

# Snowdon by Night Hike FAQs

## 1. What is the difference between the Self-Funded and Charity Sponsorship registration options?

There is no difference in your experience of the challenge. If you choose the self-funded option, you pay for your own space on the trek and are welcome to fundraise as much as you like for Sands. If you choose the minimum sponsorship option, you have a minimum fundraising target attached to your registration. Sands pays for the cost of your space out of this sponsorship. It means out of the £345 fundraised, at least £176 goes to Sands.

## 2. Do I need to train?

Charity challenge grade this trek as 'tough' so training is advised. You should be doing some training towards longer length walks and walking up a gradient. You will be;

- Trekking for 8 hours continuously
- Covering 21km of undulating terrain, with the added challenge of walking at night
- Ascending a total of 975m in a single night
- Trekking as part of a team, supporting each and every team member to get through the challenge

## 3. Is accommodation and/or travel included?

No – as people will be travelling from all over the UK, we ask supporters to book their own travel and accommodation. Due to the nature of the challenge (trekking through the night), We would encourage that everyone considers either using public transport to travel home, arrange for a friend or relative to give you a lift, or to book accommodation nearby so that you can get some sleep before travelling home.

## 4. Which route do you take on this trek?

We will be following the Llanberis path up and down the mountain.

## 5. What time does it start?

Precise timings and locations will be supplied to you one month prior to your trek. Your challenge begins late in the evening (around midnight) where you will register and meet the leaders, as well as the rest of your team and have the all-important safety briefing. You will begin your trek close to midnight, and it takes approximately 8 hours to

complete. Sunrise is around 5am. At the finish line we will have a celebration breakfast before you head home. We anticipate everyone will be finished by 8am.

#### 6. Will we be guided on the mountain?

Yes – this is a leader-led challenge and you will be accompanied by our challenge partner's mountain leaders at all times.

#### 7. What food and drink is included?

We will provide breakfast after you have completed your trek. We strongly encourage you to bring additional sweets and energy bars if desired as snacks during the challenge aren't provided. Water will be available at the event venue, however we would advise that you arrive at the start with your water bottles already filled. There will be no additional water available on the mountain.

#### 8. Are there toilets on the mountain?

There will be bathroom facilities both at the start and end of the trek; however, during the challenge such facilities will be limited to the great outdoors!

#### 9. Will I get a t-shirt?

We will provide everyone with a code for a free personalised t-shirt from 1 -30 April. This code will be emailed to you and t-shirts can be ordered via the [Sands shop](#).

#### 10. Will I get a medal?

Yes – everyone will receive a medal once they finish their trek.

#### 11. How much do I have to raise?

If you choose the minimum sponsorship option, you will be asked to raise at least £345 for Sands. If you choose the self-fund option, we encourage you to raise as much as you can.

#### 12. Where does my fundraising go?

We are so grateful for all the money raised by everyone taking part in this trip. There are trip costs which are detailed on our website. Everything else raised, which is over 50% of the minimum sponsorship target goes towards the work Sands does to support anyone affected by the loss of a baby and saving babies' lives.

### 13. Can I take part as a team?

Of course! This trip is designed to be something you can complete and accomplish with your loved ones. There is a point early on in the walk where you will get split into groups based on how fast you're all going, but if you stick together you'll all be put into the same group.

### 14. Are dogs allowed to join the trek?

Unfortunately, Charity Challenge do not allow dogs on their challenges. This is due to a few reasons:

1. Not everyone in the group may like dogs, or they may have allergies.
2. We have no knowledge of the dog's fitness, behaviour and /or temperament.
3. If (worst case scenario) the participant is injured, having a dog with them could present difficulty.
4. If there is wildlife on the route, we don't know how the dog acts around wildlife.

There are however exceptions for working dogs. Charity Challenge allow these, but you need to include them on your booking form (for example, under "would you like to share a room", put "hearing dog required"). Then, please email [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com) with details that they should be aware of (for example the dog's job and how they alert etc).