

# The Snowdon Push

BACK UP'S ULTIMATE FUNDRAISING CHALLENGE

SATURDAY | 7 JULY | 2018



**back up**

transforming lives after spinal cord injury

[www.backuptrust.org.uk](http://www.backuptrust.org.uk)

# What is the Snowdon Push?

**The Snowdon Push is Back Up's ultimate fundraising challenge.**



For the past ten years, hundreds of supporters have come together to take on the highest mountain in England and Wales – Mount Snowdon – which stands at over

3,500 feet high. In teams of 10 to 16, including one member who uses a wheelchair, you all work together to reach the top of Mount Snowdon.



This means walking, climbing, pushing, pulling and wheeling to the summit and back down again, covering about 9 miles of mixed terrain – all to raise money for Back Up's vital work.

**“One of the most rewarding experiences I have ever participated in – a great sense of group comradery and Steph was hugely inspirational with her constant positive attitude despite a very bumpy journey up Snowdonia!”**

*Snowdon Push 2017 participant*

[www.backuptrust.org.uk](http://www.backuptrust.org.uk)

Teams will start at intervals along a planned route and it's likely to take around three to eight hours for teams to complete the round trip. The route will be well supervised with professional mountain leaders from Up4it Outdoors operating checkpoints along the way and at the summit.

The Push is open to all abilities and, while it's a timed race, just taking part is a huge achievement. So whether you want to break the records, or just want to make it to the summit, we have a space for you.





**"I never once felt like they were just getting me to the top of the mountain - we were all getting there as a team. I have such a huge sense of pride and achievement and will hold on to that experience forever."**

**Dan**

*Snowdon Push 2017 winner*



## About Back Up

Back Up is a leading UK charity that inspires people affected by spinal cord injury to get the most out of life. Each year, we reach over 800 people with our award-winning services that are designed and delivered by people with a spinal cord injury - placing those we support at the

heart of everything we do. We offer wheelchair skills training, an accredited mentoring service, telephone support, life skills and activity courses, and support returning to work or school. All our services give people the skills, confidence and independence to get back up to living life to the full.

**As a charity that receives no government funding, Back Up relies entirely on the efforts and generosity of our supporters to survive and continue our work.**

# ESSENTIAL INFORMATION

**Date: Saturday, 7 July, 2018**

**Team numbers: 10 to 16 people** (including one member who uses a wheelchair)

**Minimum Sponsorship: £200 per person**

**Registration deadline: Monday, 19 February, 2018**

## OPTION 1

### ***PARTICIPANT - CAMPING***

**£65 PER PERSON**

- Two nights camping at Treborth Leisure campsite
- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
- Snowdon Push 2018 t-shirt
- Medals and trophies for the winners at the post-push party
- Post-event certificates

## OPTION 3

### ***SUPPORTER - CAMPING***

**£38 PER PERSON**

- 2 nights camping at Treborth Leisure campsite
- Food and entertainment on Saturday night at the post-push party

## OPTION 2

### ***PARTICIPANT - NOT CAMPING***

**£40 PER PERSON**

- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
- Snowdon Push 2018 t-shirt
- Medals and trophies for the winners at the post-push party
- Post-event certificates

## OPTION 4

### ***SUPPORTER - NOT CAMPING***

**£13 PER PERSON**

- Food and entertainment on Saturday night at the post-push party


Everyone will need to pay a registration fee before the event. This secures your entry into the event.


There are two ways to pay your fees:


- Check out our Snowdon Push webpage at [www.backuptrust.org.uk/get-involved/challenge-yourself/snowdon-push](http://www.backuptrust.org.uk/get-involved/challenge-yourself/snowdon-push) and follow the link to your required registration fee.
- Call the Back Up office on 020 8875 1805 and ask to pay by credit card.

IF YOU WOULD LIKE TO GET INVOLVED OR WANT ANY MORE INFORMATION, PLEASE CONTACT

**Emma at [emma@backuptrust.org.uk](mailto:emma@backuptrust.org.uk) or on 02088756722**

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Registered Charity Numbers: 1072216 & SC040577 |  
4 Knightley Walk, London, SW18 1GZ

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