

EVENT NOTES

#QuitTalkingStartDoing

RAW
ADVENTURES



Snowdonia Slate Trail

SNOWDONIA – 3 DAYS GUIDED
'LUXE' RUNNING TOTALLING 83
MILES THROUGH ERYRI'S
HISTORICAL HEART

OVERVIEW

This 83-mile trail takes you on a journey back in time, to when Snowdonia was at the centre of the world's slate industry. Split into 13 logical route sections, we aim to achieve this magnificent route in 3 guided 'luxé' running days.

For our 3 Day Guided Luxé Running event, we're looking at moving through the terrain at a consistent pace, but not forgetting to take in our surroundings and appreciate where we are. This is quiet, magical Snowdonia...with atmosphere, history and personality oozing from every stone wall, steam, quarry enclosure and village café. You will meet so much of this charismatic area in your 3 days that we'll forgive you for being overwhelmed...which is why we make time each evening to reflect upon and enjoy where we've been, discuss our surroundings and really appreciate how this unique National Park ticks...

For runners who enjoy long days out in mixed terrain – on and off path, these 3 guided days will introduce to another world, but with comfortable accommodation and time for refuelling and socialising each evening. Come back down to earth with a bump each night...and return home full of more love for the majesty of Eryri.

This is the spell of the Snowdonia Slate Trail.

Run well, eat well, sleep well.

Your Itinerary

Day 1

Day Travel to our booked accommodation in Llanberis
18:30 Meet your Mountain Leader and group at agreed location in Llanberis. Event introductions, checking kit and itinerary and preparing for an early start in the morning

Day 2

07:45 Meet at agreed point to load overnight bags on to RAW van and transport to start location in Bethesda
08:30 Latest running start time from Cwm Penmachno to Beddgelert – 23 miles/820m ascent
16:00 Pick up from Cwm Penmachno and transfer to accommodation nr Betws y Coed. Dinner and overnight.

Day 3

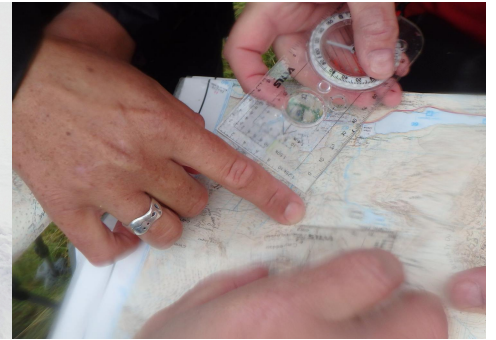
06:30 Breakfast and load overnight bags to RAW van and transport to start location in Cwm Penmachno
07:30 Latest running start time from Bethesda to Cwm Penmachno – 28 miles/2000m ascent
16:00 Arrive at accommodation in Beddgelert. Dinner and overnight.

Day 4

07:00 Breakfast and leave overnight bags for RAW van pick up, run from Beddgelert
07:30 Latest running start time from Beddgelert to Bangor – 33 miles/1635m ascent
17:00 Arrive at Snowdonia Slate Trail terminus at Bangor – celebration photos! Team collection and goodbyes from Llanberis or other drop offs TBC

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Transport

YOU ARE RESPONSIBLE FOR TRAVEL TO OUR MEET POINT

We do not provide any transport to/from our event start point. We can provide travel and transport advice, if you're using buses, taxis, cars and trains. We offer transport during the event itself in our RAW van. If leaving your vehicle at your accommodation base, please park responsibly and use pay and display car parks where necessary.

Accommodation

3 x NIGHT'S ACCOMMODATION WITH BREAKFAST INCLUDED

We will book suitable accommodation for 3 x nights in Llanberis, nr Betws y Coed and Beddgelert. Accommodation will include breakfast (or we will provide breakfast as necessary). Rooms will be on a twin basis, either twin bed or double bedrooms – please let us know if you have any sleeping requirements. Rooms will be good quality Guest House or Hotel accommodation – in keeping with our 'luxe' ethic!

Food

YOU WILL NEED YOUR OWN FOOD AND SNACKS FOR RUNNING DAYS

Breakfasts will be provided by your accommodation option. Ensure you take on a filling breakfast with complex carbohydrate and protein to fill you up for the morning. Take at least 2 litres of water with you in reusable/running water bottles/hydration bladder. Please bring your own foods that you enjoy eating on the move, whilst moving light and fast. Pack a variety of foods – both savoury and sweet that will sustain you during the long day's running. Choose complex carbohydrates and whole foods, rather than overly sweet foods and chocolate. Foods like malt loaf, mixed fruit and nuts, cheese and ham/salami, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well while out running and sustain you over a number of hours. Contact us for advice.

Dinners in the evening will be available in local pubs or restaurants – we will plan to eat together and socialise. Cost of evening dinners or drinks is not included in the event costs.

Weather & Safety

BE PREPARED TO EXPERIENCE A VARIETY OF WEATHER CONDITIONS

Regardless of the time of year, we may experience cloud, rain, wind, sun and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. We will of course adjust plans to take into consideration any adverse conditions, otherwise we go out in 'most' weather conditions, hence having waterproof and warm kit will help us carry on with our plans. Please ensure you have read and understood our Kit List (next page) and you have the items recommended, for your safe enjoyment of your event. Your Running Guides/Mountain Leaders are experienced and qualified to make appropriate decisions about group safety. They will carry necessary group and safety equipment and are certified in Outdoor Emergency First Aid.

Please read our recommended [Kit List](#) here (from [Climb Snowdon](#))

A GOOD AMOUNT OF GENERAL RUNNING FITNESS WILL INCREASE YOUR ENJOYMENT OF THIS MULTI-DAY EVENT. THINK STAMINA AND NOT SPEED, THOUGH. MOUNTAIN WALKING DAYS ARE STILL VERY GOOD TRAINING FOR THESE DAYS. BUT WE AIM TO KEEP MOVING AT A FASTER PACE THAN AVERAGE WALKING, AND YOUR KIT AND PACKING WILL REFLECT THIS.

Prices

MINIMUM GROUP OF 4 TO RUN THIS EVENT

Snowdonia Slate Trail £489 per person

3 x Guided Running Days
3 x Accommodation and Breakfast
Baggage Transfer and Transport
Snowdonia Slate Trail Guidebook Souvenir
RAW Adventures Multi-Function Headwear

You can book online for any of our RAW Adventures or Climb Snowdon events here. Deposit payable to secure booking and balance payable 6 weeks in advance of the course.

[RAW Adventures Online Booking](#)

[RAW Adventures Booking Terms and Conditions](#)



Kit List

PLEASE CONTACT US FOR ADVICE

- Trail running footwear – with good sole to cope with on and off path terrain. We will run through boggy ground, as well as mud and wet rocks sometimes. You may choose to bring a spare pair of trainers in your 'overnight' bag
- Running vest or bag – this should be at least 10 litres capacity to house spare clothing, drink and food for a day out
- Running leggings, shorts – various due to weather and multi days
- Running base layers – breathable/not cotton – various due to multi days
- Personal underwear and socks for running – various due to multi days and wet feet!
- Mid-layer jacket/windproof to keep the chill away in the mornings or when stopped
- Spare warm thermal layer to carry in running bag – for emergency use or longer stops
- Waterproof jacket (taped seams) with hood
- Waterproof trousers (taped seams)
- Warm hat and windproof gloves
- Sun hat or sun visor to protect eyes from sun (maybe?!)
- Spare gloves to keep in running bag – for cold or wet days
- Reusable water bottles/hydration bladder
- Snacks and food for running days – avoid too many 'gels'
- Waterproof bag for mobile phone/camera
- Personal First Aid Kit and medication/blister plasters
- Sunglasses and lip protection from sun/wind
- Headtorch for running and spare batteries
- Personal emergency shelter BAG (not blanket) - '[SOL' Emergency Blanket is recommended](#)
- Running poles – recommended if you're used to using them
- Gaiters for running trainers – can be useful for boggy or wet sections
- Portable mobile phone charger to carry in running bag
- Overnight kit bag – apx 60 litre bag
- Overnight clothes, personal items, charging devices and toiletries. Large towel for 1 x accommodation night only

