



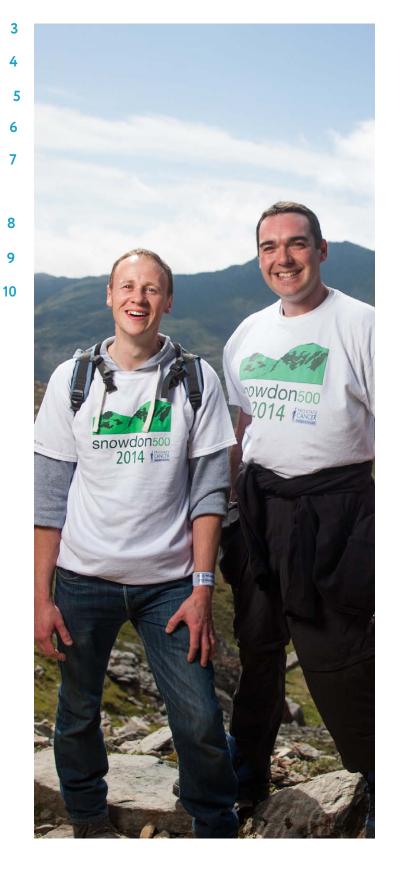


**BRIEFING PACK** 

www.snowdon500.com

# CONTENTS

WELCOME & THANKYOU	
ARRIVAL	
THE CHALLENGE	
SAFETY CHECKLIST	
EMERGENCY INFORMATION	
EVENING DINNER	
FUNDRAISING	
EVENTS TEAM CONTACT DETAILS	1



## WELCOME & THANK YOU

First of all, welcome, and thank you for choosing to take part in the 2019 Snowdon 500 Challenge in aid of the Prostate Cancer Research Centre.

We have created this briefing pack to make climbing Mount Snowdon the best experience possible for you. We hope that you have an amazing time during the Snowdon 500 Challenge – thank you for climbing with us!

The Snowdon 500 Challenge was founded by our patron Matt Rannamets, and has raised over £1million since it began. Sadly, Matt lived with Prostate Cancer himself and lost his battle in March 2016. 2019 marks the 12 year anniversary and we will be building on his legacy and raising money to fund world class research into advanced prostate cancer which will provide a future for men and their families.

These briefing notes will provide you with important information you need for the Snowdon 500 Challenge 2019. Please take some time to read through the pack carefully before you start your climb.





Meeting Point	Meeting point: Royal Victoria Hotel, Llanberis, Gwynedd, Wales, LL55 4TY.
Car Parking:	Parking for Snowdon, Llanberis, LL55 4TD (opposite the railway station)
Cost:	£4.00 (reduced from £8.00)
Opening Times	<ul> <li>Please tell the car park attendant that you are taking part in the Snowdon 500 Challenge and then display the car park voucher that you will find attached to these notes. PLEASE NOTE THIS PARKING IS NOT FREE.</li> <li>Please do not use the car park in the hotel grounds as this is strictly for the use of hotel guests only.</li> </ul>
Accommodation:	There are plenty of hotels in the area, including the Padarn Hotel. You can find a list of places to stay at here.
Registration	<ul> <li>You will receive the following details before Saturday 18th May:</li> <li>A registration number – This is to identify you both when you register and on the mountains.</li> <li>Registration open time – This is the time you and your team should aim to arrive at the reception marquee located in the grounds at the front of the Royal Victoria Hotel in Llanberis, to "sign in" before boarding the free shuttle bus to Pen Y Pass.</li> </ul>

- Registration closed time This is the time the registration window for you or your team closes.
- Start time This is the time your shuttle bus leaves the Royal Victoria Hotel to take you to Pen Y Pass to commence your climb.

Please try your best to be on time so that you do not hold up other participants. If you miss your slot, then you will be allocated a new time, but this time is dependent on the space available on the buses.





### THE CHALLENGE

### Sign In Procedure

The Start / Finish point and reception marquee for the Snowdon 500 Challenge will be in the grounds immediately to the front of the Royal Victoria Hotel.

You should aim to arrive at the Royal Victoria Hotel at the "Registration Open" time and go to the reception point, which will be in the marquee at the front of the hotel. At the reception point you must sign in by providing your name and registration number. After signing in you will be directed to the shuttle bus taking you to Pen Y Pass (15 minutes) and the start of your climb to the summit of Snowdon.

When you sign in you will be given a distinctive high visibility arm-band which you should wear on your arm at all times so that our Mountain Safety marshals can easily spot you as a participant. We will also have a supply of bottled mineral water and chocolate bars / biscuits to help you on your way.

### **Verbal Safety Briefing**

When you arrive at Pen Y Pass you will be met by one of our stewards and asked to separate into 2 Groups; those climbing via the Miners Track, and those climbing via the Pyg Track. Each group will be given a verbal mountain safety and environmental briefing. We regard this briefing as very important as we need to comply with the requirements and regulations of the Snowdonia National Park Authority, so please listen carefully. Once the short briefing is complete, you will be free to start your climb up Snowdon.

#### **Sign Off Procedure**

It is very important that you return to the reception point when you have finished the climb so that we know you have successfully completed the Challenge and are safely off the mountain, as well as to receive your medal. This is extremely important because failure to do so may result in the Mountain Rescue / Emergency Services being called out to undertake a search.

#### **Route Descriptions**

You can choose between the Miners Track or the Pyg Track for your climb up to the summit of Mt Snowdon. Both routes are very scenic, but for less experienced hill / mountain walkers it could be better to use the Miners Track as it is a little less demanding. When you arrive to sign in you must inform us which route you intend to take. The route back to the finish will be via the Llanberis Path for all participants.

Ateam of highly experienced local mountain safety marshals will be deployed at strategic points on the mountain. They will be wearing yellow high visibility tab-ards. The marshals are there to provide you with support and help where needed, so please take heed of any advice they may give you. Please check in with the mountain safety marshals as you pass through – this helps us keep track of your progress on the mountain, which may be important if weather conditions deteriorate.

Detailed descriptions and map of ascent and descent routes can be downloaded on the website www.pcr.org.uk

It is best to have a look at these maps before the event so that you have an idea of which route you wish to take. You will also be given a hard copy of the map and route directions just before you start your trek, although it is best to familiarise yourself beforehand.

### SAFETY CHECKLIST

### What to Wear

Mount Snowdon at 3559ft (1085m) is the highest mountain in England and Wales and climbing to the summit is always a serious undertaking even in good weather conditions. The micro climates in high mountains mean that weather conditions can change quickly. It may be very pleasant at the start but higher up it can quickly change with low cloud, resulting in poor visibility. The higher reaches of the mountain can also become very cold, wet and windy.

It is essential that everyone taking part in the Snowdon 500 Challenge is well prepared and properly equipped for all weather conditions. You must have warm and waterproof clothing. A system of layers works best with a thermal layer worn next to the skin and over this fleece garments and a waterproof layer on top. Make sure you wear good, broken in walking boots with a deep tread. You will also need good walking socks, and a hat and pair of gloves, ideally waterproof ones!

### Safety Checklist

- Wear suitable clothing
- Warm layers with a waterproof outer layer
- Walking boots with a good deep tread (and walking socks)
- Hat, gloves and spare clothing
- Rucksack large enough to carry food, high energy snacks, water, a warm drink, a torch, map and compass and any clothing not being worn.
- Walking Poles they can help take the strain off the knees especially on steep /rocky sections and on the long descent back to LLanberis.
- High factor sun cream yes it can be sunny sometimes and the sun's rays are stronger the higher up you go.

## Children must be accompanied at all times.

All of the advice set out above about what to wear also applies to the younger individuals who are undertaking the climb with parents / guardians. They must be equipped to the same standards as adults, as although children are often fitter than adults, they are much more susceptible to the cold, wet and wind. Remember also that if you are taking children with you it is your responsibility to keep them safe at all times.

#### **Mobile Phones**

Mobile phone reception is bad lower down in the mountain, but good reception is normally available as you gain height and on the Llanberis Path. Your mobile phone is an important piece of safety equipment, so please bring your mobile phone with you. Make sure that it is fully charged, has sufficient credit and is not set to silent.

Please programme these numbers into your phone prior to the event:

Ellen – 07702851951 Lauren - 07889398163

#### **Fitness**

You should by now be stepping up your exercise programme. Try to get in a couple of longer walks – 7/8 miles or more and if possible include some steep slopes or hills. Even climbing up and down stairs can help tone your leg muscles and get them ready. You will enjoy the experience of ascending and descending Mount Snowdon much more if you are physically prepared.

### **EMERGENCY INFORMATION**

If anyone becomes too ill to continue or slips / falls and is unable to continue:

If the illness or injury appears to be very series (i.e. life threatening):

Call the emergency services by dialling 999 and ask for Police and Mountain Rescue – have someone stay with the casualty if possible.

Someone should immediately seek out one of the mountain safety marshals (they will be wearing distinctive yellow tabards / over-vests). Remember the nearest safety marshal may be ahead of you or behind you!!Finally try to call Snowdon 500 Control on 07702851951 if you have signal and explain what has happened. If the illness is less serious (i.e. not life threatening):

- (a) Make the ill or injured person as comfortable and warm as possible;
- (b) Someone should seek out one of the mountain safety marshals for assistance;
- (c) Call Snowdon 500 Control on 07702851951 and explain what has happened;

NB. Keep your mobile switched on at all times. Mobile signals on Mount Snowdon may be weak or non-existent but generally higher up mobile signal strength is usually better.







### **EVENING DINNER**

**Arrival:** 

7pm

Food served:

8pm

Ticket price:

£10 per person

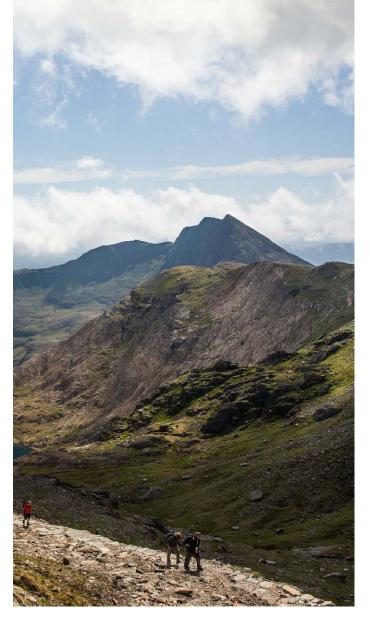
Join us for a Saturday Evening Buffet Dinner in the Dinorwig Room at the Royal Victoria Hotel. Friends, family and children all welcome. This dinner is the perfect opportunity to meet your fellow climbers and learn more about why everyone climbs Mount Snowdon in aid of Prostate Cancer Research. There will be a raffle and fundraising games and activities on the night.

Places are on a first come first served basis and can be book by contacting a member of the events team on 0203 735 5448 or

events@pcr.org.uk







### **FUNDRAISING**

Prostate Cancer Research Centre are the only prostate cancer charity that focuses solely on the advanced stage of disease, which causes the majority of prostate cancer deaths and for which treatments are currently limited. Death rates for prostate cancer are still increasing; if we act now to support the science which can turn hope into reality, the next generation of men won't have to fear a prostate cancer diagnosis. Your support will help PCRC turn today's hope into tomorrow's reality.

We recommend a fundraising target of £250 for every participant in the Snowdon 500 Challenge.

The PCRC Events Team are on hand at all times to help in any way they can. Call Lauren on 0203 735 5448 or email her at <a href="mailto:lward@pcr.org.uk">lward@pcr.org.uk</a> so that she can send you the items below if you haven't yet received them.

- Step by step guide to fundraising
- Sponsorship form
- Sweepstake poster
- Event planner
- Press release example

We would like you to send in your completed sponsorship forms and cheques as soon after 12th & 13th May as is practical. Please send fully completed sponsorship forms together with cheques (made payable to "Prostate Cancer Research Centre") to:

Prostate Cancer Research Centre "Snowdon 500 Challenge" 23-24 Great James Street Holborn London WC1N 3ES



### **EVENTS TEAM CONTACT DETAILS**

### **Ellen Whatmore**

Events Manager Office: 0203 735 5446 Mobile: 07702 851 951

Prostate Cancer Research 23-24 Great James Street Holborn London WC1N 3ES

### Lauren Ward

Event & Fundraising Executive Office: 0203 735 5448 Mobile 07889398163



