



Will 4 Adventure

# The Welsh 3000s Details

**The King of All Challenges commencing Saturday 30<sup>th</sup> June 2018**

## General Outline

The weekend is a mountain weekend – incorporating amongst other things, some excellent grade 1 scrambling. You can expect to be out of your comfort zone for one section, and if you are particularly worried about heights at all, then this is not for you. However it is totally non-technical, no rock climbing skills or equipment are required. It is going to be physically arduous and demanding – though achievable for those who prepare themselves.

## Plan

**Friday evening:** Arrive, have a beer maybe, go to bed. **Saturday** Up early at about 0330 grabbing a quick snack and a brew maybe. Meet us outside the Vaynol Arms in Nant Peris at your given start time where you and three others will be driven to Pen-Y-Pass. From here you commence the challenge with a traverse of Crib Goch headed for Snowdon, before descending into the Llanberis Pass where breakfast will be served at around 0830 in Nant Peris. Note – this will be where you left your car earlier that morning. Following the mandatory kg of muesli plus bacon/egg butties we'll head up Elidir Fawr ("big Elidir"). From the top of Elidir Fawr the whole group is divided into sub teams of around 5 – 8 people by ability/pace. The route then follows with Y Garn, the Glyders (x2) and Tryfan. From Tryfan we head down to Llynn Ogwen for a spot of dinner before bagging the last 6 – the Carneddau. By now in a parallel universe of dreamland you may finish in time for last orders at the Vaynol Arms. Back in real life you won't. **Sunday** You'll be picked up from the end point in the early hours and delivered to your chosen accommodation/car in Nant Peris. When the feeling of death has departed your body, get up and head home.

## Meeting up times

You will be contacted a week before the event and given a final meeting up time then. But expect to meet outside the Vaynol Arms in Nant Peris, LL554UF from 0345 on the Saturday morning. Please text or call me if there are any problems - though signal is incredibly weak in Nant Peris. My no. is 07791860163.

## Parking

There is limited parking in Nant Peris but for the price of a night's camping you can leave your car on the campsite opposite the pub (listed below) for the 24 hours. If you're doing this just give us £5 on the day plus a note with your registration number and we'll book you in once the farmer's got up.

## How to get there

**Nant Peris** is on the A4086 between Pen y Pass and Llanberis. Where we will be based will be centred on the Vaynol Arms pub. Use LL554UF as the post code for your satellite navigation system. You can also get public transport – see below.

If you're using **public transport** to get to Snowdonia you will need to take the train to Bangor. From here you can choose to either take buses or hop in a cab.

Taxi: [contact Miguel](#) who is incredibly friendly and helpful and he will pick you up and/or organise more vehicles as needed. This 16 mile journey will take around 30 minutes. Email - [info@snowdonia-taxiarfon.co.uk](mailto:info@snowdonia-taxiarfon.co.uk) or call 01286 479 621 / 07733 188 997.

Buses - From the station (Stop H) take the 5C or the Traws Cymru T2 to the Bus Station (which will take about 25 minutes). From here find stand B and then take the number 88 to Llanberis. From the interchange here take the S2 to Nant Peris. Total journey time is around 1hr 15 mins.

## Other Challengers

This event is listed on our [Facebook Page](#). By adding your name to the guest list other challengers can see who's coming, organise lift shares and keep in touch / swap pictures after the big day.

## Food

Breakfast and dinner will be provided on the Saturday. Otherwise, as you please – but you will need to bring lots of high energy food for Saturday day and night – make sure you pack sandwiches and snacks such as flapjack, power bars, dried fruit and nuts. Chocolate is not so good – it provides a big quick sugar rush followed by a quick sugar low. It's comfort food and must not form the sole basis of your energy and nutrition for the hill. As well as high energy food bring salty food too – you will appreciate the variety and need to replace the salt too. Please advise me in good time of any dietary requirements and remind me again a week before!

There's a good chance it will be hot – so you should be prepared to carry at least 2 litres of fluid plus sterilising tablets for water obtained on the hill.

## Accommodation

### Camping and Bunkhouse

There are two camp sites over the road from the Vaynol Arms in Nant Peris – one is opposite the park and ride car park and is easily spotted. They're both basic but cheap with showers and the usual facilities. Reputedly these are the windiest campsites in GB. (I don't believe that but I have seen many tents wiped out at about 0400 in the morning – and mine too have suffered – take note!) See this link for the [location](#). A more civilised alternative are these local bunkhouses:

Ben's Bunkhouse  
[info@bensbunkhouse.co.uk](mailto:info@bensbunkhouse.co.uk)  
Mobile 07500 513765  
07989 500657  
[Directions](#)

[Ceunant Bunkhouse](#)  
Ty Isaf,  
Nant Peris,  
LL55 4UN  
01286 870494  
[rhianp@hotmail.co.uk](mailto:rhianp@hotmail.co.uk)

**Try not to stay more than 10 minutes drive from Nant Peris. You will not be safe to drive more than this following the event. If you do need to drive to your accommodation following this event have a bottle of a caffeinated drink (eg Coke) ready for consumption to get you through the journey.**

## Equipment

### a. Main rules of thumb:

Expect rain

It will be cold at night time – and your body will be low on energy and poor at generating heat

Steer clear of all things cotton (cotton kills on the hill)

Whatever you use, make sure it's comfortable.

If you are a fell runner with strong ankles, and the weather is good, you may wish to wear fell shoes for some/all of the route: the advantage being their lightness. But they are no good for keeping your feet dry and offer no ankle support.

### b. You will need:

Day-sack (lined with a plastic bag)

Water bottle with about 2 litres of water

Water purification treatment (for drinking water fresh off the hill)

Hat and gloves (for night section)

Fleece mid-layer for the night section

Sun hat and sunscreen

Waterproofs

Comfortable boots to walk in

Spare socks x 2

Torch with new batteries

Insect repellent (they're bad when you get to dinner and at the end!)

\*Personal [1st Aid kit](#) including blister kit

(Compede for example)

Camera

*Water is available at breakfast and dinner*

### c. Optional items if you have them:

OS Map sheets 1:50,000 No.115 & Compass

Walking poles



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\* Note – Will4Adventure run **outdoor first aid courses** – see [the website for details](#).

## **What happens if there's bad weather?**

Rain and/or high winds mean that a safe traverse of Crib Goch is compromised. If we decide the weather conditions make this section a hazard to your safety we will omit the one summit of Crib Goch itself. Doing this actually adds a little distance to the overall total but saves a few meters of height gain. In all it does nothing to lessen the challenge and you certainly won't feel the challenge has been made any easier if you get to the end. In these circumstances a final decision will be reached the night before. (Winds gusting at 25mph mean we will consider bypassing a traverse of Crib Goch). Refunds are not available if this happens.

## **At the Ogwen Valley – eight mountains done – and six to go ...**

In the past we've had participants hobble down off the mountain (having completed 8 of them in total) and then head on to attempt to finish the challenge. In our experience this usually leads to that person (plus sometimes the people in his/her team) being evacuated off the mountain.

If you're the sort of person that signs up for this event and completes the first two mountain groups it is likely that you are the sort of person that won't let pain stop you. Additionally, as well as being determined you will be knackered and in a poor state to make good decisions at this moment in time. Further, you may have some mates with you telling you "you can do it".

The reality is that if you are overly exhausted, clumsy, injured or unreasonably impaired, you will not be able to make it through the next eight hours or so. With an injury, in the dark, on uneven terrain you are at a high risk of having an accident such as breaking your ankle or dislocating your knee or worse. This in turn would mean the whole exhausted team, sitting with you shivering and at risk of hypo-thermia while we wait for a mountain rescue team to come out.

If we suggest to you that it is unwise to continue beyond this point, please remember all of the above and remember there's always next year!

## **Pre-event guiding/training**

If you and any friends would like to get a feel for any of the route before the day we charge £150 for a guided day which covers groups numbering up to 6 (or groups of four for the traverse of Crib Goch).

On our website we have written this article that some of you may find to be of use: [Training for challenge walks – guide to get fit](#)

## **Finally**

Well done for signing up for this challenge. It will be a tough and long day, but you will be in good hands, and however well you do, you will have a supreme sense of achievement.

If there remain any questions please feel free to email [will@will4adventure.com](mailto:will@will4adventure.com)