



# Mount

# SNOWDON

## Information Pack

Suitable for new  
& experienced trekkers

**#morethanamosque**

Intend good, create memories, build friendships, leave a legacy

# Registration & fundraising goal

**£45**

Registration Fee

**£350**

Fundraising Goal

## What's included in your £45 registration?

- Transport to and from
- Refreshments for the coach journey & some additional for the trek
- Qualified mountain guides
- Qualified first aiders
- T-shirt
- Celebratory meal

## Not Included In Your £45 Registration:

- Personalised hoodie

# Coach meet up location & timings

Date:

Saturday  
24 | 08 | 2024

Meet time:

4:30 am

Departure:

5:00 am

Nottingham:

Coach Departing From Forest Recreation Ground

Birmingham:

Coach Departing From Unit 1,291-283  
Highgate Road, Birmingham , B12 8DN

Bradford:

Meeting Location: TBC

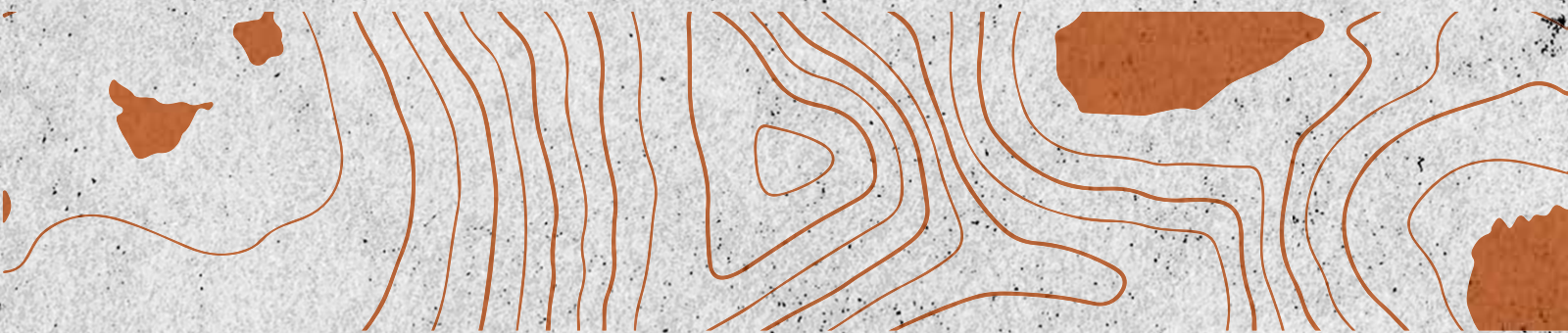
Meeting location has spaces for cars to be parked.  
Each coach will have toilets. Arriving at Mount Snowdon for 8am.

# Overview for Mount Snowdon charity walk

Our Mount Snowdon trek will start at Snowdon Mountain Railway, Llanberis. We'll have a short brief from the charity organisers and then safety information from qualified mountain guides and first aiders, including pre-trek warm ups. Before starting the hike we'll take 10 minutes for toilet breaks as there are no facilities along the way.

Each mountain guide will be given the responsibility of supporting 10 to 15 participants. In addition to the guides, there will be 3 official Barakah Aid staff members on hand. We'll be guided up the mountain to the summit taking the Llanberis trail.

Weather permitting, we'll have lunch at the summit. The descent will be from the same route towards the benches where we started from. This is a private guided trek.



## About Mount Snowdonia

Snowdon (**Yr Wyddfa in Welsh**) is the highest mountain in Wales. It's one of our most famous and recognizable landmarks. Standing tall at 3,560 feet overlooking the village of Llanberis. Snowdon is also part of the national three peaks. The rocks that form Snowdon were produced by volcanoes in the Ordovician period roughly around 456 million years ago.

# The cause

The establishment of the Islamic Centre of Britain began in 2009 and represents more than the creation of a conventional place of worship. It signifies the inception of a multifaceted Community Development foundation, purposefully designed to cater to the diverse and ever-changing needs of the community.

This distinctive space is envisioned to be more than just a physical structure; it aspires to be a symbol of inspiration, transcending cultural diversity and reshaping the way in which we approach both learning and worship.

Our primary goal is to offer meaningful services to elevate the aspirations of British Muslims by striving to build a place that embodies the ideals and principles advocated by Prophet Muhammad (pbuh).

Through these efforts, we aim to foster a legacy that will resonate and positively impact generations to come.



# The task at hand

We wholeheartedly recognise the challenges that confront our community in today's changing landscape. While we celebrate many success stories, it remains crucial to face the challenges that persist in order to build a better future for all.

Primary focus is on our youth; disengaged and isolated from our society and its core values of respect, belonging and care. Influenced by negative forces within their environment, social and economic triggers created limited opportunities and the resulting poverty called for our attention.

Our philosophy and belief teach us to begin with clear intentions, to work collaboratively with relevant stakeholders and persist with patience while being resolute in being a driving force for positive change.

Education and learning stands as the key to overcoming these challenges. A process of nurturing critical thinking, emotional intelligence, and effective communication, we aim to convey the message of Islam, dispel misconceptions, and illuminate the genuine beauty of our faith to everyone.

Our vision is to establish an iconic community hub complex, attracting top talent to provide the highest standards of education and mentorship.

The Islamic Centre of Britain aspires to be a beacon of hope, setting a paradigm for Muslim communities not only within the UK but across the globe. In accordance with the guidance of Allah and the unwavering dedication of our team, we hold confidence in achieving our heartfelt objectives.

We invite you to join us on this transformative journey, shedding light on our community and spreading the teachings of Islam, Insha'Allah.

# Kit list

Having the correct personal equipment will make your trek more enjoyable and comfortable. We hope that you find the following suggestions useful when considering what to take on your trip. They are based on personal experiences and we are confident that you may find other solutions working equally well. We recommend that you travel as light as possible). Below is a non-exclusive list of what to consider bringing to the trek.

- Good hiking boots (not shoes)
- Hiking socks or simply double up
- Several t-shirts (cotton or preferably breathable/fast drying)
- Packable waterproof and windproof jacket with hood
- Waterproof bottoms
- Additional layers so you can adjust accordingly
- Walking sticks
- Sunglasses, sunscreen and lip salve
- Hat/Baseball cap
- Personal first aid kit (wet wipes, flu remedies, stomach remedies)
- Water bottle
- Rucksack
- Additional snacks, sandwiches & fruit

## **Fitness and Walking**

Trekking in the mountains outside the winter months is very accessible. However, you really need to be reasonably fit and determined. You must be able to walk for at least 5 or 6 hours per day and able to walk on uneven and rugged terrain. This is not a walk in your local park.

## **Equipment**

You do not need any special equipment for trekking during the summer months. You will need good hiking shoes, or boots, and comfortable clothing. It is not advisable to go trekking without proper shoes and clothing. Some people find walking poles helpful in the mountains. Not essential.

## **Weather**

Trekking in the mountains is usually possible throughout the year. You should be aware that weather conditions can change and you must listen to your guide and follow his/her instructions at all times.

## **Altitude**

During your trek you will be at altitude, ranging from 1085m, up Snowdon. Altitude sickness is a possibility. However, severe conditions are very rare. It is possible to experience some mild symptoms, such as head-aches, lack of appetite and mild nausea. If you have any symptoms, you should speak to your guide, listen to his/her advice and also take a common-sense approach.

## **Dehydration**

It is important that you drink enough water when on the treks. You should be aware that a person generally loses more water than at lower altitudes because of the dry air. You should look out for any signs of dehydration: being very thirsty and having a dry mouth, tired, headache and/or dizziness.

## **Water**

Never drink from mountain streams unless a local says it is safe to do so due to the different bacteria.



# Emergency contacts

## Lead Challenge Coordinator:

Hafiz Nasser Khan Siddiqui

07932 767 007

## Nottingham Representative

Amreen Hussain

07912 149 332

## Birmingham Representative

Adnan Khan

07786 367 341

## Bradford Representative

Mazhar Malik

07779 650 013

## Official Charity Mountain Guides Summit Special

Sameed

07882 621 809

Saba

07490 622 655



**#morethanamosque**

Address of Project: Highgate Road & Stratford Road, Sparkbrook, Birmingham, B12 8DL

Address of Qadria Trust: 26 Alfred Street, Birmingham, B12 8JL

**Website: [www.icob.uk](http://www.icob.uk)**

**Email: [info@icob.uk](mailto:info@icob.uk)**

**Phone: 0121 688 0821 | 07940 709106**

**Social: [@icob\\_britain](https://www.instagram.com/icob_britain)**     

**Charity Reg: 1129096**

**Your Sadaqah Jariyah donation will  
help in building the foundations of the  
Islamic Centre of Britain.**

**Build Your House in Paradise  
by donating your Sadaqah Jariyah Today**