

Snowdon 500 Challenge Questions & Answers

When is the Snowdon 500 challenge taking place?

the next Snowdon 500 Challenge will take place over the weekend of Saturday 22nd May and Sunday 23rd May 2010. You can choose either of those days to climb to the summit of Mt Snowdon.

Why has this challenge been organised?

To raise awareness of prostate cancer and to raise money for the Prostate Cancer Research Centre. The Centre is carrying out cutting edge research to help find a cure and improve the survival and quality of life of men with prostate cancer.

How do I register?

You will need to register in advance to take part in the Snowdon 500 Challenge and pay a non-refundable registration fee of £30 to cover administration and the costs of staging this charity challenge event. There are 3 ways you can register for the Snowdon 500 Challenge:

- You can register on-line and pay your registration fee by debit or credit card
- You can complete a manual registration form which you can obtain by downloading the form from the Snowdon 500 web site.
- Obtain a registration form (and information pack) through the post by sending an email to: info@snowdon500.co.uk or by phoning the Snowdon 500 event team on 07503 782616

Is there a limit to the number of people able to take part

For logistical and environmental reasons the maximum number of people taking part in the Snowdon 500 Challenge will be limited to 500. To ensure that you are one of them it is advisable to register for the event as soon as you can. The web site will say if / when the maximum number has been reached.

How much money will I have to raise

Obviously as much as you can but while we're asking all participants to aim to Raise £250 or more if they can, we recognise that for some that might be difficult. So for those unable to raise £250 we simply ask you to do your best and raise as much as you can. Click on the following links to download a sponsorship form and for information and help about fundraising. You can also obtain sponsorship forms by phoning the Snowdon 500 event team on 07503 782616 or by sending an email to: info@snowdon500.co.uk

How should the funds I raise be paid to the Prostate Cancer Research Centre?

(1) Virgin Money Giving

You can use the new **Virgin Money Giving** web site (www.virginmoneygiving.com) which provides Snowdon 500 participants with an easy to use on-line facility for fundraising. For step by step guidelines on creating your own **Virgin Money Giving** page [click here](#).

(2) Just Giving

You can also utilise **Just Giving** (www.justgiving.co.uk) who provide similar on line facilities for fundraising. By setting up your own fundraising page your sponsors will be able to pay on line. For step by step details on setting up your own **Just Giving** page [click here](#).

(3) Payment by Cheque

Send a cheque for the amount you have raised together with your completed sponsorship forms to:

Snowdon 500
Prostate Cancer Research Centre
67 Riding House Street
London
W1W 7EJ

How much of the sponsorship funds raised will go directly to prostate cancer research?

Your £30 registration fee is designed to cover the administration and other expenses of staging the Snowdon 500 Challenge but £1 of the fee will be donated to the Snowdonia Society as a contribution to the upkeep and maintenance of tracks and footpaths in the Snowdonia National Park. Our aim therefore is that 100% of sponsorship funds will go directly to prostate cancer research.

What if I am unable to take part on the day but would still like to support the event by making a donation?

You can send a cheque to the Research Centre at the address in (3) above or make a donation on line by going to www.prostate-cancer-research.org.uk and select "Make a Donation and choose "Snowdon 500 from the drop down box)

Your support is very much appreciated and will help make a vital contribution towards finding a cure for prostate cancer.

Where is the starting point?

The starting point on both days is at Llanberis in North Wales where participants will be asked to assemble at the Legacy Royal Victoria Hotel opposite the Snowdon Mountain Railway.

What time should I arrive at the start point?

The first groups of walkers will set off at around 7.30am to be taken by a free shuttle bus to Pen Y Pass where the ascent of Mt Snowdon will commence. Other groups each comprising of around ten people (made up of individuals or teams) will set off at 5-10 minute intervals thereafter until everyone has departed. Actual start times will be finalised about 4 weeks before the event takes place.

What route will we be going up?

After signing in and receiving a pre-climb briefing the free Snowdon 500 shuttle bus will transport you to Pen Y Pass where walkers will set off up the mountain using either the spectacular Miners Track or the Pyg Track. You will be able to choose either of these routes for your ascent to the top of Mt Snowdon.

What route will we be going down?

The route down for everyone will be by the Llanberis path. This will bring weary walkers back to Llanberis and the finish point at the Royal Victoria Hotel. Once there you will need to sign back in and receive a certificate to take home and frame as proof that you took part and completed the challenge.

How long will it take?

If you are an experienced walker with good fitness levels the walk should take you about five hours. Less experienced walkers can expect to take a little longer to complete the ascent and descent. Remember the Snowdon 500 Challenge is not a race but a personal or team challenge to raise vital funds for prostate cancer research.

Will there be anyone to help me on route?

Local safety marshals with considerable experience of Snowdon will be deployed along the route up and down to help keep you safe and to make sure that you do not accidentally stray from the designated routes.

What happens when I get to the top?

In view of the large number of people taking part we need to be careful to avoid congestion at the summit, both for safety and environmental reasons. Of course you will get the opportunity to take a rest and enjoy the beautiful views at the top before starting your descent down to Llanberis and the finish point.

What sort of level of physical fitness will I need?

Those who wish to take part will need to be reasonably fit and healthy. If you could do with a little assistance getting into shape for the day you can follow the simple advice given on this web site by [clicking here](#)

What if I have medical problems

If you have any medical problems (epilepsy, diabetes, high blood pressure, allergies for example) you should seek medical advice before registering for this event. The registration form for Snowdon 500 asks you let us know about any medical problems you may have so that we are aware and in case we need to organise assistance on the day.

What do I need to bring with me on the day?

You should bring a good pair of walking boots / shoes, waterproofs and several layers of clothing to allow for different weather conditions. For more advice on what to wear [click here](#)

Who do I contact for more information?

Email the Snowdon 500 event team at info@snowdon500.co.uk

Or telephone the organiser Matt Rannamets on: (tel. 07503 782616)