



## **Snowdonia Midsummer Challenge 2009**

### **19–21 June 2009**

Join our ActionAid Midsummer weekend, trekking from dawn till dusk in the beautiful Snowdonia National Park. Enjoy a real personal challenge as you scale the highest mountain in Wales, taking in spectacular views of the surrounding area. Bring your friends and colleagues to create a real team spirit while raising vital funds to help ActionAid's work fighting poverty!

#### **Day 1: Friday 19 June**

Settle into our accommodation in the beautiful village of Llanberis. In the evening we'll have a team briefing about our challenge and a chance to meet other trekkers.

#### **Day 2: Saturday 20 June**

A bright and early dawn start for our ascent of Mount Snowdon. Halfway up we stop to tuck into our breakfast and enjoy dramatic views of the Clogwyn Du r Arddu cliffs.

Continue up to the summit of Snowdon (1085m) with amazing views of the surrounding national park. Enjoy a relaxing lunch break at the summit café, taking in our morning's achievements.

After recharging our batteries we start the steep descent down the miners' track to the Llanberis Pass. There are superb photo opportunities on the way down and fantastic views of the glacier-carved lakes of Glaslyn and Llyn Llydaw and our next challenge, the Glyders.

An upward trail takes us behind the Pen-y-Gwryd Hotel– a former base camp and training ground for Sir Rex Hunt's successful 1953 Everest expedition. Our first goal will be Glyder Fach (994m) – a fantastic view point! We then cross the remaining summits of the Glyders where we enjoy our packed dinner, before our descent back to Llanberis to celebrate the end of a tiring but extremely rewarding challenge!

#### **Day 3: Sunday 21 June 2009**

After a well deserved, good night's sleep, we enjoy breakfast at the bunkhouse before heading home. We leave with memories of all we have achieved in completing the challenge and helping to make a real and lasting difference to some of the world's poorest people.