



Snowdonia For Science
22nd JUNE
2024

 Prostate Cancer Research
Transforming research. Transforming lives.



WELCOME TO SNOWDONIA FOR SCIENCE WE CAN'T WAIT TO MEET YOU!

- Join **Prostate Cancer Research's** flagship event, now entering its 16th year!
- Choose from **two unique different trekking routes** to the summit of Yr Wyddfa (Snowdon)
- Take on the Classic Snowdon Climb or the Multi-Peak Trek, an epic route with 5 summits!
- Raise funds to **help create a world free from the impact of the prostate cancer**

Snowdonia for Science was founded over 16 years ago by Matt Rannamets, who himself had prostate cancer, and the event has since raised over £1 million for PCR!

Join a team of likeminded people and challenge yourself to reach the summit of Snowdon. Set in the heart of the **stunning Snowdonia National Park**, you'll be fully supported by our qualified mountain leaders who will encourage you every step of the way.

50% OFF DISCOUNT

Save £22.50! For a limited time only, use **SNOWDON50** when booking, to register for half price. Secure your place on this bucket-list challenge for just £22.50 until the 2nd February 2024!

**JOIN THE TEAM NOW
AND RECEIVE A 50%
DISCOUNT ON THE
REGISTRATION FEE**

Limited time offer only until 23:59 on 2nd February 2024

~~£45~~ **£22.50**

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SNOWDON50**

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THE ITINERARY

We'll tackle the less frequently walked paths on this famous mountain to the summit of Snowdon, all the while knowing that each step we take is a step towards a world where families are free from the devastating impact of prostate cancer.

| 22.06.2024 |



ARRIVAL & REGISTRATION



You will be welcomed at registration by the PCR team, and start meeting other excited walkers and feel that pre-challenge buzz!

You will be introduced to your mountain leaders for the all-important safety briefing, before getting our laces tied and taking a group photo to mark the start of the day ahead.

Then it's time to set off into the mountains!



ON THE MOUNTAIN



Both routes will begin from the Royal Victoria Hotel in Llanberis and give you the opportunity to avoid the usual touristy paths. You'll be supported every step of the way by our mountain leaders who are there to navigate the terrain and keep you safe.

The **Multi-Peak Trek** route heads away from the town of Llanberis before ascending into the mountains that surround the town. As you trek ever higher you will conquer a succession of five different summits: Moel Elio, Foel Gron, Foel Goch and Moel Cynghorion, before the grand finale

of Yr Wyddfa, Snowdon itself! From here the route will descend via the Llanberis path to the finish line and a very well-deserved celebration!

The total distance is 21.6km with a total ascent of 1608m. Walking time is approx. 10 hours.



The **Classic Snowdon Climb** route may be slightly shorter, but hiking the highest mountain in England & Wales is still a significant and exciting challenge takes you off the beaten track en route to the famous summit. You will head up the valley, away from Llanberis, before joining up with the Snowdon Ranger path and heading to the mountain peak. From here you will descend via the beautiful Llanberis path to the finish and a warm welcome back at the hotel.

The total distance is 17.5km with a total ascent of 1118m. Walking time is approx. 6 – 7 hours.



AFTER PARTY & CELEBRATION



Everyone will be welcomed across the finish line with a glass of bubbly on the house and then, after a long day on the mountain, it's time to celebrate!

Prostate Cancer Research will be throwing an after-party at the Royal Victoria Hotel, to carb-load in style and raise a glass to the achievements of the day. It'll be a great opportunity to get to know other walkers and the PCR team, and to take advantage of the bar and slap-up buffet.

We'll also be marking the day with the presentation of PCR's annual Matt Rannamets Award for the top fundraiser - in honour of the man himself who founded the Snowdonia for Science event over 15 years ago and sadly lost his life to prostate cancer in 2015. We would love to see you there - and hopefully be awarding the prize to you!

More info and tickets for the buffet (£15) to be released closer to the time.

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THE ROUTES



WHAT'S THE DIFFERENCE BETWEEN THE TWO ROUTES?

In order to make this challenge accessible to as many people as possible there is a choice of two different routes. Both routes represent a considerable challenge, and both routes take you 'off the beaten path' away from tourists and crowds.

The **Multi-Peak Trek** will involve:

- 21km of trekking with over 1500m of total ascent
- Summiting 5 different peaks over the course of the day
- Steep ascents and descents along the ridgeline between peaks
- More remote and challenging terrain

The Multi-Peak Trek is therefore recommended to people who are looking for a tougher challenge. It will require significant training.



The **Classic Snowdon Climb** route will involve:

- 17km of trekking with over 1100m of ascent
- Reaching the summit of Snowdon via a more unusual route.
- Ascents & descents are less demanding than the multi-peak route
- Terrain on this route is slightly easier underfoot.

The Classic Snowdon Climb is a considerable challenge, being the tallest mountain in England and Wales, and training is required.

WHAT'S INCLUDED?

- Your place on a full-day exciting trek through Snowdonia National Park, with a choice of two unique trekking routes to the summit of Yr Wyddfa (Snowdon)
- Qualified and experienced Mountain Leaders
- Full back-up support including qualified staff, first-aid supplies and emergency management
- All the information and support materials you need, including kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and fitness training plan
- Free PCR t-shirt and other charity branded merchandise so you can look the part!
- 121 support from PCR's expert fundraising team and access to resources throughout
- Drinking water and some snacks
- A glass of bubbles and medal at the finish line!
- The option to join PCR's after party at the Royal Victoria Hotel in Llanberis to celebrate your achievements and the opportunity to win the annual fundraising trophy!

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FUNDRAISING

Our expert team here at PCR will be with you every step of the way to help with your fundraising - including 121 support throughout and access to materials & ideas to get you started!



There are two options to choose from to make this challenge work for you:

Minimum sponsorship option

- Registration fee: £45 (use discount code **SNOWDON50** for 50% off!)
- Fundraising target: £350

You pay the non-refundable registration fee of £45 at the time of booking and raise £350 for Prostate Cancer Research. You should send your sponsorship money to PCR as you raise it – you will be provided with an online fundraising page and all the resources to do so.

If you have raised the necessary funds, Prostate Cancer Research will then pay the balance of your expedition costs (which will not exceed 11% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Flexi option

- Registration fee: £45 (use discount code **SNOWDON50** for 50% off!)
- Contribution to challenge costs: £55
- Fundraising target: £150

You pay the non-refundable registration fee of £45 at the time of booking, and 5 weeks before departure (18/05/2024) you pay a second contribution of £55 towards your challenge costs.

You will also need to raise £150 for Prostate Cancer Research. You should send your sponsorship money to the charity as you raise it – you will be provided with an online fundraising page and all the resources to do so.

PROSTATE CANCER RESEARCH

Did you know that prostate cancer is the most commonly diagnosed cancer in men? 1 in 8 men in the UK will be diagnosed in their lifetime, and that increases to 1 in 4 for black men.

We are determined to provide a better future than this; breakthrough treatments are needed, and research is the only way to turn this hope into reality. That's why PCR funds world-class scientists and pioneering research to fight for the best possible chance and outcomes for men.

Patient focus is in our DNA. We involve people with prostate cancer every step of the way to ensure your fundraising powers research that is important to them, whilst also spear-heading innovative projects with patients at their heart. For example, we know that diagnosis is an overwhelming time for many, with important choices to be made and real consequences to understand. That's why Prostate Cancer Research is launching a brand-new website next year, providing clear and accessible information about treatment options and side effects, based on hundreds of real stories from people who have experienced prostate cancer themselves.

FUND INNOVATIVE RESEARCH | GIVE MEN MORE TIME



Join us and we'll support you in your fundraising every step of the way, with an expert team on hand throughout and access to loads of materials and ideas to help you. Together, we can create a world free from the impact of prostate cancer.

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JOIN THE TEAM!

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We can't wait to meet you in the mountains! If you have any questions, please get in touch on events@pcr.org.uk.



**Prostate
Cancer
Research**

**Snowdonia For Science
2024**

**CH>RITY
CH>LLENGE**