



## Will 4 Adventure

# The Welsh 3000s

2 day challenge details

**The Welsh 3000s commencing Saturday 1<sup>st</sup> September 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 may not be 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. We will drive you from Nant Peris/Llanberis to the start point where you will commence the first group of mountains.

From Pen-Y-Pass you commence the challenge with a traverse of Crib Goch headed for Snowdon. Then we descend into Nant Peris where breakfast will be served at around 0830. Following the mandatory kg of muesli we'll head up Elidir Fawr ("big Elidir"). The route then follows with Y Garn, the Glyders (x2) and Tryfan. From Tryfan we head down to Llyn Ogwen where you will meet your transport back to Nant Peris.

**Sunday** Drive to the Ogwen Valley (where we finished Saturday's walk). From here we will begin the traverse of the final mountain group - the Carneddau. Once you gain the first summit of this group we stay high. We will get to the last summit around 5 - 6 hours later. From there it is still about 2 hours down to the car park. From here we will be collected and returned to our cars in the Ogwen Valley.

### Meeting up times

You will be contacted a couple of weeks before the event and given a final meeting up time then.

### The Drive Home

By far the most dangerous aspect of this weekend is the drive home. To this end we encourage you to use public transport, or to share the drive home, or spend the Sunday night in Snowdonia. Additionally we would suggest that you get a good night's sleep on the Saturday night ... Snowdonia National Park is best reached using the train to Bangor.

### Heights

Any participant that has any doubt about their ability to operate at height should let us know in good time. There is an option whereby we can guide you along a parallel route that excludes the infamous [Crib Goch](#).

### Food

Breakfast will be provided on the Saturday. Remember that on Saturday you will be covering the distance that many people do in two mountain days. You will need to bring lots of high energy food – make sure you pack sandwiches and snacks such as flapjack, power bars, dried fruit and nuts. Chocolate as the sole source of energy is not so good – it provides a big quick sugar rush followed by a big quick sugar low. It's comfort food and must not form the sole basis of your energy and nutrition for the hill. Please advise me in good time of any dietary requirements and remind me again a week before!

In case it's hot, have the capacity to carry at least 2 litres of fluid plus sterilising tablets for water obtained on the hill. There is water available to replenish your water bottles in Nant Peris where we will have breakfast.

## Equipment

### a. Main rules of thumb:

Expect rain

Later in the day your body will be low on energy and poor at generating heat

Steer clear of all things cotton (no jeans on the hill!)

Whatever you use, make sure it's comfortable.

If you are an experienced 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 bottles with up to 2 litres of water

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

Hat and gloves

Fleece mid-layer

Sun hat and sunscreen

Waterproof coat & trousers

Comfortable boots to walk in

Spare socks x 1

Torch with new batteries

Insect repellent (they're bad on a still day)

\*Personal **1<sup>st</sup> Aid kit** including blister kit

(Compede for example)

Camera

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

OS Map sheets 1:50,000 No.115

Compass

Walking poles

\* Note – Will4Adventure run **outdoor first aid courses** – see [the website for details](#). And please [make sure your kit is looked after so that it can look after you](#).

## What happens if there's bad weather?

Rain and 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.

## 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). Alternatively join one of our [free guided walking weekends](#) in the Peak District, say hello, ask some questions and get some miles in your legs!