



WELSH 3000s

 **actionchallenge**
challenge events worldwide

WELSH 3000s

In order to complete the Welsh 3000s Challenge you are required to have been at the top of all 15 of the mountains over 3000 ft in Snowdonia National Park Wales within the space of 24 hours, without using any form of transport.

The length of the total route is about 30 miles, and this is a tough non-stop trek yet the challenge will be paced with trained mountain guides, support staff, rest stops, food, medics and much more to ensure that all who take it on have the best chance of making it to the finish line; 24 hours and 15 summits later!

DAY 1 FRI **ARRIVAL PEN Y PASS**

Accommodation is reserved for all challengers who will be arriving on the Friday evening from across the UK. There will be a briefing with our challenge leader before an early night.

DAY 2 SAT - SUN **THE CHALLENGE** **24 HRS TARGET TIME**

An early wake up call before sunrise to begin our first ascent to the Summit of Mt Snowdon departing at around 4am. After our first successful summit, we descent via further 3 Peaks towards Nant Peris including Crib Gloch – including the summit ridges of Crib Goch and Garnedd Ugain. There are a further 5 peaks across the rocky and steep Glyder section to Llyn Ogwen, one of Wales's most popular and scenic lakes. The route then tracks across 7 further summits, before reaching the final summit point of Foel Fras, within the Carneddau range at 942m high - and hopefully 24 hours later. For those who complete the challenge will earn themselves a place in the 'Snowdonia Society Public Records book'.

DAY 3 SUN **THE CHALLENGE**

After summiting the 15th and final climb – we will make our way back to the accommodation for a celebratory brunch, as well as some much earned rest. Those who have booked an extra night will have the opportunity to join us for a celebratory dinner and an extra night at the accommodation.

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COST OF 24 HR CHALLENGE

£250 for 50+ participants (2 nights accommodation)
3rd extra night accom & dinner (Sun) £45 per person

COST OF 48 HR CHALLENGE

£325 per person (3 nights accom)

1 FOC organiser place at 50 participants

INCLUDED

ACUK qualified mountain leaders
Expedition medics / UK doctors
Action Challenge support staff
All accommodation
All meals Saturday – breakfast, lunch, dinner.
Sunday meals – breakfast & lunch.
All snacks and energy drinks, water & supplies
Local transfers

NOT INCLUDED

Alcoholic drinks
Travel insurance
Items of a personal nature
Transfers other than local ones

EQUIPMENT

An equipment list will be forwarded at a later stage.

TRANSFERS

Participants make their own way to Wales, either by car, train or bus.

FOOD

Breakfasts and dinner will be at the accommodation on the Saturday, breakfast on the Sunday is also included.

There will be a packed lunch taken en route, along with snacks, water and energy drinks supplied at points along the course.

Dinner on the Friday night is not included (as some people might be arriving too late) so can be organised as an optional add on.

TOTAL DISTANCE TREKKED

Approximately 30 miles

RATING & FITNESS

This is a moderate challenge, which requires a reasonable level of fitness to walk the route. It is a tough, long day requiring good stamina.

ACCOMMODATION

Accommodation will be on a twin share basis, and dependant upon final numbers and availability to for the size of the group.

During the challenge (Saturday night) accommodation is booked for those who retire, as well as to store bags. When finishers complete the challenge early hours of Sunday – there is also accommodation reserved until midday Sunday.

The Sunday night is an optional extra.