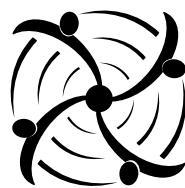


SNOWDON

SUNRISE



Wiltshire
Air Ambulance
funded by you, flying for you

14 July 2024



Lace up your hiking boots and prepare for an unforgettable adventure as you take on the Snowdon Sunrise, a thrilling ascent to the summit of the highest peak in Wales.

Standing at a staggering 3,560 feet, Snowdon promises breathtaking views and an unparalleled experience while raising funds to support Wiltshire Air Ambulance's lifesaving service.

The journey begins in the quiet hours of the night, with the ascent kicking off at 2am. With headlamps lighting the way, you'll navigate the trails under the stars, forging a path to the summit just in time for the first light of day.

As the day grows lighter, participants will witness the spectacular landscapes below, creating lasting memories and a huge sense of achievement.

Our highly experienced mountain leaders will ensure your safety, allowing you to fully immerse yourself in this magical experience.

Training walks leading up to the event will not only prepare you for the challenge but also provide an opportunity to get to know your fellow trekkers.



The facts

DISTANCE:	Nine miles
ASCENT:	3,199 feet
DIFFICULTY:	Medium
TIME:	Six hours approx

Who can take part

You will require a reasonable level of fitness and no serious health conditions to take part in this challenge. You will be grouped into teams according to your ability.

Anyone over the age 14 can participate, under-18s must be accompanied by an adult also taking part.



On the Day



The event start time will vary dependent on the time of the year the challenge takes place on

2am - Meet Sky Blue Adventures Team at Snowdon mountain railway Station

2.15am - After a team briefing commence climb on the Llanberis Path

5.15am - Reach Snowdon Summit and enjoy the views from the Summit Café

6.45am - Start descent down the Llanberis Path

9.30am - Arrive in Llanberis and finish challenge

✓ What is included

- Team presentation
- All transport throughout the challenge
- Highly experienced mountain leaders (fully qualified and first aid trained)
- Safety equipment (carried by your mountain leaders)
- Fundraising pack with personalised t-shirt

✗ What is not included

- Travel to start/finish location
- Personal trekking equipment
- Energy drinks
- Bottled and boiled water
- Personal snacks

Fundraising

In order to cover the costs of this event and to raise funds to support Wiltshire Air Ambulance, we ask you to raise a minimum of £200.

Creating your GivenGain fundraising page is one of the most impactful and user-friendly approaches to gaining support from family, friends and colleagues.

Effortlessly extend the reach of your fundraising by sharing your page through email or across social media platforms such as Facebook, X, and Instagram.

By opting for an online fundraising platform, the hassle of physically collecting funds is eliminated.

Gift Aid is also seamlessly calculated and processed for you.

If you haven't taken the first step, scan the QR code below to initiate the setup of your GivenGain fundraising page.

Your page will automatically connect to our Wiltshire Air Ambulance campaign.

Will you make it on to our fundraising leaderboard? Keep an eye out to see if you are one of our top fundraisers!

Scan to set up your fundraising page >>



GiftAid

UK taxpayers can raise an additional 25% through Gift Aid at no extra cost.

To ensure we can claim Gift Aid we need the title, full name, home address and postcode of your sponsors – and of course, don't forget to tick the Gift Aid box!

Facebook Fundraising

If you set up a Fundraiser on Facebook, please let us know. We receive limited information from Facebook which makes it extremely hard for us to link the donation to your fundraising otherwise.

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hello@wiltshireairambulance.co.uk



Chris Williams loves paragliding but on Valentine's Day 2023 a pocket of turbulent air sent him crashing to the ground – requiring the intervention and support of Wiltshire Air Ambulance.

The 58-year-old from Fairford, Gloucestershire, is a former RAF and airline pilot and has been paragliding for almost two decades.

However, on a serene day over the Alton Barnes White Horse, Pewsey Downs, a sharp change of weather caused him to drop from the skies.

He recalls: "Milk Hill is well known as being a very safe hill to fly but on this day the wind was forecast to turn around, which it did as the day went on. My accident flight was actually my fourth flight of the day.

"I flew straight into some air that was coming down the hill and it collapsed my wing. I began to fall and although the wing was trying to reinflate, I was only at 70 feet. It took three seconds from the collapse before I hit the ground. There wasn't enough time to react."

Chris landed close to the White Horse and nearby walkers rushed to his aid. One rang 999 and just ten minutes later Wiltshire Air Ambulance's helicopter was touching down nearby, flown by Simon Gough.

After suffering multiple serious trauma injuries, Chris needed to be treated and stabilised by Wiltshire Air Ambulance's aircrew of critical care doctor Rosie Furse and critical care paramedic Keith Mills. He was then flown to the major trauma centre at Southmead Hospital.

Doctor Rosie says: "We were able to provide Chris with some high strength pain relief and use his harness to slide him into a safer position. We had to be very careful when moving him to ensure we didn't allow his spine to move or jolt.

"There was no way any land vehicle would have reached Chris and the South Western Ambulance Service crew who arrived had a very long walk across the hill to join us, so the benefit of having our helicopter there was clear for all to see. It made a huge difference for Chris."

Chris sustained numerous injuries, adding: "The pressure of the landing collapsed my lung, I bit through my tongue, but the worst part was the numerous fractures in my spine, most in my neck.

"There were two unstable fractures in my cervical vertebra #7 (C7) and thoracic vertebra #1 (T1).

"The good part was the two bones broke and moved apart, keeping away from the nerve and ensuring no damage was done to the spinal cord.

Later it was discovered I had sustained breaks further down, in T4, T5, T6 and T12, but those were stable and able to recover naturally."

Three months on he required a six-hour operation, involving titanium rods and screws. "I'm like the bionic man," he jokes.

Chris is a volunteer Community First Responder with South Western Ambulance Service and helps deliver first aid training for nearby Great Western Air Ambulance, so was well aware of the importance of the service even before his accident.

However, he added: "As a former Emergency Care Assistant with South Central Ambulance Service, I've worked with air ambulances before but what I hadn't really thought about before was the funding side of things.

"We want to know if we call 999 that an air ambulance can be there for us, but it's not free, it doesn't come out of our taxes and they need our support, just like they helped me."

Chris has since raised over £7,000 for Wiltshire Air Ambulance and continues to bang the drum about the service to his fellow paragliders.

“For Wiltshire Air Ambulance alone it costs £4.5 million a year to keep the helicopter flying and I feel it's part of my role now to spread that message.”

Chris Williams - former patient