

Lace Up and Trek

with Petals

Snowdon by Night

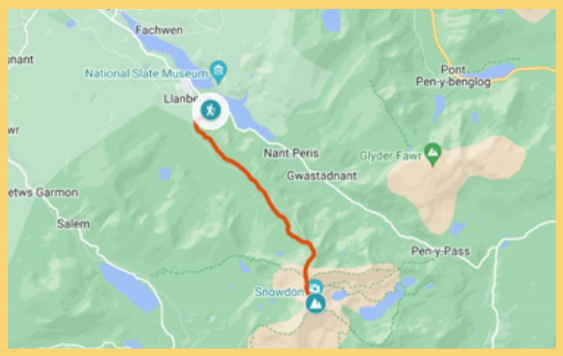


Welcome to Team Petals and to our Lace Up and Trek event - **Snowdon by Night**! We are all so excited to meet you and walk together to help us support more bereaved parents in 2027.

In this pack, you will find all the information you should need ahead of the event. If you have any further questions, please don't hesitate to contact us by emailing **events@petalscharity.org**. We're here to support you every step of the way.

THE ROUTE:

- As we will be walking the majority of our Snowden challenge in the dark, we will be walking up and down the well-known **Llanberis Path**.
- It is a **14.5km** round trip with a total ascent of **3560 feet**.
- We will meet our Mountain Leader at approx **12.30 am on Sunday 27th June** for a group briefing at **Padarn Hotel**, before setting off to hopefully greet the beautiful sunrise.
- The gorgeous sunrise views over the coast and northern Snowdonia will make our early wake-up call worth it!





GETTING THERE:

By car: The M56/A55 will bring you to North Wales along dual carriageways and the M54/A5 will take you through beautiful scenic mountains. If you are driving from South Wales, then follow the A470 and then the A487 to Caernarfon.

By train: The closest train stations to Llanberis are Bangor - Gwynedd (BNG) and Betws-y-Coed (BYC) which can both bring you to Llanberis via bus or taxi from the station: **www.snowdoniataxi.co.uk**

By coach: National Express services run to Llandudno, Conwy, Bangor, and Holyhead from London, Chester and Manchester.

ACCOMMODATION:

There are lots of different accommodation options surrounding Snowden which range from hostels, campsites, bed and breakfasts and more.

RAW Adventures has recommend **these accommodation options**.

Team Petals

A community you'll never forget.

Climb SNOWDON®

We are all so excited to start this adventure with you and will be here to help and support you all in the run-up to our climb in June. If you need any support or have any questions, please don't hesitate to get in touch with our Events Team - ***events@petalscharity.org***. We also have other ways to meet your fellow climbers and support and encourage each other with training, logistics and any other questions you may have:

Snowdon WhatsApp Community

Our WhatsApp Group is a fantastic way to chat to other members of our Snowdon team, post photos of your training, and share any tips or advice ahead of our climb.

Petals Strava Community

Join our Petals Strava Walkers Community to record your training walks and support and encourage each other as we all prepare for our climb.

Click to join.

When you Lace Up and Trek with Petals, you will receive our exclusive Lace up and Trek laces, along with other Petals beanie hat.





Frequently asked questions

Climb SNOWDON®



Will I need any map-reading skills?
No. RAW Adventures' fully qualified Mountain Leader will take this responsibility off your hands so you can concentrate on enjoying your climb.

Will I need a torch?
Yes. As the majority of our ascent will be in the dark, please bring either a head or body torch. Please see our kit list below for everything you need on the day.

Will I need to book my own accommodation?
Yes. Petals is unable to arrange your travel or accommodation. RAW Adventures have provided recommendations for where to stay (links above).

How long will it take?
The trek can take up to 8 hours. Group fitness, experience and weather conditions can all affect timings.

Can I wear trainers?
RAW Adventures recommend walking boots. You must ensure that your footwear is worn in before climb day, and please bring along tried and tested plasters or blister care kits, as well as spare changes of socks.

For more FAQs, **visit this link**.

Fundraising

Your fundraising will make a real difference. Every pound you raise will help us to be there for more bereaved parents when they need us the most.



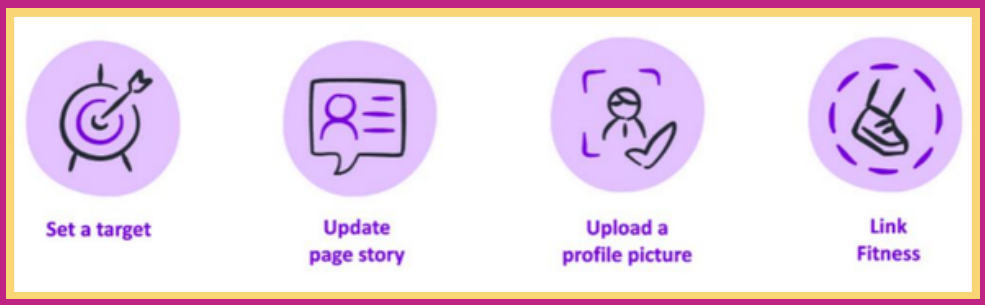
£100 could fund one specialist counselling session



£600 could fund a counselling package for a bereaved family

Creating your Just Giving page and kick-starting your fundraising for Petals is simple: **Click on this link and select 'Start Fundraising'**.

You can personalise your page with your photos and tell your supporters why you are fundraising for Petals.



We ask that you open your fundraising page as soon as possible, or at least three months before we climb. We know that life gets busy, but from past experience, we've found that getting started as early as possible increases your fundraising total, and helps to motivate you as you train and prepare for your challenge.

We also have a deadline to make any changes to our team, which is typically two months ahead of our climbing date. As this is a fundraising event with limited spots, we want to ensure that everyone taking part is fully committed and ready to raise funds.

Our team can create bespoke posters with a QR code linked to your fundraising page. Please don't hesitate to get in touch with our events team if you need any support with your fundraising. We are here to help: **events@petalscharity.org**.

Training

Climb SNOWDON®

Before undertaking any mountain event, it is key to understand that you will be on your feet for the equivalent of an entire day. The best preparation for this is to spend more time on your feet!

Please don't be put off or worried by the training plan below. It is difficult in winter to fit in lots of walks with the darker evenings. There is plenty of time to build up your walks slowly and fit them in when you can. As we get closer to 9th May, creating a training routine will help massively in achieving your goal and can still be worked around a busy work schedule as our mornings and evenings get lighter.

You will be walking up and down some steep inclines – over rocky ground - so it's important to get some good practice at this different style of walking - preferably in the shoes you plan to wear on the day.

Arranging your training walks with others is a great way to catch up with friends while building up your fitness levels together.

While you are out there training for our climb, please send us photos of where you are walking. We will all be training together, and would love it if you can share your training journey with us!

Click here to download Climb Snowdon's full training plan.

WEEKS TO GO	WEEKDAY SESSION 1	WEEKDAY SESSION 2	WEEKEND SESSION	STRENGTH SESSION
6	40 minute easy walk	40 minute easy walk	2 hour easy walk	1 set of: Step ups (20) / Step downs (20) Squats (20)
5	40 minute easy walk	40 minute steady walk	3 hour easy walk	2 set of: Step ups (20) / Step downs (20) Squats (20)
4	60 minute easy walk	40 minute steady walk	3 hour easy walk	2 set of: Step ups (30) / Step downs (30) Squats (30)
3	60 minute easy walk	40 minute steady walk	4 hour easy walk with a full backpack	3 set of: Step ups (20) / Step downs (20) Squats (20)
2	40 minute steady walk	40 minute steady walk	5 hour easy walk with a full backpack	3 set of: Step ups (30) / Step downs (30) Squats (30)
1	60 minute steady walk	60 minute steady walk	6 hour easy walk with a full backpack	3 set of: Step ups (30) / Step downs (30) Squats (30)
EVENT WEEK	40 minute easy walk	40 minute easy walk	EVENT DAY	Post-event stretches. Plan your next adventure!

Kit List

Spring / Summer



Remember that layers are key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions. **Click here for more advice**.

Equipment

Rucksack – at least 25 litres	
Rucksack liner (or bin bag) to keep rain out!	
Trekking poles highly recommended for tired legs on descent	
Suncream/sunglasses/sun hat	
Mobile phone in sealed plastic bag	
First Aid Kit personal blister protection/Compeed, ibruprofen/painkillers, plasters	

Food/Drink

2 x 1 litre reusable water bottles (filled with water to start)	
Packed lunch	
Snacks / extra juice drinks	
Plastic bag to take your rubbish home	

Footwear

Sturdy, comfy walking boots with ankle support	
Comfortable walking socks + spare pair	

Clothing

Base layer or T-shirt (not cotton)	
Walking trousers (not jeans)	
Fleece jacket or top	
Spare warm layer in rucksack	
Waterproof jacket	
Waterproof trousers (separate to your walking trousers)	
Warm hat	
Warm gloves	



Kit List

Winter



Although we are walking in June, we can never predict the weather so you may need a combination of both the Summer and Winter kit lists. You will also need a head torch as we are walking overnight.

Equipment

Rucksack – at least 35-40 litres	
Rucksack liner / bags to keep kit dry	
Trekking poles highly recommended for tired legs on descent	
Suncream/sunglasses (if sunny	
Mobile phone in waterproof case	
First Aid Kit personal blister protection/Compeed, ibruprofen/painkillers, plasters	
Headtorch and spare batteries	
Ice Axe *	

Food/Drink

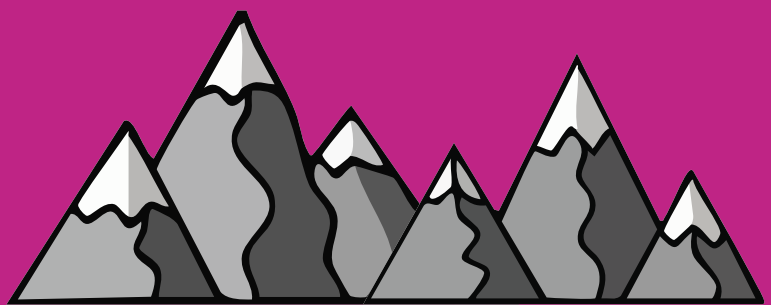
2 x 1 litre reusable water bottles (filled with water to start)	
Thermos flask with hot drink	
Packed lunch	
Snacks / extra juice drinks	
Plastic bag to take your rubbish home	

Clothing

Long sleeve synthetic/wool base layer (not cotton)	
Warm/lined walking trousers (not jeans)	
Fleece/soft-shell jacket	
Spare fleece/thermal jacket in rucksack x2	
Waterproof jacket with large hood	
Waterproof trousers (separate to your walking trousers)	
Googles to protect eyes in harsh conditions	
Warm hat	
Fleece liner gloves	
Warm/thick winter gloves	
'Buff' neck warmer	

Footwear

Sturdy winter walking boots * (at least B1 rated)	
Thick walking socks + spare pair	
Crampons *	



Thank you for supporting

Petals

The baby loss counselling charity



www.petalscharity.org

@petalscharity

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