



Welsh 3000s – 24hrs

SNOWDONIA: THE CLASSIC WELSH
MOUNTAIN JOURNEY
Y DAITH FYNYDDIG GLASUROL
CYMREIG

OVERVIEW

Are you ready for the 15 highest peaks in Northern Snowdonia - all over 3000ft - in 1 long day?

This may prove to be one of the most challenging routes you can follow in the UK mountains; over rocky and rough terrain in places. With over 4200m of ascent over 3 magnificent mountain ranges, you'll be forgiven for wanting to be picked up by flying angels towards your last summit!

For the 24hr continuous effort, with prior training, preparation and commitment on the day – it is achievable in approximately 18-20 hours for fit and experienced walkers. Do not underestimate the preparation and stamina required for this endurance walk; it will require much training on similar, mountainous ground.

Our costs include all staffing required, transport to and from event start/finish. For the 24hr event, costs include replenishment of water and snacks at two locations.

We set our sights on the Yr Wyddfa/Snowdon massif first, and descend steeply to Nant Peris. We then again ascend sharply to the Glyderau range and parade over its rocky plateau before another rocky descent to the Ogwen Valley for the final tough section over the remote Carneddau range

There will be highs and more highs over rugged moorland, heaped boulders and narrow ridges.

Majestic Eryri...

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03:40	Meet your Mountain Leader in Llanberis or Nant Peris for lift to Pen y Pass start point
04:00	Start the Welsh 3000s
05:25	Crib Goch summit
06:30	Carnedd Ugain summit
06:50	Snowdon summit
08:15	Arrive into Nant Peris - valley stop (hot drinks/breakfast rolls)
08:45	Depart Nant Peris
10:15	Elidir Fawr summit
11:30	Y Garn summit
12:40	Glyder Fawr summit (after lunch)
13:15	Glyder Fach summit
14:30	Tryfan summit
15:45	Arrive into Ogwen - valley stop (savory snacks/soup)
16:00	Depart Ogwen valley
17:30	Pen yr ole Wen summit
17:50	Carnedd Dafydd summit
19:35	Yr Elen summit
20:00	Carnedd Llewelyn summit
20:30	Foel Grach summit
20:45	Carnedd Gwenlian summit
21:15	Foel Fras summit - Welsh 3000s summits complete!

Descent from Foel Fras to transport (apx 1hr 40mins)



Transport

YOU ARE RESPONSIBLE FOR TRAVEL TO OUR MEET POINT

We do not provide any transport to/from our event meet point. We can provide travel and transport advice, if you're using buses, taxis, cars and trains to arrive to your accommodation. We offer transport during the event itself in our RAW van or local taxis, depending on group sizes. Please park responsibly and use pay and display car parks where necessary.

Accommodation

COST NOT INCLUDED ON ANY CHALLENGE, UNLESS STATED

There are a number of excellent accommodation options in and around the Llanberis area and North Snowdonia generally. For our Welsh 3000s events we recommend you stay in Llanberis for ease of meeting early in the morning of the event. The following accommodations can be contacted from our accommodation page on our RAW Adventures website:

[RAW Adventures - Accommodation](#)

Food

EAT YOUR WAY THROUGH THE DAY! DO NOT RELY ON JUST 'GELS'

Due to the early start, breakfast may not be provided by your accommodation option – please check. If not, ensure you take on a filling breakfast with complex carbohydrate and protein to fill you up for the morning. Take at least 1.5 litres of water with you in a reusable water bottle. Never leave any wrappings or fruit peel on the hill. Take all litter back off the mountain. Pack a variety of foods – both savoury and sweet that will sustain you during the day. Choose complex carbohydrates and whole foods, rather than overly sweet foods and chocolate. Foods like malt loaf, mixed fruit and nuts, cheese and ham/salami, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over a number of hours. Contact us for advice.

Weather & Safety

BE PREPARED TO EXPERIENCE A VARIETY OF WEATHER CONDITIONS

Regardless of the time of year, we may experience cloud, rain, wind, sun and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. We will of course adjust walking plans to take into consideration any adverse conditions, otherwise we go out in 'most' weather conditions, hence having waterproof and warm kit will help us carry on with our plans. We can also experience hot sun and the challenges that brings, when working physically hard. Please ensure you have read and understood our Kit List and you have the items recommended, for your safe enjoyment of your event. Your Mountain Leaders are experience and qualified to make appropriate decisions about group safety. They will carry necessary group and safety equipment and are certified in Outdoor Emergency First Aid.

Please read our recommended [Kit List](#) here (from [Climb Snowdon](#))

FOR THIS WELSH 3000S EVENT, PLEASE REMEMBER YOU WILL BENEFIT FROM A GOOD RANGE OF MOUNTAIN WALKING EXPERIENCE, INCLUDING SOME SCRAMBLING ON STEEP AND EXPOSED GROUND – PLEASE CONTACT US TO DISCUSS.

Prices

MINIMUM GROUP OF 4 TO RUN AN OPEN WELSH 3000S EVENT

Open Welsh 3000s – 2 Days	£179 per person
Welsh 3000s – bespoke 1:1	£280 for 1 person

You can book online for any of our RAW Adventures or Climb Snowdon events using the link below. Deposit payable to secure booking and balance payable 6 weeks in advance of the course.

[RAW Adventures Online Booking](#)