

# *The Xtreme Snowdonia Challenge: "Sea to Summit"*



It's the fun challenge of the summer that turns miles climbed into much needed funds for the Intensive Care Foundation.

Join up to 20 teams on a beautifully scenic walk through open country, from the seashore to the magnificent summit of Snowdon. The views of the wild but gorgeous countryside in the height of summer will astound you and getting to the top of each hill promises to be breathtaking in every sense!

The challenge is graded as hill walking and Jagged Globe (Sheffield) will be on hand to provide mountain support and marshalls.

At the finish there will be an opportunity to contribute to further research of the Caudwell Xtreme Everest Expedition.

## **Any Questions?**

Contact: [saxon@ics.ac.uk](mailto:saxon@ics.ac.uk)



## *Saturday 30th August*

### **Registration:**

Register now to guarantee your team's place by completing the attached registration form and send it to us at The Intensive Care Society, Churchill House, 35 Red Lion Square, London, WC1R 4SG.

What happens after I register? We send you:

- A fundraising pack
- A team pack with further details
- Sea to Summit newsletter



The Intensive Care Foundation exists to save lives by funding research into new treatments for all critically ill patients. The Intensive Care Foundation believes that every patient deserves the best possible chance of survival.

