

TRIP ITINERARY · HIKING · ERYRI / SNOWDONIA, WALES

THE WELSH 3000S

All fifteen Welsh peaks over 3,000 feet in one push: 42km from Crib Goch and Snowdon over the Glyders and Tryfan to the Carneddau.

1 days	1	42 miles	Hotels	★★★★★	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

The Welsh 3000s is one of the most iconic challenges in the UK: all fifteen peaks in Wales above 3,000 feet, traditionally in under 24 hours.

This 42km journey on foot crosses the wildest landscape of Snowdonia National Park: the Snowdon massif, the Glyders and the Carneddau. The official challenge is done in under 24 hours, but we think completing it in any time belongs on everyone's bucket list. It's fully guided and supported, so you can focus on the epic scenery.

★★★★★

"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

HIGHLIGHTS

- ✓ The mountain scenery of Snowdonia National Park
- ✓ The physical challenge of fifteen mountains in one push
- ✓ The narrow ridge of Crib Goch and the summit of Snowdon
- ✓ Tryfan and the Cantilever Stone on Glyder Fach
- ✓ Sharing the adventure of a lifetime with your team
- ✓ The wild ponies of the Carneddau

DATES & BOOKING

See the latest dates, availability and book online at
moreadventure.co.uk/event/the-welsh-3000s/

DAY BY DAY

DETAILED ITINERARY

1

42 KM · 15 PEAKS | CRIB GOCH | TRYFAN

DAY 1: THE WELSH 3000S



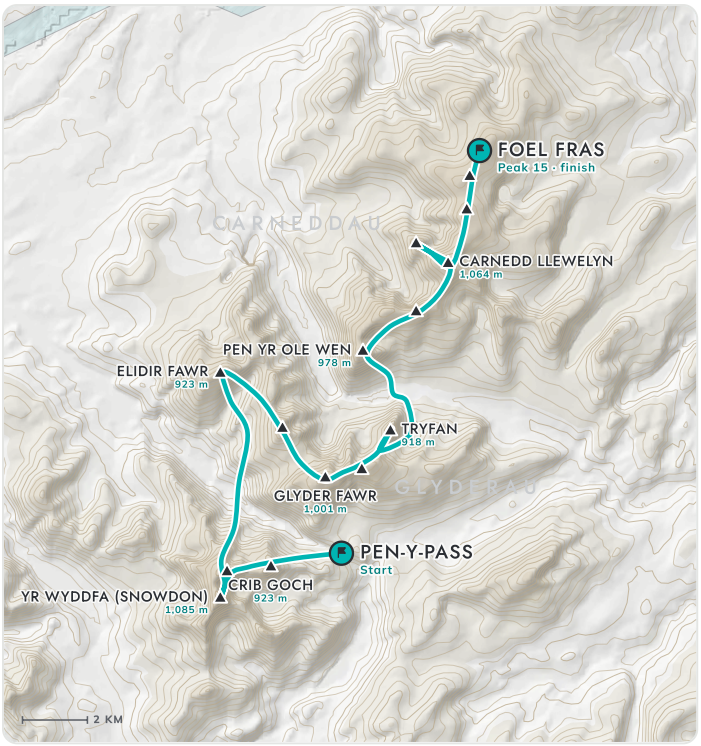
We meet at Pen-y-Pass at the top of the Llanberis Pass, where you can leave a bag of extra snacks, clothing and drinks in our support vehicle for the refreshment stop. After a safety brief and kit check we follow the Pyg Track, then take on the narrow, exposed edge of Crib Goch (923m), the most technical part of the day. The ridge continues to Crib y Ddysgl (1,065m), the second highest peak in Wales, and on to the summit of Snowdon (1,085m).

We descend into the Llanberis Pass at Nant Peris and climb into the Glyders, skirting the slate quarries to Elidir Fawr (923m). The ridge leads on to Y Garn (947m), down to Llyn y Cŵn above Devil's Kitchen and up to Glyder Fawr (1,001m) and Glyder Fach (994m). From Bwlch Tryfan we go out and back along the south ridge of Tryfan (918m), then drop down Cwm Tryfan for a well-deserved rest stop with the support vehicle.

The final range is the Carneddau, with rounder peaks and big views to Anglesey. We climb from Llyn Ogwen to Pen yr Ole Wen (978m), then follow the high ground to Carnedd Dafydd (1,044m), Yr Elen (962m), Carnedd Llewelyn (1,064m), Foel Grach (976m) and Carnedd Gwenllian (926m). Foel Fras (942m) is your fifteenth and final peak. After celebrations on the summit we descend to the support vehicle and transfer back to the start. What an adventure!

THE ROUTE

FIFTEEN PEAKS, THREE RANGES



Day 1 · Pen-y-Pass → Foel Fras **42 km**

GRADE: ADVANCED ★★★★★

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Qualified, experienced mountain leaders
- ✓ Professional, friendly support and guidance before your challenge
- ✓ Comprehensive kit list and joining instructions
- ✓ 1:10 mountain leader ratio
- ✓ Support vehicle and transport back to the start
- ✓ Group safety equipment and first aid kit
- ✓ Your event photos shared on social media
- ✓ Event insurance
- ✓ Training plan (if required)

NOT INCLUDED

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

Private groups: Have a group? Ask about a private date.

GOOD TO KNOW

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

WEATHER

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. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.