



Snowdon hike with kids

By www.holidaysfromhels.co.uk

1	Where to stay	<ul style="list-style-type: none">• Stay in Pen y Pass Youth Hostel at the foot of the path to avoid commuting and parking issues.• Look out for YHA sales
2	When to climb	<p>You can never predict Welsh mountain weather but your best chance of sun and a view at the top is summer, although you will meet more people on the path</p> <p>The mountain railway and café are closed in winter (which includes Easter)</p> <p>Go when they are open for a get out of jail free card at the top if your legs have stopped working or you need an indoor loo</p>
3	Choosing your path	<ul style="list-style-type: none">• There are 6 paths - all taking between 6 to 8 hours for a round trip.• The general rule is the shorter the steeper.• The gentlest one, The Llanberis Path was the longest at 9 miles.• The Pyg path is fairly challenging, with a steepish stony start, but very scenic. It levels off in the mid-section before becoming steeper at the end.

		<ul style="list-style-type: none"> • Descending via the Miner's path brings you to the same starting point for a round trip. It involves a bit of a scramble down a mini-waterfall and skirts the edge of a tarn. A long section is a man-made large cobbled path.
4	Kit list	<p>The chances of it being cold at the top are very high, but climbing is hot work.</p> <p>Pack:</p> <ul style="list-style-type: none"> • Lightweight layers (you will end up carrying your children's). But not too many. 3 pairs of trousers was excessive. Merino thermal layers are good. Reserve layering for clothes you are actually willing to take off in public • Go for thin fleece over chunky woollen jumpers • A map in a plastic wallet • Compass • Snacks and chocolate - hot and cold • Gortex walking boots for ankle support. Some terrain is slippery wet rock. The grippier the boot, the better. I bought new ones after this as my grips were not good enough. • Hat and gloves • Waterproof socks • Waterproof jacket • Waterproof trousers • Plasters in case of blisters • Mobile phone - for emergencies and photos

		<ul style="list-style-type: none"> • Mini-suntan lotion, just in case
5	Companions	Bring friends to distract you from the steeper bits. Talking helps.
6	Take in the views	Don't forget to look up from your feet and check out the view behind you too (also for a sneaky breather).
7	Snacking	Regular snack breaks give a chance for people with differing leg lengths/stamina/pace to catch up.
8	Navigating	Don't just follow the people in front when the path becomes less evident or disappears into the mist, especially if they don't have a map.