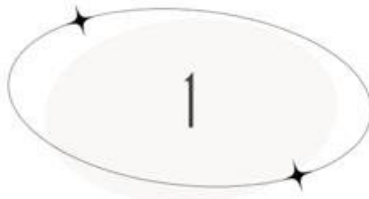


SNOWDON SUNSET & SUNRISE ITINERARY



MEET THE TEAM

MEET THE TEAM - TRAIN STATION LLANBERIS
-3:30PM
SAFETY BRIEFING & MAKE SURE EVERYONE
IS KITTED OUT CORRECTLY FOR THE SUNSET
HIKE - 4:00 - 4:30PM



SUNSET PUSH

LETS GET GOING - BOOTS ON THE HILL - 4:30
- 4:45PM
TWO PIT STOPS ON ROUTE TO THE SUMMIT
ENSURING ENERGY LEVELS & MOTIVATION IS
HIGH



SUNSET SUMMIT

SUMMIT ARRIVAL FOR 8:00PM
SUNSET - 8:20PM APPROXIMATELY!
LEAVE SUMMIT FOR 8:45PM TO DESCEND
BACK IN TO LLANBERIS



DESCENT - LLANBERIS

LLANBERIS ARRIVAL BETWEEN 12:00 -
12:30AM
TIME FOR SOME REST AND FOOD. CBANGE
OF CLOTHING IN PREPARATION FOR THE
SUNRISE PUSH.



SUNRISE SUMMIT

SUNRISE PUSH- MEET AT THE MEETING
POINT FOR 2:00AM.
LETS GET GOING FOR SUNRISE AT 2:30AM
TWO PIT STOPS ON ROUTE FOR SNACKS AND
LOTS OF ENCOURAGEMENT!!



CHALLENGE COMPLETE

SUMMIT ARRIVAL FOR 6:00AM
SUNRISE - 6:15AM
LEAVE SUMMIT FOR 6:30/6:45AM
BACK TO LLANBERIS FOR 10:00AM