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CRISIS AID

STARTER PACK

THE SNOWDONIA TREK *for Orphans*

SATURDAY 21ST
AUGUST 2021

WHO WE ARE?



Crisis Aid is a network of **genuine** and **compassionate humanitarians** who want to **help** the world's poorest people, whether they are victims of poverty, natural disasters, or displacement.

We work in more than 16 crisis-affected countries around the world, providing humanitarian help to the world's poorest and most vulnerable people.

We believe in equality and dignity for all people and will assist them regardless of colour, gender, or religious affiliation.

Our objective is to help people out of poverty.

Food, emergency help, sustainable water solutions, the development of schools and mosques, **orphan care** and long-term charity giving are among our **transformational programmes.**

That's a lot of work, but we make the most of every penny by ensuring that even the smallest change **makes a significant difference.**

www.crisisaid.org.uk
0333 305 5000

THE SNOWDONIA TREK FOR ORPHANS

Every child is entitled to the best possible start in life, including a happy home, a safe place to play, and access to high-quality **education, medical care** and **nutrition**.

However, many of these basic needs and rights are **out of reach** for the one in every five children living in extreme poverty around the world.

An estimated **10,000 children** become orphans every day. Every night as we sleep, another 10,000 children's futures are snatched away from them.

You can help save and transform the lives of vulnerable children all around the world with **The Snowdonia Trek**.

Take on **The Snowdonia Trek** and support orphans all across the world with Crisis Aid!

By registering and **raising £300** for our Orphan Fund, you will be assisting vulnerable orphans with:

- **Education**
- **Welfare**
- **Food**
- **Clothes**

The Messenger of Allah (PBUH) said:

"I and the one who **looks after** an orphan will be like this in **Paradise**,' showing his middle and index fingers together." (*Bukhari*)

MOUNT SNOWDON INTRODUCTION

Snowdon, in Welsh, is Yr Wyddfa, which means tomb or monument. Legend has it that it is the tomb of Rhita Gawr, an ogre who would kill kings and make cloaks out of their beards. He supposedly met his end when King Arthur climbed to the top of Mount Snowdon and killed him.

Snowdon is Wales' **highest mountain** and one of the most **stunning** mountains in the world. The immensity and grandeur of the structure strikes from any angle.

The top of the mountain receives **200 inches** of rain per year and can reach temperatures of **30 degrees** Celsius in the summer and **-20 degrees** Celsius in the winter.

MOUNT SNOWDON:

Height: 3,560 feet (1100 meters)

Distance: 8 miles round trip

Time: 5-7 Hours (There and Back)

Every year, **350,000** people make the journey to the peak, some on foot and others by train.



RESERVE YOUR SPOT ON THE TEAM

REGISTRATION FEE

FREE

To **secure your place** you'll need to register online immediately. Once this is done your place is **reserved** and you are committed to raising the minimum fundraising target of **£300**.

Transportation to and from the mountain will be provided and the team will be led on the mountain by a team of trained UK mountain guides.

If you prefer to make your own way to Snowdon, you must let us know when signing up.

MINIMUM FUNDRAISING TARGET

£300

By raising just **£300**, you will be assisting **1 vulnerable orphan** with: Education, Welfare, Food and Clothes for 1 Year.

The more you raise, the more orphans we can help.

Raising **£600** will help **2 orphans** for a year.

If you raise **£1200**, you will be able to help **4 orphans** for a year.

ITINERARY

If there are any changes to the itinerary, we will notify you as soon as possible, and as the date approaches, we will always send final instructions through email.

Mount Snowdon is a challenging task that should not be underestimated!

Climbing Snowdon is a challenging task that takes an average of 5-7 hours to complete depending on the size of the group. **We will arrange transport from Luton.** Saturday's departure will be early in the morning.

If you have any further questions about **The Snowdon Trek**, please contact our team at info@crisisaid.org.uk

We wish you the **best of luck** in reaching the summit.

Please note that there will be plenty of opportunities for breaks along the way, as well as snacks and beverages.

SATURDAY 21ST AUGUST 2021

05.00 Meet at Crisis Aid Head Office.

05.30 Prompt Departure.

11.30 Meet at Llyn Cwellyn National Park Authority Car Park, Brief from mountain guides.

12.15 Begin ascending the mountain.

16.30 Meet at the top of the summit.

17.30 End Climb and return down the mountain.

20:30 Begin return journey.

00:30 Arrive in Luton.

SNOWDON RANGER PATH GUIDE TO THE SUMMIT

THE SNOWDON RANGER ROUTE

The starting point for the Snowdon Ranger route is the car park opposite the Snowdon Ranger Youth Hostel.

(Llyn Cwellyn National Park Authority Car Park)

HOW LONG DOES IT TAKE TO WALK THE SNOWDON RANGER PATH?

Completing the Snowdon Ranger Path is achievable in between 5-7 hours. Of course, this will vary depending on your level of fitness, the weather and how often you stop to take in the fantastic views.

• **Snowdon Car Park Rates**

[Click Here](#)

• **Snowdon LIVE Weather**

[Click Here](#)

• **Hiking Equipment Guide**

[Click Here](#)

HOW FAR IS THE SNOWDON RANGER PATH?

From start to summit to finish, the Snowdon Ranger path is roughly 8 miles with a total ascent of just under 950 meters.

HOW DIFFICULT IS THE SNOWDON RANGER PATH?

The Snowdon Ranger path is arguably one of the easiest, if not the easiest route up Snowdon but it is still somewhat challenging and is not to be taken under prepared. Before you set out on this route, make sure you have the correct equipment as well as checking the weather.

HOW TO KEEP SAFE WHILE TREKKING

BOOTS

When it comes to mountain climbing, the most important piece of equipment is footwear. If the proper footwear is not worn, it is quite easy to sprain or twist an ankle. Trainers, pumps, and smart shoes are not appropriate since they do not provide adequate support.

To protect your safety and comfort, you must wear walking shoes or boots. You should wear walking socks and carry plasters and a change of shoes for the journey home!

WATERPROOF JACKET/TROUSERS

A waterproof jacket and trousers are essential. It is recommended that you have a separate pair of waterproof over-trousers and a waterproof jacket.

LAYERS

Even if the weather is sunny and nice when we leave, the top of the mountain can be very cold and foggy! The simplest way to keep a comfortable temperature when walking is to dress in layers. Remember to bring gloves, a hat, and a scarf - these can make a huge difference!

BACKPACK

All of the above should fit into a backpack that you can comfortably carry on the hike. Any additional items you may require for the day, such as change of clothes, can be stored in a separate bag on the coach.

HOW TO KEEP SAFE WHILE TREKKING

FOOD - PACKED LUNCH/SNACKS

For the day, you must bring your own food. We advise you bring enough food for the climb. It is also recommended that you eat high-energy foods that will provide you with enough carbohydrates to finish the physical task. Snacks will be provided by Crisis Aid, which are excellent for when you need a boost.

WATER

Staying hydrated is critical before, during, and after the walk. However, if you are used to drinking sugary energy drinks, try to avoid them as much as possible. Beverages will also be provided by Crisis Aid.

MOUNTAIN GUIDE

We've hired an experienced mountain guide to ensure that our adventure is as safe as it is exciting. Under no circumstances should we disregard the advice of our guide.

Please remember that it is the trekker's responsibility to ensure that he or she has all necessary gear and food. Food or extra clothing will not be provided by Crisis Aid. British weather can be unpredictable, please come prepared for any scenario. You may not be able to participate if you do not have the appropriate kit.



Orphan Fund

Sponsor yours with Crisis Aid from **£25 a month**

The Messenger of Allah (PBUH) said:

"I and the one who looks after an orphan will be like this in Paradise," showing his middle and index fingers and separating them." (Bukhari)

 **£25**
ORPHAN SPONSORSHIP
1 MONTH

 **£300**
ORPHAN SPONSORSHIP
1 YEAR

DONATE TODAY

www.crisisaid.org.uk/orphanfund

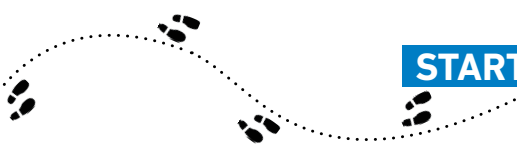
Call: 0333 305 5000



CRISIS AID

Charity Reg No: 1157507

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