

# THE MYTON HOSPICES SNOWDON 2025 TREK WELCOME PACK

Thank you for signing up to experience the spectacular views at the Summit of Snowdon, Wales's tallest mountain, on Saturday 28th June whilst raising funds for The Myton Hospices.

We really appreciate your support and can't wait to take on this challenge with you! Standing at a staggering 3,560 feet, Snowdon is the highest peak in Wales and the second largest in the UK. Your journey

will start in the morning as we begin our ascent to the summit and witness the breathtaking views from the peak of the mountain and the spectacular landscapes below.

Did you  
know?

We are a charity, not the NHS,  
and **just 20%** of our  
funding comes from the NHS

This year we have to raise  
**£11 million**  
to continue providing our  
services free of charge.

With increased demand for Hospice Beds, too many people on the waiting list for a Bed at Myton will die before they can access one. Your support is vital in helping us meet this growing demand so that we can provide specialist palliative and end of life care for people living with life-limiting illnesses in Coventry and Warwickshire.

We can't wait for you to conquer this incredible challenge, knowing that by taking part and raising vital funds you are ensuring more people can access a Hospice Bed at Myton when they need it, now and in the future.

Welcome to #TeamMyton!

# Key Facts

**Route:** Llanberis Path

**Distance:** a total of 9 miles

**Ascent:** 3,199 feet

**Time:** Approximately 6-7 hours

**Grade of Difficulty:** Medium

**Route Map:** [www.mytonhospice.org/snow-hub](http://www.mytonhospice.org/snow-hub)



## Estimated Schedule:



### 8am Wave:

- **7-7:15am** – Arrival for Kit Check and Registration
- **8am** – Depart the community centre after a team briefing
- **11-11:30am** – Reach the summit and enjoy the views from the summit café (please note: queues for the monument can be long during peak hours so we may not be able to allow time for this. You will be able to enjoy a group photo at the summit with your fellow participants and refreshments in the cafe on a 30 minute summit break)
- **11:30am-12noon** – Start your descent back down the Llanberis path
- **2:30-3pm** – Arrive back at the community centre and receive your well-deserved medal

### 9am Wave:

- **8-8:15am** – Arrival for Kit Check and Registration
- **9am** – Depart the community centre after a team briefing
- **12-12:30pm** – Reach the summit and enjoy the views from the summit café (please note: queues for the monument can be long during peak hours so we may not be able to allow time for this. You will be able to enjoy a group photo at the summit with your fellow participants and refreshments in the cafe on a 30 minute summit break)
- **12:30-1pm** – Start your descent back down the Llanberis path
- **3:30-4pm** – Arrive back at the community centre and receive your well-deserved medal

## What you can expect:

- You will be placed in small groups with one expert mountain leader for every 10 people.
- Opportunity to attend one free training walk on Sunday 16th March 2025. If you didn't declare your interest upon registration but are interested in the training walk, please email [challengeevents@mytonhospice.org](mailto:challengeevents@mytonhospice.org)
- Training Plan.
- Pre-event Q&A session on Tuesday 22nd April 2025 7pm. A reminder of the link will be sent to you a week before this session.
- Kit List.
- Support with fundraising tips and tricks.
- Snowdon finishers medal.
- Free Myton Hoodie for individual fundraisers raising £500 or more.
- Participant Facebook group to keep up to date with the latest information and meet your fellow climbers.

Training Plan and Kit List:  
[www.mytonhospice.org/snow-hub](http://www.mytonhospice.org/snow-hub)



# The difference your fundraising and sponsorship makes

## Lisa & Simon's Story



At 33 years old, in 2018 Simon was diagnosed with kidney cancer and after a year of treatment, including chemotherapy and radiotherapy, the Palliative Care Team mentioned The Myton Hospice's services. Simon was admitted to Warwick Myton Hospice for symptom control in November 2019, but it was evident that Simon was too poorly to go back home. His wife, Lisa, commented:

*"The doctors and nurses knew that Simon's body was showing signs that he only had a few days left and we should prepare to say our goodbyes. We brought the children in and had family and friends by our side. We played music and prayed together."*

Simon died only 15 hours after he was admitted on 27th November 2019, aged 34 years old. Lisa continued:

*"I am so grateful to Myton. As a couple in our thirties, we had no idea what a hospice looked like but from the minute we arrived, I knew this was the place to be. I knew the team had it from there and I vividly remember a nurse telling me I didn't need to care for him anymore – that I could be his wife again. Myton were our safety net and made his last few hours as comfortable as possible, it was a short but instrumental part of Simon being able to have a peaceful death."*

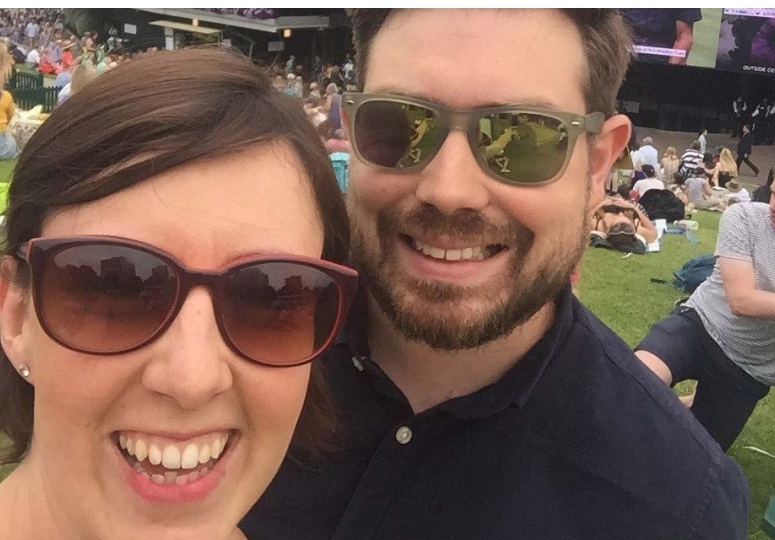


Lisa's children received individual counselling from Myton and attend our Children's Bereavement Workshops. Lisa said:

*"The support we've received since has been amazing. The counselling and workshops have been really beneficial for them both. To know they've had this support and have a place to go to feel seen means more than I can describe. To have a specialist counselling team dedicated to bereavement, which is such a specialised field, has been so important to my children."*

*"The mum of a child in my son's class has recently died at Myton and it really brought it home for me. The reason why I support and fundraise for The Myton Hospices is so other people can receive the same excellent care my family received. The children and I regularly talk about why we support Myton and the conversation always comes back to how we wish everyone who needs it can access their wonderful services. It's your worst nightmare and you wish you never have to go to Myton. But if you do, they can be there for you."*

We are hoping to raise £75,000 from this event, to ensure more people in Coventry and Warwickshire can access a Hospice Bed and reduce the number of people on the waiting list for this vital service. Your sponsorship will help us support more people like Simon, Lisa and their children, when they need us most, now and in the future.



# FUNDRAISING

To cover the costs of the event and to raise funds to support our patients and their families, we ask that you pledge to raise a minimum of £250. We will help you every step of the way with resources and fundraising tips, and we also have a dedicated Facebook group [www.mytonhospice.org/snow-hub](http://www.mytonhospice.org/snow-hub) so that you can meet your fellow participants and share your experiences.

**Have a look at the difference the money you raise will make:**



will fund 2 hours of specialist nursing care in our hospice



will fund a patient's meals for a week



will fund 10 children's bereavement counselling sessions



will fund our Myton at Home service for one day



will fund an inpatient bed for one day



will fund the running cost of our Rugby Myton Support Hub for one week

# ONLINE FUNDRAISING

Setting up a JustGiving fundraising page is one of the most effective and easy ways of encouraging families, friends and colleagues to sponsor you. By setting up a JustGiving page, you can share your fundraising page via email and on Facebook, Instagram and Twitter as often as you want to.

Having an online fundraising page also means you do not have to physically collect money after the event, plus Gift Aid is automatically calculated and processed.

If you haven't already why not set up your online fundraising page through JustGiving with just a few simple clicks. Find out how to set up a JustGiving page here [www.mytonhospice.org/snow-hub](http://www.mytonhospice.org/snow-hub)

Will you make it onto our Wall of Fame? Keep an eye out to see if you are one of our top fundraisers!



## MATCH FUNDING

These are two words charities love to hear! Many employers offer match funding which means they will match what you have raised (to a certain amount), potentially doubling what you raise for Myton! Why not speak to your employer to find out if this is something they will do?

## GIFT AID

UK taxpayers can raise an additional 25% through Gift Aid at no extra cost to themselves. To ensure we can claim Gift Aid we need the full name, home address and postcode of your sponsors – and of course, don't forget to tick the Gift Aid box!

*giftaid it*

# FACEBOOK FUNDRAISING



Please let us know, by emailing the Events Team, if you set up a Fundraiser on Facebook; we receive limited information from Facebook which makes it extremely hard for us to link the donation to your fundraising otherwise.

**01926 838838**  
[events@mytonhospice.org](mailto:events@mytonhospice.org)



## FAQs

### Who can take part?

Anyone over the age of 14 (under 18's must be accompanied by an adult taking part). You will require a reasonable level of fitness and no serious health conditions to take part in this challenge. You will be grouped into a team according to your ability.

### Is travel to and from Snowdon included?

Travel to and from Snowdon is not included or provided for this event. Please ensure you can make your own way to and from the start point.

### Are dogs allowed on the climb?

Please note that dogs are not permitted at this event for health and safety reasons.

### When and where is the meeting time?

We will be meeting at Llanberis community centre, Llanberis, Y Ganolfan LL55 4UR What Three words  
///curable.denim.indoors

We will set off in two waves, with a 7-7:15am meeting time for the 8am wave or a 8-8:15am meeting time for the 9am wave.

### What kit do we need?

[www.mytonhospice.org/snow-hub](http://www.mytonhospice.org/snow-hub)



### Where can I park?

Parking for Snowdon is available at:

Laversose Way, Llanberis, Caernarfon LL55 4TY What three words  
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Or

Electric Mountain Car Park, Afon House, Station Rd, Llanberis, Caernarfon LL55 4TA What three words  
///empires.condensed.retail

Please consider car sharing where possible. We advise that you do not drive after you have completed the challenge due to fatigue so please ensure that you book accommodation or have friends or family available to pick you up. Please try to ensure that you book refundable accommodation in the unlikely event that severe weather forces the cancellation of the event.



**Your fundraising and support ensures we can be there for more people living with a life-limiting illness and their families across Coventry and Warwickshire. *Thank you!***

