

The Welsh 3000's, Great Britain

Day 1: Betws-y-Coed

We will meet in Betws-y-Coed in the early evening for your safety brief and a chance to get to know your guides.

We will be staying in a local hostel which will be our base for the next 3 days. After settling in you will have dinner and give you the chance to get to know your team mates for the next few days for the forthcoming challenge.

Day 2: Early Morning – Snowdon Massif (5-6 hours)

You will awake at first light for a hearty breakfast before beginning your challenge of the Welsh 3000's. There are three mountain ranges to be conquered in the next two days and you will start on the Snowdon Massif



The Snowdon Massif has three mountains in the range with the highest mountain in Wales, Snowdon as well as the trickiest of the 15 mountains to negotiate, Crib Goch. It will take you time to negotiate the range as you will begin on Crib Goch from Pen-y-Pas before finishing on Snowdon and then descending via the railway path into Nant Peris.

Day 2: Early Afternoon – The Glyders (5 hrs walking)

Time for some lunch when you get to the bottom but there won't be much time for delay as you begin your second mountain range of the day.

The Glyders has five mountains for you to summit on and presents a longer distance covered than the Snowdon Massif. However it's easier to negotiate and navigate once you are up 'on top' of the range as you bag the next 5 Peaks in relatively quick succession.

Day 2: Evening – Hostel

Upon completing your day's walk and coming off the Glyders you will be picked up and taken back to the hostel for a hot shower and a warm dinner to recuperate from the long walk.

A few drinks and sharing the tales of the day before retiring for some much needed sleep for tomorrow's next big walk.

Day 3: Early Morning – The Carnedd (8 hours)

You face another early rise and another hot breakfast to set you up for the long day ahead. By the time you complete the final mountain range and the challenge you will have summited on the 15 Marilyn's and covered a distance of 30 miles.

The Carnedd is the third and final range with seven mountains that are well spread out. You will be dropped off where you finished the previous evening to begin your ascent. After several hours walking and bagging another 7 summits you will complete this amazing challenge.

Your transport will be waiting to pick you up and take you back for a hot shower, celebratory meal and the story telling of your adventure as you regale long into the night.

Day 4: Return home

There's a final breakfast and then farewell to Snowdonia National Park as you return home.

NB The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will endeavour to keep to the set itinerary, but we cannot be held responsible for any last minute changes that might occur. In all circumstances your expedition leader has the final say.