

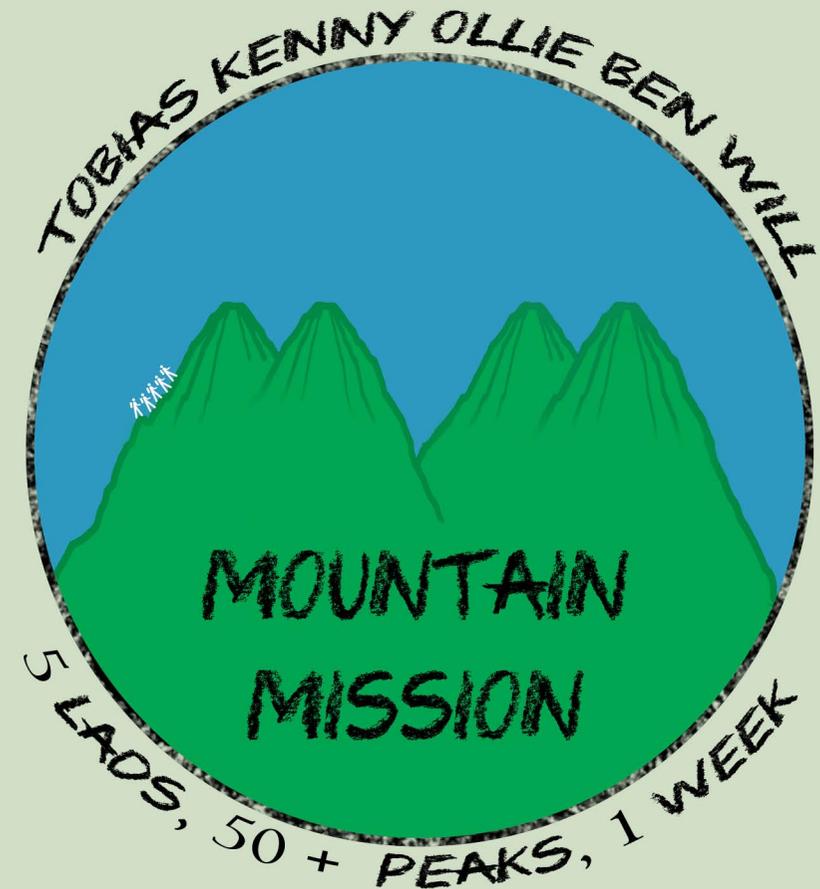
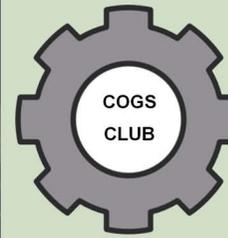
Mountain Mission is a fund raising event organised and to be completed by 5 lads from Thanet. All funds raised will go to COGS Clubs in Kent.

Cogs Clubs are based on and run in the same structured way as the NICE approved Cognitive Stimulation Therapy. Cogs Club offers a day of activity, stimulation, music and fun for people living with mild dementia. They cater for up to 10 people and are mostly run by volunteers of an organisation/charity such as a church. Cogs Clubs are currently run in various parts of Kent.

The aim of the clubs is to encourage members to recall and develop new skills and to facilitate the transfer of these skills to activities at home. It also provides the family carer/significant other with a day's respite.

Dementia has touched each of the boys' families at some point. To give something back, the boys decided to create and partake in a unique and gruelling challenge and donate all funds raised to this terrific cause.

Thus, Mountain Mission was born. It is a 7 day hike through the region of Snowdonia (Wales), covering over 140 miles in distance, 13041m in height gain, and includes reaching the peaks of 50 mountains without a support team, carrying all of their own equipment and sleeping in tents during the night. This challenge will take the boys far out of their comfort zone, as they are a mixture of teachers, office workers and students. The trek is a compilation of mountain trails with the last day being the infamous Welsh 3000s challenge (a.k.a. "the 14 peaks") (see [www.the14peaks.com](http://www.the14peaks.com)).



Donations - [everyclick.com/mountainmission](http://everyclick.com/mountainmission)  
Email - [mountainmission50@gmail.com](mailto:mountainmission50@gmail.com)  
Contact (kenny) - 07772 604 642

Peak	Name	Height (Above Sea Level) (Metres)	Height Gain (Metres)	Height Loss (Metres)	Distance (km)
<b>Day 1</b>					
1	Tal Y Fan	610			
2	Foel Lwyd	603			
3	Carnedd Gwenllian	926			
4	Bera Bach	807			
5	Bera Mawr	794			
6	Drosgl	758			
7	Gyrn Wigau	643			
<b>Total Day 1</b>	<b>7 Mountains</b>	<b>Av = 734</b>	<b>1536</b>	<b>-1480</b>	<b>30.8</b>
<b>Day 2</b>					
8	Pen yr Helgi Du	833			
9	Pen Llithrig y Wrach	799			
10	Cerigiau Gleision	634			
11	Moel Siabod	872			
<b>Total Day 2</b>	<b>4 Mountains</b>	<b>Av = 784</b>	<b>1925</b>	<b>-1953</b>	<b>33.7</b>
<b>Day 3</b>					
12	Gallt yr Ogof	763			
13	Y Foel Goch	805			
14	Glyder Fach	994			
15	Glyder Fawr	1001			
16	Y Garn	947			
17	Foel Goch	831			
18	Elidir Fawr	923			
<b>Total Day 3</b>	<b>7 Mountains</b>	<b>Av = 895</b>	<b>1699</b>	<b>-1544</b>	<b>23.4</b>
<b>Day 4</b>					
19	Yr Wyddfa (Snowdon)	1085			
20	Yr Aran	700			
<b>Total Day 4</b>	<b>2 Mountains</b>	<b>Av = 893</b>	<b>1047</b>	<b>-1242</b>	<b>17.1</b>
<b>Day 5</b>					
21	Y Garn	633			
22	Mynydd Drws-y-coed	695			
23	Trum y Ddysgl	709			
24	Mynydd Tal y Mignedd	653			
25	Craig Cwm Silyn	734			
26	Garnedd Goch	700			
27	Mynydd Graig Goch	610			
<b>Total Day 5</b>	<b>7 Mountains</b>	<b>Av = 676</b>	<b>1704</b>	<b>-1818</b>	<b>36.4</b>

<b>Day 6</b>					
28	Cnicht	689			
29	Moel Druman	676			
30	Allt Fawr	698			
31	Moel Druman	676			
32	Ysgafell Wen	669			
33	Moel Meirch	607			
<b>Total Day 6</b>	<b>6 Mountains</b>	<b>Av = 669</b>	<b>1491</b>	<b>-1174</b>	<b>31.7</b>
<b>Day 7</b>					
34	Crib Goch	921			
35	Garnedd Ugain (Crib y Ddysgl)	965			
36	Yr Wyddfa (Snowdon)	1085			
37	Elidir Fawr	923			
38	Foel Goch	831			
39	Y Garn	947			
40	Glyder Fawr	1001			
41	Glyder Fach	994			
42	Tryfan	917			
43	Pen yr Ole Wen	978			
44	Carnedd Dafydd	1044			
45	Carnedd Llewellyn	1064			
46	Yr Elen	962			
47	Carnedd Llewellyn	1064			
48	Foel Grach	976			
49	Carnedd Gwenllian	926			
50	Foel Fras	942			
51	Drum	770			
<b>Total Day 7</b>	<b>18 Mountains</b>	<b>Av = 962</b>	<b>3639</b>	<b>-3798</b>	<b>48</b>
<b>Total</b>	<b>50 Mountains</b>		<b>13041</b>	<b>-13009</b>	<b>221.1</b>

For a fully interactive map visit:  
<http://goo.gl/maps/RVjhl>  
(link case sensitive)