long country walks of up to 7 hours or 15 miles in lowland English countryside.

Medical Issues

Please note, it is extremely important that you are in good physical health. We strongly advise that anyone with pre-existing medical conditions or series conditions (epilepsy, diabetes, heart conditions, recent illness or operation) discuss the challenge with their GP. Please fill in your booking form accurately and honestly, notifying us of any allergies or similar.

The Package

Included in the trip is 2 nights' accommodation, 2 breakfasts, professional group leaders (ratio of 1:10 – 1:12 + assistant leaders as appropriate), specialist safety equipment, transfer to the base of the walk (**NB** - we will arrive back to our hostel by foot on the day of the walk).

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Excluded from the trip are all lunches and dinners, and the transport to and from the event.

We strongly encourage you to take full advantage of the Bank Holiday weekend by doing some of the activities available in the local area – walking, canoeing, swimming on one of the eight Blue Flag beaches in the area. We cannot, however, organise or pay for these extra activities.

Costing

All costs included in the package (listed in the above table) will be deducted from your fundraising total. In order to make the weekend a fun and valuable fundraising experience, we require you to meet a fundraising minimum of £450 per person. We will require you to reach 80% of the fundraising minimum to be by the 1st April 2014, approximately one month before departure.

Equipment Required

- Hiking boots, or sturdy walking shoes
- Waterproof clothes – jacket and trousers
- Warm clothes – jumper, hat, gloves
- GPS or maps if you so wish
- Water - 2 litres
- Food (especially for lunch Day 2) – both slow and quick release energy, snacks that can be eaten often throughout the day. There will be limited opportunity to purchase food on the day on the route. We ask that you bring food with you to limit the time taken to purchase food as this will delay progress along the route,
- First aid – plasters, blister plasters, sun cream, Vaseline, painkillers. If you are not allergic, consider bringing something like deep heat relief or ibuprofen gel to relieve muscle pain and aches. Any other medication that you need.
- Mobile phone for communication/emergencies
- Money for travel and we are hoping to organise a meal afterwards so some money for that if you would like to join us!

Last but not least...we are encouraging everyone to wear some **Pink Pants** to help raise awareness along the way. We will provide these for you on the day. **We would also be delighted if you wore the Endometriosis UK t-shirt given to you when you sign up!**

Any questions?

To request a book form or for more information, please contact Meg or Daniella by email at fundraising@endometriosis-uk.org or by calling 020 7222 2781.

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We look forward to seeing you there!

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