



WELSH 3000s (15 PEAKS) 3 DAY CHALLENGE INFORMATION

The Wesh 3000s is a walking challenge that involves climbing all 15 peaks over 3000 foot in Snowdonia, a distance of around 40km. The route takes in 3 main mountainous areas of Northern Snowdonia - Snowdon, Glyderau and Carneddau. It involves around 4000m of ascent and some Grade 1 scrambling.

A typical itinerary would be*

Day 1 - Crib Goch, Carnedd Ugain and Yr Wyddfa. A short day but includes a full traverse of the iconic Grade 1 Crib Goch.

Day 2 - Elidir Fawr, Y Garn, Glyder Fach, Glyder Fawr and Tryfan. A full day with lots of ascent and scrambling on Tryfan

Day 3 - Pen Yr Ole Wen, Carnedd Dafydd, Yr Elen, Carnedd Llewelyn, Foel Grach and Foel Fras. The longest day of the challenge.

*itinerary is weather dependent and may change last minute.

The challenge should not be underestimated, and you will need a good level of fitness to undertake the challenge. Previous experience of mountain walking is essential.

We will be contacting you close to the date of the challenge to arrange the logistics. To keep costs down we will be using our vehicle and asking to use yours to coordinate transport to and from the start/finish of each day. Where possible we will also be using public transport.

KIT LIST

You will need to wear/carry the following equipment

- Rucksack (day sack approx. 30l)
- Rucksack liners (ideally dry bags)
- Waterproof Jacket and Trousers
- Spare warm Jacket/Fleece
- Appropriate walking clothing
- Appropriate walking shoes/boots (waterproof)
- Hat and Gloves
- Enough food and drink for 7-8 hours
- Consider walking poles

If you have any questions please contact us

Thanks

Gwydion

www.arytrywydd.cymru

arytrywydd@gmail.com

snowdoniahiking@gmail.com