

Train for your challenge!

Training Weekends 2019

Whether you are travelling to China to take on the Great Wall, or climbing Mount Kilimanjaro we have a challenge for you. These training weekends have been specially designed to help you get a feel for your event whilst giving you an opportunity to test your fitness, meet our trek leaders and other people that will be taking on a challenge. These weekends are also great if you just fancy a weekend trekking through some of the UK's most stunning scenery.

Finding out your walking boots rub is the last thing you want half way into a 2,000 metres up a mountain so these training days and weekends give you a chance to test out your kit and decide whether there is anything that you may be missing. You may also be able to pick up some tips from our experienced leaders who have taken part in numerous challenges in the past.

Our weekends will bring participants together from all of our challenges which generates a great atmosphere and lets you hear about all of the other opportunities that Action Challenge provides!



Action Challenge have been leading inspirational team adventures across the globe for individuals, private groups, charities and corporate clients since 1999. Our training weekends give you the opportunity to test your fitness and equipment in the UK before setting out on your actual adventure. At the heart of every challenge is team spirit and fulfilment; these weekends provide a chance to meet many like minded people that will be enjoying the journey with you.



Snowdon Night Summit

... planning for Kilimanjaro?

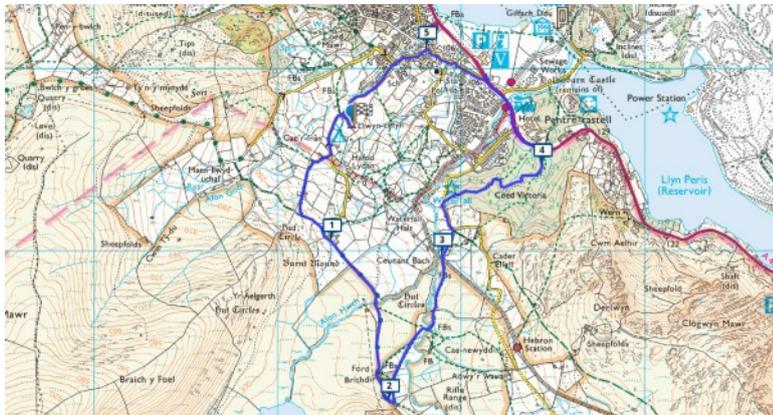
introduction

This trek is specially designed to help those training to climb the highest mountain in Africa, Mount Kilimanjaro! The night you attempt the summit can be daunting, so we have designed a training weekend replicating what to expect which will help you prepare for the toughest day of the upcoming trek. Our Snowdon night training weekend will see you trekking through the day, resting in the evening and then waking up around midnight to start the trek to the summit of Mount Snowdon. Be ready for the toughest part of the challenge, so come along and join us in bringing the Kilimanjaro summit night to the UK!

itinerary

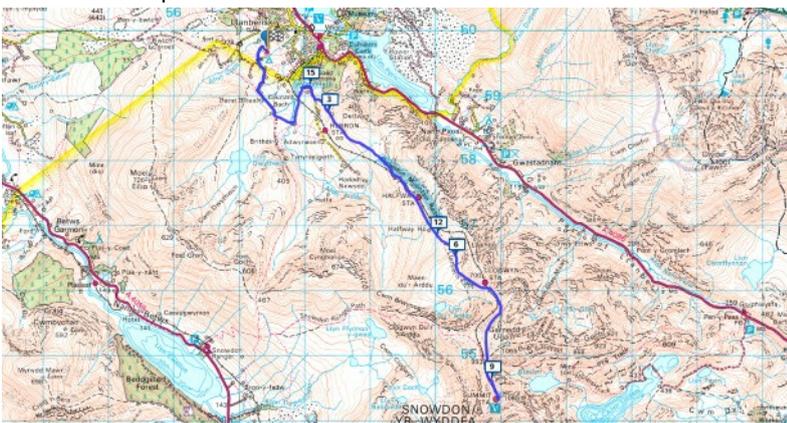
DAY 1

We will meet at 11:00 at the Llanberis YHA to check in and collect our packed lunches before we start our trek at 12:00. We finish back at the YHA at about 15:00, giving us time to get changed for supper at our YHA. We will try to get a few hours sleep at 20:00 to prepare for our night walk.



DAY 2

We are awoken at 00:00 by our trek leader ready to set off on our night walk for 01:00 – 02:00. We summit Snowdon at about 05:00 – 06:00 before returning back to the YHA for the chance to get a few hours sleep in before breakfast/brunch at 11:00 - 12:00. You will then be free to depart.



dates

Snowdon Night Summits dates:
30 - 31 March
27 - 28 April
18 - 19 May

cost

All inclusive weekend cost of
£140

accommodation

One night in comfortable YHA accommodation.

All accommodation is on a single-sex basis.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

food

Meals will be varied and plentiful. We provide hot meals for your dinner on the Saturday and your breakfast on Sunday. We will also provide you with a packed lunch on the Saturday during the day walk and night summit.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled throughout the trip.

We can cater for all dietary requirements

equipment required

- Heavy fleece/ Wind Stopper
- Hat and gloves
- Head torch
- Waterproof jacket and trousers
- Platypus or water bottles (2-3 litres)
- Base layers (including spare dry layers)
- Walking trousers
- Walking boots
- Day sack - 20 / 30 L + waterproof shell
- Energy bars/snacks/chocolate
- Casual wear for evenings
- Wash kit and Trek towel