

"Trek 4a Cheque"

*AwimAway are extremely pleased to launch their very first "Trek 4a Cheque" challenge on behalf of two fantastic, worthy and hard-working children's charities: **Sophie's Appeal** and **A Wa Po**. Join Harish Kohli, world-record-holding explorer and founder of AwimAway.com, on an invigorating and scenic trek to the summit of the highest mountain in England and Wales: the majestic Mount Snowdon.*

Mt Snowdon Charity Trek *September 5th 2009*

Sponsored by AwimAway
Raising money for Sophie's Appeal and A Wa Po

Links:

1. [About Sophie's Appeal, A Wa Po and AwimAway](#)
2. [Itinerary](#)
3. [Getting there & Where to Stay](#)
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5. [Sign Up](#)
6. [Forms and Sponsorship Links](#)



A Wa Po

Providing a future for physically disabled children in Nigeria

CALL US NOW TO BOOK **0845 310 2929** OR VISIT www.awimaway.com

Our current Conditions of Booking (a copy of which is available on request) shall apply to all reservations
AwimAway holidays are protected under ATOL no 9439



"Trek 4a Cheque"

About Us

Sponsorship Forms and *Just Giving* Links for both charities can be found on the 'Forms' page



Sophie's Appeal is a Hampshire-based charity which started in 2005 following the death of Sophie Barringer to kidney cancer.

Some of the initiatives funded by the charity include:

- **Sophie's Place** – a dedicated children's assessment area which helped over 3,500 children in the first year
- **Beyond the Moon** – Sponsorship of dream holidays for terminally ill children and their families
- **Funding research** into future treatments for childhood cancers. The research has made groundbreaking discoveries and has been published worldwide.
- Funding of **research into Wilm's Disease** at the Royal Marsden Hospital London
- Sponsorship of New Forest holidays for sick children and their families

www.sophiesappeal.org



AWaPo

Providing a future for physically disabled children in Nigeria

www.awapo.co.uk

A Wa Po - Yoruba for 'we are together' - is a charitable organisation that was set up to build a future for physically disabled children in Nigeria.

Disabled individuals are often still ostracised by society and their great potential ignored. By giving them a chance to further their skills they will be given the opportunity to learn necessary skills in order to enter the employment world. This will not only give them the ability to sustain their own livelihoods but also to integrate into the society.

Working together with the local community the aim is to establish a school, which offers free education and training to disadvantaged children in Abeokuta, 40 minutes north of Lagos.



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GREAT SMALL ADVENTURES

www.awimaway.com

AwimAway's 'Trek 4a Cheque' is a continuation of CEO Harish Kohli's (world-record holder for exploration of the Himalayas) independent fundraising efforts:

- Harish has run across Iceland, and climbed on Mount Everest to raise fund for Cancer Research.
- Harish was also an elected council member of the Royal Geographic Society for 3 years.

Sponsorship Forms and *Just Giving* Links for both charities can be found on the 'Forms' page

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"Trek 4a Cheque" Itinerary



ITINERARY:

(Inc coach travel and accommodation. Places are limited. Sign-up now to guarantee your place!)

Cost: £34

Duration of Stay: 2 days 1 night

Duration of Trek: 5/6 hours

Length of Trek: 7 Miles

Destination: Mount Snowdon. Snowdonia National Park, Wales.

Saturday 5th September 2009:

530am- Depart Southampton Airport Parkway Railway Station- 260.81 mile(s) (419.73km) *

Leave Southampton Airport Parkway, Southampton Road, Eastleigh, Hampshire.

We will enjoy our breakfast on-board and travel the 5.5 hour journey in an executive coach (with toilet facilities and DVD player).

*A coach may also be arranged from a London location depending on demand. Journey time is the same.

11am- Arrive Snowdonia

We will arrive at the bunkhouse accommodation to allow enough time to un-load our sleeping bags and belongings, enjoy our packed-lunch and meet any others who will be joining us on the trek.

Official meeting place for trek = The Cwellyn Arms. Foot of Snowdon, Gwynedd. LL54 6TL (01766 890 321)

12pm- Begin Trek*- 7 miles

From the Cwellyn Arms, we will walk for 10/15 minutes to the start of the Snowdon Ranger Path.

See the link for path details. <http://www.hightrek.co.uk/climbing/peak/routes.htm#7>,

We will allow enough time for snacks and scenic stops en-route.

6pmish- End trek and return to bunkhouse.

Return to our bunkhouse to freshen-up and change. Take advantage of the facilities and provisions at the Cwellyn Arms, an award-winning pub, for a delightful choice of food and drink, and to celebrate the day's accomplishments.

We will hopefully be able to announce how much money we have raised through doing the trek and you will have the option to take part in celebratory games and challenges throughout the evening!

Sunday 6th September 2009

After a leisurely breakfast and/or early lunch, we will depart Snowdonia at 12pm sharp to return to Southampton Airport Parkway Station, Eastleigh, Hampshire.

****Please remember, this is a charity event and the discounted rates have been negotiated with the understanding that all participants will be individually raising money for one or both charities****

*Please note that this trek is undertaken at your own risk. AwimAway, Sophie's Appeal and A Wa Po accept no liability for;

a) any damage or loss of property;

b) b) personal injury or death (except if caused by the negligence of AwimAway, Sophie's Appeal or A Wa Po)

howsoever caused during the course of this excursion.

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"Trek 4a Cheque"
Getting There & Where to Stay



A Wa Po

Providing a future for physically disabled children in Nigeria

Date: Saturday 5th September 2009

Location: Mt Snowdon. Snowdonia National Park, Wales.

Meeting Place/ Trek Start Point: The Cwellyn Arms, Foot of Snowdon, Gwynedd. LL54 6TL (01766 890 321)

Trek Start Time: 12pm

Getting There:

Via Pre-Booked Group Coach Travel:

Coach transport is provided at the highly charitable rate of **£19 pp**. Leaving from Southampton Airport Parkway Railway Station at 530am on Saturday 5th September 2009 and returning Sunday 6th September at approximately 5pm.

Call 0845 310 2929 (local) / or email Katie@awimaway to reserve your place.

Hurry-up and book as places are limited! Places will be allocated on a first-come first-serve basis

Via Self-Drive:

Visit <http://route.rac.co.uk/> or <http://www.theaa.com/route-planner/index.jsp> to plan your route from anywhere in the UK.

The journey from Southampton by road should take around 5 hrs, and the journey from London by road should take around 4.5 hours.

Via Rail:

Access Snowdonia along the north & west coasts, and the Conwy & Lledr valleys. There is also a rail link between Blaenau Ffestiniog and Porthmadog using the Ffestiniog Railway.

For more information on the rail network visit www.nationalrail.co.uk/ and click on timetable information.

Via Coach:

There are National Express coaches from London: 8 hours 20 mins from London Victoria Coach Station.

Visit <http://www.nationalexpress.com/coach/index.cfm> to plan your journey.

Where to Stay:

We have reserved the Cwellyn Arms bunkhouse ([www, http://www.snowdoninn.co.uk/bunkhouse.asp](http://www.snowdoninn.co.uk/bunkhouse.asp)) at the foot of Mt Snowdon from £15 per night for Saturday 5th September 2009 (**bring towels and a sleeping bag**). Alternative accommodation (cottage/ B&B etc) can also be recommended and booked within the same location.

Please call 0845 310 2929 (local) or email katie@awimaway to reserve your place. **Places are limited!**

Places will be allocated on a first-come first-serve basis.

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"Trek 4a Cheque"
Personal Requirements



Personal Requirements

Food & Drink

We may be lucky enough to receive donations/sponsorship for food and drink for this event, though at this stage **meals are not included** (remember to keep checking our websites for updates).

You must therefore bring with you:

- **Breakfast** for on-board the coach
- A **packed lunch** for Saturday afternoon
- **High-energy snacks and drinks** for the trek.
- Provisions/money for dinner on Saturday, breakfast/ lunch on Sunday.

It is to your discretion whether you go 'self-catering' for the whole weekend, though you must **make your own arrangements for dinner on Saturday night and for Sunday's breakfast and lunch.**

The pre-booked accommodation (The Cwellyn Arms) and local area provide some good options for eating-out. Breakfast can be pre-ordered at the bunkhouse.

Please **do not forget to take cash** with you to pay for any additional food and drink.

Personal Belongings For the Trek*

We have followed the recommendations from Lanberis Mountain Rescue and thus advise that for safety you bring:

- **Suitable clothes for walking:**
- Be prepared for changes in the weather: although temperatures should be warm, carry **warm and waterproof clothing** with you. Bring spare clothing, hat/ gloves if cold
- **Walking Boots/ Footwear with a deep tread**
- **A Rucksack**
- **A Local Map/ Trek Details**
- **Compass**
- **Torch and Spare Battery**
- **Whistle/Mobile Phone**
- **Drinks**
- **High Energy food**
- **First Aid Kit**
- **Money should you wish to visit Mt Snowdon's cafe**

* If you are staying in the pre-booked accommodation (the Cwellyn Arms bunkhouse) you must additionally bring with you: **A sleeping bag and towel.**

Personal Ability:

Although no formal training is needed for this trek, **good health, ability and stamina** is an ideal pre-requisite. You can find additional health & safety information under the 'Forms' page.

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"Trek 4a Cheque"
Sign-Up



Sign-up for this fantastic opportunity to raise money for two very worthy causes.
Please print this form, fill in your details, label 'FAO Katie Deadman re: Snowdon' and send via:

Post:
Leigh House,
331 Leigh Road,
Chandlers Ford,
Hampshire.
SO53 3AS

Or fax:
02380 268864

I want to 'Trek for a Cheque' on Mount Snowdon with AwimAway on September 5th 2009.

I pledge to gain sponsorship for my completion of the trek in order to raise money for Sophie's Appeal and/or A Wa Po.

Name:..... **D.O.B:**.....

Address:.....

Email Address:.....

Home Telephone Number:.....

Mobile Telephone Number:.....

Emergency Contact Name:.....

Emergency Contact Telephone Number:.....

Is there anything we should be aware of regarding your health and safety on the trek i.e. Do you have any medical conditions etc? If 'Yes' please detail:

Is coach travel required? (If Yes please enclose cheque/cash/ postal order for £19 addressed to AwimAway.com ltd to reserve your place) Please Circle: YES NO

Is bunkhouse accommodation required? (If Yes please enclose cheque/cash/ postal order for £15 addressed to AwimAway.com ltd to reserve your place) Please Circle: YES NO

Please read and Sign:

I understand and accept that this trek is undertaken at my own risk. AwimAway, Sophie's Appeal and A Wa Po accept no liability for;

a) any damage or loss of property; b) personal injury or death (except if caused by the negligence of AwimAway, Sophie's Appeal or A Wa Po)

howsoever caused during the course of this Trek 4a Cheque event.

Signed.....**Print Name**.....**Date:**.....

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"Trek 4a Cheque"

Forms and Sponsorship Links

Mt Snowdon Charity Trek
September 5th 2009

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Raising money for Sophie's Appeal and A Wa Po

Forms and Links:

- [Sophie's Appeal Sponsorship Form](#)
- [Sophie's Appeal *Just Giving* link](#)
- [A Wa Po Sponsorship Form](#)
- [A Wa Po *Just Giving* Link](#)
- [Health & Safety Information](#)
- [Printable Trek 4a Cheque Checklist](#)



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