



**Thursday 15<sup>th</sup> November – Friday 16<sup>th</sup> November 2018**

This Girl Can is a celebration of active females who are doing their thing no matter how well they do it, how they look or how hard it is. We wanted to help girls overcome the fear of judgement that stops them from joining in and taking on challenges.

15 girls were given the opportunity to challenge themselves on a 2 day residential to Wales. The residential was run by Atlas Adventures who lead and assisted us for the duration. During the trip the girls took part in a physical team activity, high ropes on day 1, followed by climbing Mount Snowdon on day 2!

The aim of this trip was for the girls to prove to themselves that every challenge can be overcome with the right attitude, commitment and perseverance and to have a fun experience with friends and staff of GT.

### **PYG Track**

**Distance:** 7 miles

**Total Climb:** 723m (2,372 ft)

**Time:** 8 hours

**What an achievement it was, with breath taking views and reaching the peak it really was an AMAZING trip we will never forget.**

