



WELSH 3000'S CHALLENGE

Are you ready for the 15 highest peaks in Northern Eryri/Snowdonia - all over 3000ft - in 1 long day? This may prove to be one of the most challenging routes you can follow in the UK mountains, over rocky and rough terrain.

With over 4200m of ascent over three magnificent mountain ranges, you will be forgiven for wanting to be picked up by angels towards your last summit! For the single-day continuous effort, with prior training, preparation, and commitment on the day - it is achievable in 18-20 hours for fit and experienced walkers. Do not underestimate the preparation and stamina required for this endurance walk; it will require much training on similar, mountainous ground.

For the single-day event, costs include replenishment of water and snacks at two locations. We set our sights on the Yr Wyddfa*Snowdon massif first and descend steeply to Nant Peris, your first pit stop. We then ascend sharply to the Glyderau range and venture over its rocky plateau before another rocky descent to the Ogwen Valley for the second pit stop before the final tough section over the remote Carneddau range.

YOUR ITINERARY

- 03:40** Meet your Mountain Leader(s) in Llanberis, location TBC closer to the time, for lift to Pen y Pass start point
 - 04:00** Start the Welsh 3000s
 - 05:25** Crib Goch summit
 - 06:30** Carnedd Ugain summit
 - 06:50** Snowdon summit
 - 08:15** Arrive into Nant Peris -valley stop (hot drinks/breakfast rolls)
 - 08:45** Depart Nant Peris
 - *10:00 cut off for latest Nant Peris Departure
 - 10:15** Elidir Fawr summit
 - 11:30** Y Garn summit
 - 12:40** Glyder Fawr summit (after lunch)
 - 13:15** Glyder Fach summit
 - 14:30** Tryfan summit
 - 15:45** Arrive into Ogwen-valley stop (savory snacks/soup)
 - 16:00** Depart Ogwen valley
 - *18:00 cut off for latest Ogwen Valley Departure
 - 17:30** Pen yr ole Wen summit
 - 17:50** Carnedd Dafydd summit
 - 19:35** Yr Elen summit
 - 20:00** Carnedd Llewelyn summit
 - 20:30** Foel Grach summit
 - 20:45** Carnedd Gwenlian summit
 - 21:15** Foel Fras summit -Welsh 3000s summits complete!
- Descent from Foel Fras to transport (aprox 1hr 40mins)
Transport back to Nant Peris.

CUT OFFS

To keep you, your fellow challengers and you Mountain Leaders safe on the mountains, we stick to strict cut offs on this challenge, as outlined above. If you are running behind time, we will need you to withdraw from the challenge to ensure you are not on the mountain for longer than safely necessary. We will transport you back to Llanberis from Nant Peris/Ogwen Valley.

#quittalkingstartdoing

RAW Adventures Mountain Activities Ltd.

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ROUTE



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FOOD

Try to eat a filling breakfast about 1 hour before your meeting time with complex carbohydrates and proteins. You need to carry at least 1.5 litres of water, plus juice drinks. Please bring plenty of food and always pack a variety – both savoury and sweet that will sustain you during the day. Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over several hours. We will provide you with breakfast in Nant Peris and a warm meal in Ogwen Valley. There will also be a chance to refill your water bottles and replenish your snacks from your kit bags between each section.

TRANSPORT & ACCOMMODATION

Transport and accommodation are to be organised by yourselves, we recommend staying in Llanberis for ease of meeting early in the morning of the event. We do not provide any transport to/from our event meet point; however we do offer transport during the event itself in our RAW van or local taxis, depending on group sizes. We can provide travel and transport advice to arrive to your accommodation. Please park responsibly and use pay and display car parks where necessary.

This is a long, tough challenge, please do not plan to drive for more than a very short journey to/from the event for your safety and the safety of other road-users.

HEALTH & FITNESS

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over many hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming/cycling at least 5 times a week to fully enjoy this mountain challenge. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – Eryri*Snowdonia is not flat! You will benefit from a good range of mountain walking experience, including some scrambling on steep and exposed ground. Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed or for training opportunities.

WEATHER & SAFETY

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. Please ensure you have all the required equipment as specified in the Kit List, this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well experienced and qualified Mountain Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid. If the weather is too adverse, we may need to avoid certain peaks such as Crib Goch and Tryfan, this will be fully explained, should we need to consider this.

KIT LIST

SUMMER CONDITIONS

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

During your rest stops between each section, there will be time to administer any first aid (blister plasters) and to change/swap any damp clothing. You will be able to leave a bag of snacks and clothes with our transport to access at these points.

EQUIPMENT

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles - highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Head torch (not a handheld torch or phone) + spare batteries		
Mobile phone in sealed plastic bag		
First Aid Kit - personal blister protection /Compeed, ibuprofen/painkillers, plasters		

CLOTHING

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

FOOD / DRINK

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

FOOTWEAR

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		

