



SNOWDONIA FOR SCIENCE 2025 FOR PROSTATE CANCER RESEARCH 31st MAY 2025

Snowdonia for Science was founded in 2006 by our wonderful supporter Matt Rannamets. He wanted to bring like-minded people together to raise funds and take on a unique challenge. Prostate cancer sadly took Matt's life but his legacy lives on with this inspiring event.

- Join us on 31st May 2025 for the 18th year of this amazing challenge.
- Suitable for beginners and experienced hikers.
- Choose between two unique different trekking routes (intermediate or ultra) to the summit of Yr Wyddfa (Snowdon).
- Raise funds to help create a world free from the impact of prostate cancer.
- Join a community of passionate supporters.

Discount Code:
SNOWDON50OFF



Your Itinerary



MAY
31

Arrival & Registration

- Warm welcome & introduction from the PCR Team.
- Collect a bespoke trekking top, snacks & water bottle.
- Introduced to the Mountain leaders & other trekkers.
- Health & Safety briefing.
- Group photo!

Follow your chosen route with Mountain leader

Both routes will begin from the Royal Victoria Hotel in Llanberis and give you the opportunity to avoid the usual touristy paths.

You'll be supported every step of the way by our mountain leaders who are there to navigate the terrain and keep you safe. See page 3 for more detail on the 2 routes.

Take on the Summit!

After many breath taking views & stories shared you will reach the summit of Yr Wyddfa (Snowdon). You can have your celebratory photo taken & a moment to take it all in.



Celebrate!

- Welcomed across the finish line with a glass of bubbly.
- Receive your finisher's medal.
- After the amazing day you are welcomed to join the PCR Team for an after-party full of food, drinks & an opportunity to meet other trekkers & share your experience together!



Choose you Trek

Classic

Multi-Peak

Multi-Peak

Classic Snowdon

The Multi-Peak Trek route heads away from the town of Llanberis before ascending into the mountains that surround the town.

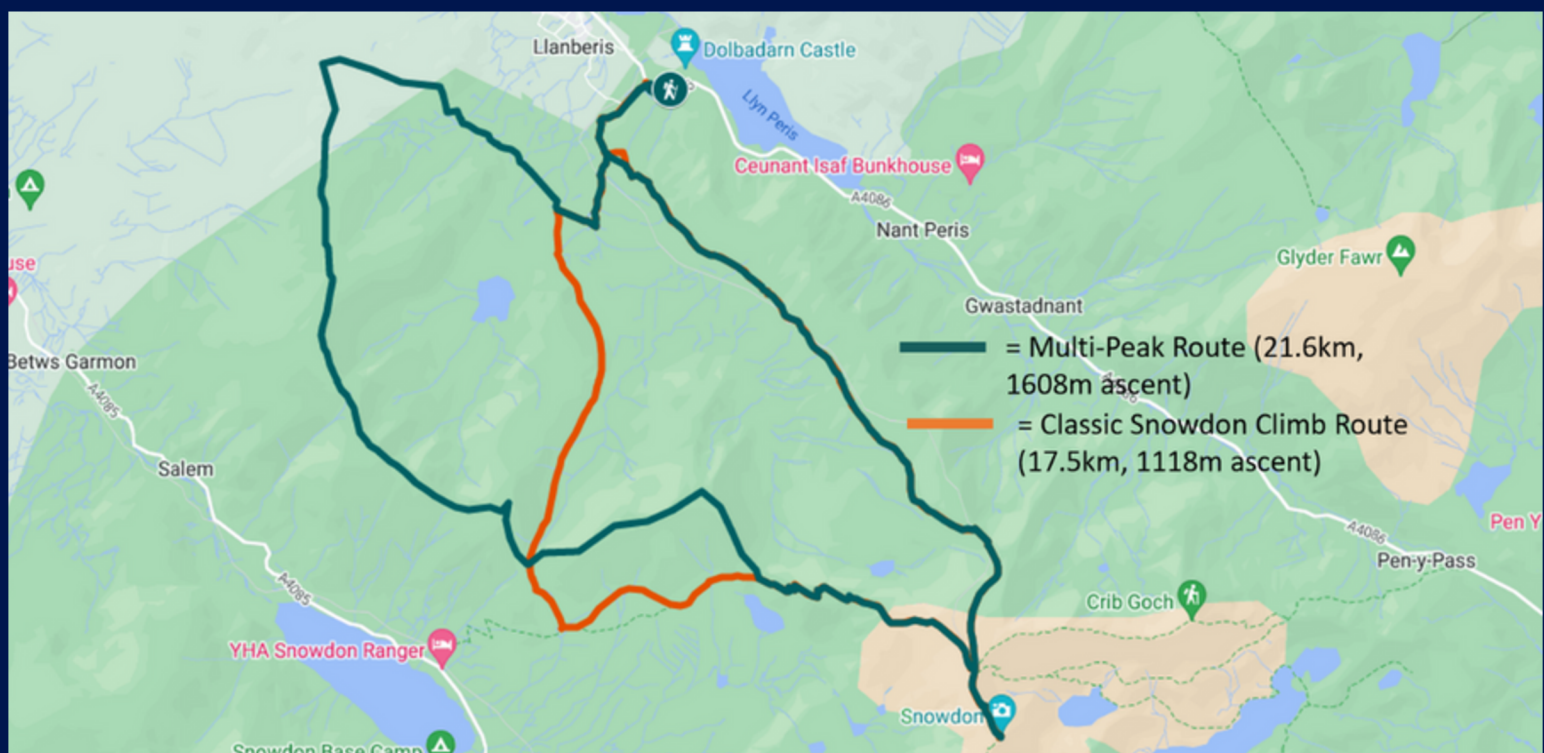
As you trek ever higher you will conquer a succession of five different summits: Moel Elio, Foel Gron, Foel Goch and Moel Cynghorion, before the grand finale of Yr Wydda, Snowdon itself!

From here the route will descend via the Llanberis path to the finish line and a very well-deserved celebration! The total distance is 21.6km with a total ascent of 1608m. Walking time is approximately 10 hours.

The Classic Snowdon climb route may be slightly shorter, but hiking the highest mountain in England & Wales is still a significant and exciting challenge.

You will head up the valley, away from Llanberis, before joining up with the Snowdon Ranger path and hiking to the mountain peak.

From here you will descend via the beautiful Llanberis path to the finish and a warm welcome back at the hotel. The total distance is 17.5km with a total ascent of 1118m. Walking time is approximately 6 – 7 hours.



Sign up today on <https://www.prostate-cancer-research.org.uk/event/snowdon-25/>

Fundraising for Prostate Cancer Research

There are two different fundraising options you can choose when registering for the challenge. Pick the option that works best for you!

Remember the PCR team are on hand for lots of fundraising support.

Option 1: Self-Funding

- Registration Fee: £45 (50% off with your discount code)
- Contribution to challenge costs: £60 to be paid 5 weeks (26/04/2025) before departure
- Fundraising target: £150. 100% of your fundraising will stay with Prostate Cancer Research to fund our lifesaving work for men.



Option 2: Minimum Sponsorship

- Registration Fee: £45 (50% off with our discount code)
- Fundraising Target: £360
- 80% (£288) of fundraising is due 7 weeks before challenge (12/04/2025).
- 20% (£72) of fundraising is due 4 weeks post challenge (28/06/2025)
- If you have raised the necessary funds by the set dates, Prostate Cancer Research will then pay the balance of your expedition costs. PCR benefits by keeping the remaining sponsorship money and every pound raised over and above.

Our fundraising promise



The expert fundraising team will be there every step of the way to help you go above and beyond your fundraising targets & make it an enjoyable experience!



You will receive lots of 1-on-1 support from the team via email, calls & SMS to guide you through the fundraising & challenge.



We will help you set up your own fundraising page and send lots of fundraising assets, like sponsorship forms, posters & how-to guides.



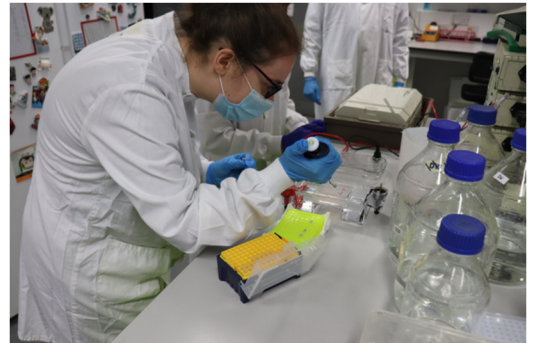
Why support Prostate Cancer Research

Did you know that prostate cancer is the most commonly diagnosed cancer in men? 1 in 8 men in the UK will be diagnosed in their lifetime, and that increases to 1 in 4 for black men.

By supporting Prostate Cancer Research you can help us to transform the lives of people with prostate cancer by funding bold science and empowering patients to drive change. All in our mission to create a world free from the impact of prostate cancer.

Research which drives transformation

PCR is committed to expanding the scope of academic research, doubling our funding, and ensuring that high-potential projects receive the necessary support. We are also addressing critical social challenges, fostering collaboration, and promoting research that improves access to care and reduces health disparities.



Getting prostate cancer on the agenda

We are actively engaging policymakers to secure support for key prostate cancer initiatives, including a national screening programme to catch and treat prostate cancer earlier and save lives. Our goal is to influence healthcare policy and ensure that the latest advancements in prostate cancer care are accessible to all.

Empowering a equitable Community

We bridge the gap between research and the patient community, ensuring that diverse and underrepresented voices shape the future of prostate cancer care. Through our patient engagement platforms, we provide accessible information to help patients make informed decisions and improve their outcomes.



Be inspired by some of our Snowdonia for Science 2024 snaps!



We can't wait to see you on the mountains!

Register today on

<https://www.prostate-cancer-research.org.uk/event/snowdon-25/>
and make every step count!

If you have any questions please feel free to email us on
snowdon@pcr.org.uk

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