

The Welsh 3000s

Trip code: WTT



Overview

 Total 1 day

 n/a

 Difficulty: 

 Hiking 1 day

 Wales, UK

 All year round

“More Adventure were amazing. The hike was very well organised and our guides made the challenge fun. I will definitely be doing more challenges with these guys!”

Paul, 2018

Tackle all fifteen peaks in Wales above 3000 feet in under 24 hours - this is the *Welsh 3000s*, one of the most iconic challenges in the UK. This incredible 42km adventure is an unforgettable journey on two feet through the wild landscape of Snowdonia National Park. The official challenge is completed in under 24 hours, but we think completing it in any time should be on everyone’s bucket list! It is a fully guided and supported event, allowing you to focus on the epic scenery of this unique region of the UK.

Highlights

- The breathtaking mountain scenery of Snowdonia National Park
- Embracing the physical challenge of tackling fifteen mountains
- Experiencing the awe-inspiring wilderness and beauty of North Wales
- Sharing the adventure of a lifetime with your other team members
- Completing a unique iconic mountain challenge
- Encountering the wild ponies of the Carneddau, our favourite mountain residents

Itinerary

Our route begins from the popular Pen y Pas car park at the top of the Llanberis Pass. Here you'll meet the rest of the group and your leaders. There are toilets available and you'll also be able to place a bag with extra snacks, clothing and drinks in our support vehicle for our planned refreshment stop.

After a safety brief, overview of the day and kit check, we'll begin by following the Pyg track then embark upon arguably the most technically demanding section of the challenge, the narrow edge of Crib Goch. This is exposed in parts demanding a good head for heights and some hands-on scrambling. Our first summit is the peak of this infamous ridge, Crib Goch (*Red Ridge*, 3028ft/923m). From here we'll continue along the ridgeline to our second peak which is the second highest in Wales, Crib-y-Ddysgl (*Ridge of the Dish*, 3494ft/1065m) or Garnedd Ugain (*Cairn of the Twenty*) as it's also known.

Further along the ridge we meet and follow the railway line from Llanberis south for the final few hundred metres up to the summit of the mighty Snowdon/Yr Wyddfa (3560ft/1085m). You'll be stood on the highest point in Wales, a pyramidal peak of an extinct volcano carved by glaciation millennia ago. It's a pretty special moment and one to be savoured!



After a few summit photos we descend following the railway track before turning east descending into the Llanberis Pass to the road at Nant Peris. We then begin to climb back up the other side into our second mountain range of the challenge - The Glyders. Skirting the vast slate quarries, we ascend onto the shoulder above Cwm Dudodyn to the summit of Elidir Fawr (*Great Elidir*, 3031ft/923m), the northernmost peak in the Glyderau.

From the summit of Elidir Fawr the route follows the ridge high above Cwm Dudodyn and Nant Francon to our next peak, Y Garn (*The Horn*, 3107ft/947m). From the summit of Y Garn you'll descend to Llyn y Cwn above Devil's Kitchen before ascending to Glyder Fawr (*Great Glyder*, 3284ft/1001m). It's then a relatively undemanding hop from here to our third peak, Glyder Fach (*Little Glyder*, 3261ft/994m).

From here we descend the east ridge of Glyder Fach then cross the saddle at Bwlch Tryfan onto the south ridge of Tryfan (*Tryfan*, 3010ft/918m), an impressive shark fin of rock that looms over the valley floor below. There are a couple of scrambly sections but much of the height we have already gained so it's a relatively straightforward out and back along the south ridge. Back at Bwlch Tryfan we then descend down Cwm Tryfan to Gwern Gof Uchaf for a well-deserved rest stop and refreshments.

Our next peak lies in the second mountain range of the day, the Carneddau. The translation of *Carneddau* means 'cairns', the piles of stones that have been used to navigate the wilds of the mountains for centuries. Despite being so close, the Carneddau have a very different appearance to the Glyders, with more rounded peaks and a far less jagged landscape. We begin our ascent at the eastern shores of Llyn

(Lake) Ogwen, following Afon Lloer onto the shoulder of our fourth peak, Pen yr Ole Wen (*Head of the White Slope, 978m*). On a clear day it's possible to see the colourful houses of Beaumaris, Holyhead Mountain and the fabulous coastline of Anglesey. Once we've reached this summit, we've completed much of the ascent for the day which hopefully will make the latter part of the day a little easier.

It's a pleasant stroll around the head of the Lloer valley to our next peak, Carnedd Dafydd (*David's Cairn, 1044m*). We continue northeast along the wide and traverse from Bwlch Cyfryw-drum to the ninth highest mountain in Snowdonia, Yr Elen (*3156ft/962m*). We then backtrack along the ridge to the highest peak in the Carneddau range, Carnedd Llewelyn (*Llewelyn's Cairn, 3491ft/1064m*). From the summit of Carnedd Llewelyn it is possible to see the remaining peaks in the distance ahead.

Our next peak is Foel Grach (*3199ft/976m*) then Carnedd Gwenllian (*Gwenllian's Cairn, 3035ft/926m*). Until 2009 this peak was named Garnedd Uchaf until a campaign by the Princess Gwenllian Society succeeded in having the peak renamed in honour of Gwenllian of Wales.

Just beyond here is Foel Fras (*Broad Hill, 3097ft/942m*), your final peak - congratulations, you've completed the Welsh 3000s! After a few celebratory hugs and photos on the summit, we'll descend into the valley below and pick up a wide track that leads to our support vehicle. Here you'll be transferred back around to the start point for your return journey home and here the trip ends - what an adventure!



Included

- Qualified, experienced mountain leaders
- Professional, friendly support and guidance before your challenge begins
- Comprehensive kit list and Joining Instructions
- 1:10 mountain leader ratio
- Support vehicle and transportation back to the start point
- Group safety equipment and first aid kit
- Your event photos uploaded to social media
- Event insurance
- Training plan (if required)

Not Included

- Transport to and from start and finish points
- Accommodation before or after your challenge
- Parking fees
- Personal walking kit and equipment
- Lunch and snacks

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances, including adverse weather. Whilst we endeavour to uphold the proposed timings, this cannot be guaranteed and an alternative route may be required.

Trip Notes

Trip suitability

You need to have a very good level of fitness and some experience of walking with a rucksack. You will be walking through mountainous environments on uneven and steep terrain that will be challenging at times. This is a group trip and we aim for participants to enjoy it as much as possible, for that reason we recommend you undertake some challenge-specific training before the challenge, details of which will be included in the Joining Instructions.

Anything cardiovascular will help (walking, cycling, swimming, running, gym), but we also recommend you have practice tackling some hills whilst wearing the boots/trainers and rucksack you'll be using on the mountain. Importantly you need to do some longer (2+ hour) walks so you will know what is required. We cannot control the weather so don't forget to bring your sense of humour on the hill! **The more you train, the more you'll enjoy this incredible hiking challenge!**

For a more detailed training plan, [please get in touch](#).

Weather & Climate

The weather in the mountains of Snowdonia is variable throughout the year and in a single day you can experience all four seasons. **It is absolutely essential that you are prepared for all weathers and be able to carry 2 litres of water.** Whilst North Wales has its fair share of good weather, it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Equipment

There are few specialist items required on this challenge but we do make some recommendations in the Joining Instructions to make your hike more pleasurable.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers so it's important you are wearing and carrying the correct items of clothing. Generally the best clothes to wear while hiking are light and comfortable but you will also be required to carry waterproofs and warm clothing at any time of the year. A comprehensive clothing and equipment list is included in the Joining Instructions. Remember, it's better to "have and not need than to need and not have"!

Leaders

This trip is led by at least one experienced and qualified mountain leader who will lead the group at all times. They guide and encourage the group, and help deal with any issues that arise.

Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book

1. Find a date that suits you on our website
2. Click *'Book Now'*
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on *'Make Payment'* and securely pay a deposit or full balance through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. Any remaining balance needs to be paid no later than 5 weeks before the trip begins. This can be paid in installments or in one payment through your More Adventure account.