



Hello all!

Thank you for taking part in this challenge 'Let's climb Mt. Snowdon for Farah' in Tuesday 5th August 2014. It means alot. May God reward you all

Head brother of the event: Sheikh Tufael Ahmed 07951425443

Tour guide: Brother Belal

Speaker: Mufti Liaquat Zaman (As-Suffa Institute)

About the event

The aim is to do a sponsored mountain walk route for Farah Saeed who is one of my close friends that has been diagnosed with gastric metastatic cancer a few months ago. Money raised will go to Cancer Research UK as a sadaqa jariya in her name.

This is one of the events organised by Farah With Me organisation; one of the organisations and projects under The Farah Saeed Trust.

Thefst.weebly.com

Farahwithme.weebly.com

This event was for brothers' only as all events in Farah With Me are segregated.

GET FIT! GET A SPIRITUAL ESSENCE! RAISE MONEY!

About fundraising:

Four easy steps

- 1) Setup a justgiving page.
- 2) Choose Cancer Research UK as the charity.
- 3) Start fundraising online and offline beidnillah to the date.
- 4) On the day bring £20 with you for the registration free.

Things you need to bring with you:

- Everyone who is going on the coach (9 sisters and 5 brothers) must bring **£20** as that's the registration fee. Brothers give brothers.
- **Wear** comfortable, ankle-supporting walking boots and suitable clothing. The weather is unpredictable. Comfortable trousers. You'll need a waterproof/windproof jacket. Umbrella?
- **Carry** a rucksack that can accommodate plenty of food and drink. It's important to maintain your energy levels, as walking can be hard work. Because we are doing it in the summer; make sure you carry extra water and sunscreen, as there is little shade to be found on the mountains.
- **Take** a map and compass with you and make sure you know how to use them. They are an essential piece of kit. Make sure you pack an extra layer of clothing as temperatures can plummet high up in the peaks. It's vital to carry a torch, whistle, first aid kit (if one aint present; then just dettol and plasters will do) and mobile phone, but remember – you're not guaranteed a signal on the mountain so don't rely on your phone if you get into difficulty; May Allah forbid.
- **Check** the weather forecast.

On the Day:

- The coach will be leaving 7am SHARP. Thus you need to be at the Birmingham Central Masjid; 180 Belgrave Middleway, Birmingham, West Midlands B12 0XS for between 6.30am to 6.45am maximum; there's no such thing as muslim timing.
- Whilst on the coach Head brother will have a table sheet; please tell them how much you've fundraised in sha Allah so they can calculate the total at the end.

- Brother Belal will be touring you the nice places there; please listen to his instructions as he has been there many times.
- There will be a few breaks for rest and halaqa sessions.
- There will be photography to put in FWM Gallery so Farah can see them.
- Those who reached to the top; there will be a banner designed that says 'Farah We Did It'
- The coach will be leaving Snowdonia 6.30ish sharp and will be back in Birmingham for 10pm God-Willing.

About Snowdon Mountain:

- It is 3,560 feet (1,085m) and is situated in Snowdonia National Park.

About Snowdonia National Park

- Situated on the west coast of Britain covering 823 square miles of diverse landscapes, Snowdonia National Park is a living working area, home to over 26,000 people.
- The largest National Park in Wales.
- Snowdonia boasts the highest mountain in England and Wales, and the largest natural lake in Wales, as well as a wealth of picturesque villages like Betws y Coed and Beddgelert.
- Snowdonia is an area steeped in culture and local history, where more than half its population speak Welsh.

Which route will we be taking?

- We will be taking the Llanberis route which is a popular route and in sha Allah it will suit the fitness level of everyone.

Distance: 9 miles (14½Km) (there & back).

Ascent: 3,199ft (975 metres).

Time: About 6 hours (there & back).

Grade: Hard Mountain Walk.

Start/Finish: Far end of Victoria Terrace, Llanberis, off the A4086.

Parking: Car parks in Llanberis itself.

Facilities: Toilets & Cafe's in Llanberis itself.

A little information about the Llanberis Path

It is the longest and most gradual of the six main paths to the summit of Snowdon.

The path mainly follows the Snowdon Mountain Railway track, and goes by Hebron, Halfway and Clogwyn stations. Before the railway was opened in 1896, visitors employed guides to lead them to the summit along this path on mule-back.

A remarkable geological feature can be seen from the Llanberis path, the Clogwyn Du'r Arddu syncline. The syncline was formed over thousands of years, as the earth moved and transformed horizontal deposits into vertical layers of rock.

The Llanberis Path and Snowdon Mountain Railway cross above Clogwyn Coch. Walkers who are not wearing, or carrying the appropriate equipment are advised not to walk this path in winter, when ground conditions can lead to serious falls. Don't be tempted to walk along the railway! It leads along high, narrow ledges on steep slopes that can be very dangerous on foot.

It offers fantastic views of Cwm Brwynog, Llanberis and over the Menai straights towards Anglesey.

The Route (Start to finish)

1. The Llanberis path starts at far end of Victoria Terrace, which leads down from the mini roundabout opposite the Royal Victoria Hotel at the southern end of the village.

2. Go through the gate next to the cattle grid and follow the steep road. The road will pass Pen y Ceunant Isaf, and then through a farmyard. Shortly after going through the farmyard, follow the prominent path on the left signposted 'Snowdon'.

During the first part of the journey, you will see fantastic views back towards Dinorwig Slate Quarry on the slopes of Elidir Fawr. It is now the enormous site of the Dinorwig Hydro-Electric Power Station – the largest of its kind in Europe. Electricity is generated through releasing water from Marchlyn Mawr reservoir on Elidir Fawr, through underground tunnels to turn six turbines in a massive cavern deep inside the mountain. After passing through the turbine the water is stored in Llyn Peris before being pumped back up to Marchlyn Mawr reservoir to be used again.

If you walk this path during the summer months, you are sure to see one of the Snowdon trains on its way up or down the mountain. A rack and pinion system enables the engines to climb up the mountain, pushing the carriage in front of it. Some of the steam engines are over a hundred years old and have been climbing the mountain since the railway first opened in 1896!

3. The path climbs gradually, and in a while you will pass the ruins of an old cottage on your left, and Hebron station below on the right. You will shortly reach a mountain gate and a stile.

4. From the mountain gate the path will continue to climb gradually and parallel with the railway.

On your right, from left to right, are the hills and ridges of Moel Cynghorion, Foel Goch, Foel Gron and Moel Eilio. Below is Cwm Brwynog valley, where you can see the ruins of farmsteads and crofts of once an old close nit community who used to live here. The families of Gwaun Cwm Brwynog were tenants to the Faenol Estate, Y Felinheli, who also owned the Dinorwig slate quarry. Many of the men worked at the quarry during the week, as well as keeping animals on the smallholding.

There were twenty five dwellings in Gwaun Cwm Brwynog, but no school, or shop, or pub, and no electricity or telephone – but there was a chapel! The remains of the chapel, called Capel Hebron, can be seen over your right shoulder, on the far side of the railway and Hebron Station hut.

Before the chapel was built, religious services and Sunday Schools were held on local farms, but as the Sunday School membership increased, the farms

became too small. The chapel was built in 1835 and at its peak there were 78 members. The chapel was the heart and soul of this unique community and all kind of social events were held there.

Early in the twentieth century, families began to emigrate from the valley, and one by one the crofts were left empty. By the mid twentieth century the community of Gwaun Cwm Brwynog had scattered, and the buildings left for the elements to decide on their fate.

5. Shortly, you will walk under the railway bridge.

6. After going under the bridge the path will continue to climb gradually with the railway on your left. You will shortly pass the Halfway House, where refreshments are sold in the summer months. From here on the path will begin to climb more steeply.

After passing the Halfway House, you can see the summits of Mynydd Drws y Coed and Garn beyond the Cwm Brwynog pass on your right.

7. In a while you will reach the bottom of Allt Moses, where the path forks. Keep to the left and follow the path that climbs up the slopes of Llechog. *The path to the right was originally used to reach the copper mines on the slopes of Clogwyn Coch, but today it is used to reach Clogwyn Du'r Arddu. This is, apparently, the most difficult rock climbing face in Wales!*

As you climb Allt Moses you will see Llyn Du'r Arddu lake, and a large boulder known as Maen Du'r Arddu on its shore. Legend has it that anybody who spends a night under the rock, will be either a poet or insane by the morning!

8. At the top of Allt Moses you will walk under the railway bridge. Once you have walked under the bridge, Cwm Glas Bach will come into sight on your left. Be careful on this section.

The local name for this spot is Cwm Hetiau (translated 'Valley of the Hats'). When Victorian visitors travelled in the train's open top carriages, the wind would take hold of their hats and down they went to the bottom of the Llanberis Pass. Local children would collect the hats at the bottom and sell them to visitors in Llanberis!

9. After Cwm Glas Bach the path climbs steeply up the slopes of Carnedd Ugain with Clogwyn Coch on your right. Take care on this part of the path. You will shortly reach Bwlch Glas.

10. At Bwlch Glas a standing stone marks the spot where the Pyg Track and Miners' Track join the Llanberis Path. Over your right shoulder, on the other side of the railway, you will see the Snowdon Ranger path rising up

from Bwlch Cwm Brwynog and crossing the railway to join the Llanberis Path.

You are now on the final leg of your walk up Snowdon. Walking at a leisurely pace, you can expect to be on the summit in around a quarter of an hour.

From here there are fantastic views down to your left of Cwm Dyli and its lakes, Llyn Glaslyn and Llyn Lydaw. On the left hand side of the valley you can see the knife edge ridge of Crib Goch, which forms part of the famous Snowdon horseshoe.

From the summit on a clear day you will be rewarded with fantastic views - 18 lakes and 14 peaks over 914 metres (3000ft) can be seen. Sometimes, you can even see as far as Ireland, the Isle of Man and the Lake District.

11. On your way down from the summit, a little further down from the Bwlch Glas standing stone, keep left - the path to the right follows the Snowdon horseshoe which leads over Carnedd Ugain and Crib Goch.

Attractions

If there is enough time; you may be interested to go and see one of the attractions in Llanberis

Ropes and Ladders, Welsh Slate Museum, Padarn Lake, Electric Mountain, Llanberis Lake Railway, Dolbadarn Castle, Snowdon Mountain Railway, Surf-Lines, Llanberis Bike Hire, Snowdon Honey Farm and Winery, Snowdon Star Llanberis Lake Cruises

Llanberis Mountain Rescue Team

- The team is on-call 24 hours a day, 365 days a year.
- Any problems please ring them: Telephone : **07787471389**
Email : **info@llanberismountainrescue.co.uk**

What to do in an emergency?

1. Calling for Help

In the event of an incident in the hills, stay calm, and take time to assess the situation before deciding what to do. Determine your exact location with use of the map and GPS. Write the grid reference down, and the name of the mountain, and the route you are on.

YOU MAY HAVE A FEW OPTIONS

- Descend to safety
- Find Shelter
- Stay Put
- Send for help

CALLING FOR HELP

- Shout for help
- Use your phone to call for help

PHONING FOR HELP

BEFORE CALLING, TAKE NOTE OF THE FOLLOWING:

- Grid reference of incident
- Nature of incident
- Number of people involved
- Age and medical info of the casualty
- Weather conditions
- Alternative phone number

Dial 999, ask for POLICE, then MOUNTAIN RESCUE

- Mountain Rescue call you back
- Stay in signal
- Keep the phone line clear

IF YOU HAVE NO PHONE SIGNAL

- Try 999, as it may use a different network
- Move to higher ground for more signal

Any problems; please do not hesitate to contact me: 07838554419