

Welsh 3000s

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Welcome to the ultimate way to experience the wonders of the Welsh landscape and conquer the mountains that the locals hail as their favourite peaks.

Taking on the 15 highest peaks in northern Snowdonia could well prove to be one of the most challenging routes you can follow in the UK mountains.

This trek takes you across peaks over 3000ft, lapping up panoramic views. With over 4,200m of ascent over 3 magnificent mountain ranges, you'll be forgiven for wanting to be picked up by flying angels towards your last summit.

Do not underestimate the preparation and stamina required for these multiple days; it will require much training on similar,

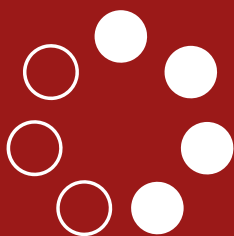
mountainous ground and the ability to get up and do it again the next day! This is one heck of a challenge and to be found on any mountain-loving, hill-hungry explorer's to-conquer list.

Whether you fancy fancying the Welsh 3000 challenge over 3 days or in 24 hours, we have you covered.

This is a RAW 360 event – find out more about our UK team [here](#).

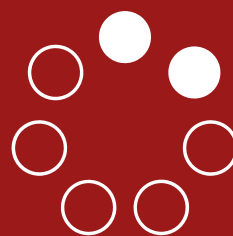
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Physical – P2 , P4

Sustained physical effort calls for a state of high conditioning. You should already have experience of tough challenges (P3) and be regularly training as part of your normal routine. Expect days of up to 8 hours and longer while carrying a pack up to 8-14kg in weight. Summit night could be easily in excess of 12 hours.



Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : The Carneddau Range Foel Fras, Garnedd Gwenllian, Foel Goch, Yr Elen, Carnedd Llewelyn, Carnedd Dafydd and Pen yr Ole Wen

Arriving into Llanberis the evening before the event begins will have you raring to go and well rested before the challenge commences. On day 1, it will be an early start so we'd suggest giving your accommodation the heads up, ensuring you can have an early breakfast and be fully fuelled ready for your big day.

At 08:30, it will be time to meet your Mountain Leader in Llanberis, ready to hop on your transport that takes you to the start point of your trek.

You will head off at the very latest by 09:45 and get ready to cross the rocky and rugged Carneddau Range: Foel Fras, Garnedd Gwenllian, Foel Goch, Yr Elen, Carnedd Llewelyn, Carnedd Dafydd, and Pen yr Ole Wen.

We aim to finish up by around 18:00 to be transported back to Llanberis for your evening meal and rest.

(Estimated walking time: 8hrs)

DAY 2 : The Glyderau Range Tryfan, Glyder Fach, Glyder Fawr, Y Garn, Elidir Fawr

A slightly later kick off time of 09:00, you meet with your Mountain Leader in Llanberis ready for day 2 of your challenge – after a short transfer to your start point you will be ready to set off by 09:30 latest.

Today's goal sees you traversing the Glyderau Range: Tryfan, Glyder Fach, Glyder Fawr, Y Garn and Elidir Fawr in an almighty push – an incredible day of trekking through some of Wales' most stunning landscape.

We aim to finish up at around 17:00 to be transported back to Llanberis for a well-earned refuel and rest.

(Estimated walking time: 8hrs)

DAY 3 : Yr Wyddfa massif: Crib Goch, Garnedd Ugain, Yr Wyddfa

For your last day of the challenge, you will meet your 360 Mountain Leader at 09.00 in Llanberis ready for your transport to the start line.

Setting off at the very latest by 09:45, you will be taking on a breath-taking horseshoe: Crib Goch, Garnedd Ugain and Yr Wyddfa (formally Snowdon).

We will aim to finish by 16:30, arriving on foot into Llanberis and completing your Welsh 3000 challenge. Celebration will be in order!

(Estimated walking time: 8 hrs)

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KIT LIST

Bags & Packs

Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Dry stuffsacks

Nlon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items dry

Waterproof rucksack cover

To protect rucksack from rain

Headwear

Buff/Scarf

Essential for protection from the sun and dust

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Sunblock

Lip salve

Upper Body

Base layer

(not cotton)

Mid layer

Fleece jacket or top

Soft Shell (optional)

It is useful to pack a spare warm layer in your rucksack

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

Gloves

A light pair of polartec or thinsulate gloves

Waterproof jacket (Outer layer)

Gore-Tex or event seam sealed are recommended and big enough to fit over a couple of layers. This jacket will also serve as a great windproof too

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KIT LIST

Lower Body

Trekking trousers

(not jeans)

Waterproof overtrousers

Like the jacket, an essential piece of kit to stay dry and should also be Gore-tex or breathable, to fit over your summit trousers if needed These are separate to your trekking trousers.

Feet

3-4 season walking boots

Sturdy, comfy boots with ankle support – of course, tried and tested!

Trekking socks x 3

If your feet get wet on the first peak, you'll appreciate a dry pair on the next so pack a spare!

Trainers

To travel in and in the bus (you may like to leave these on the transport)

Hydration

Water bottles / bladder

Filled with water to start

Toiletries

Alcohol gel

A must have for good camp hygiene

Medications

Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Personal medication

Keep this in your daysack

Miscellaneous

Camera

Bring plenty of spare batteries and memory cards

Head torch

Bring spare batteries or a spare head torch (not a handheld torch or phone)

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

KIT LIST

Snacks

Feel free to chat to us around advice on fuelling on adventures & see our FAQs for more advice around this.

Packed lunch & drink

Rubbish bag

Taking your rubbish home to keep those beautiful mountains in pristine condition

Documentation

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

The Challenge

How fit do I need to be for this challenge?

Training and a good level of walking fitness is definitely required. This is a tough challenge and physically and mentally draining, sleep deprivation plays a part here, affecting some people more than others. As much preparation and training you put in beforehand the better chance of success you have.

Trekking fitness is specific to trekking, but a general overall fitness is a good start. The ideal training for mountain walking is getting out there and actually walking in the hills. However, if you do not have the luxury of living in the hills or time to go out, then the stairs at home (or an office block of flats with lots of stairs) are a great place to start training.

Most training should be part of an ongoing lifestyle but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up as suggested. Step training advice is given below. Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.

What are the group sizes?

We aim for a minimum of 4 trekkers with our ideal being groups of 6 with staggered start times. There is no exact maximum, we are open to chatting this over.

Accommodation

Is accommodation included?

On the **3 day itinerary**, 4 nights hostel style twin sharing accommodation will be included and you can choose to upgrade to 3 star twin style if you so wish. Breakfast, lunch & dinner are also provided but not additional snacks and beverages.

Accommodation will not be included on the **24 hour itinerary**, however, we advise you to secure accommodation in Llanberis for ease of your challenge. We are more than happy to provide recommendations for accommodation.

Due to early starts, breakfast may not be provided by your accommodation so please check this.

Do you recommend staying the nights before and after?

It's very much a personal choice, and will also of course depend on where you're travelling from.

That said, we would say it makes for an easier start in the morning if you are already in the location. Especially so that you can have a good nights rest before the beginning of your challenge.

We enjoy staying the night after the challenge as it gives the team the opportunity for the celebratory meal together in Llanberis.

Do note also that, depending on where you are travelling to, you may be limited by the last train times from the nearest stations.

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FAQ'S

Food and Water

What do I need to eat to ensure I have enough energy for the challenge?

The following is a guide of what your leader will be consuming over the duration of the trip. if you are not, then you are likely to be not taking on enough: food=energy and fluids=hydration. Cramping is a sign of dehydration and lack of salts.

Have a large meal the day before your challenge and ensure you are well hydrated i.e. no real discoloration of urine which is a sign of dehydration.

On the morning of the challenge have a huge breakfast! Don't be shy, get it down you as you're walking not running!

Every 45-50 minutes have a snack whether it is an energy bar, flapjack, banana or a bag of crisps! If you start to feel dizzy/ weak this is a sign you're not eating enough. Make sure you take food you enjoy eating as otherwise you will not eat enough of it. You will be burning a lot of calories and need to consume a lot to keep you fuelled.

Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, 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 several hours.

On the 24-hour challenge, we will provide you with 2 valley stops with snacks and refreshments (porridge and pastries in Nant Peris, Soup and roll in Ogwen).

Health and Safety

What happens if I fall ill, can't keep up or there is an emergency?

Our Mountain Leaders are well trained and experienced in managing situations on the hill should they need to get outside assistance for example 'mountain rescue' they all carry mobile phones and also radios for communication with the ground team.

The Mountain Leader will always keep the group together for maximum safety and set a sensible pace for all to achieve this challenge. However, if your struggling you must be honest with yourself and the leader – remember the top of the mountain is only halfway!

Who will be leading the group?

We employ experienced and fully qualified RAW 360 Mountain Leaders to accompany and lead you. They are mountain first aid trained and have extensive experience in leading in the mountains, your leader will be ultimately responsible for your safety on the mountain and the rest of the group. They will be carrying full safety equipment and mountain first aid kits with them.

FAQ'S

You advocate taking a small first aid kit, what should it contain?

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem. Your own first aid kit should contain: a basic blister kit, rehydration sachets, plasters, high factor sun-protection, your own personal medication, and some basic pain relief (aspirin and Ibuprofen). Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Kit

What kit will I need on the mountain?

See the comprehensive kit list provided but remember that our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers.

What type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks. Avoid cotton, trekking or good quality sports socks are advised as are a thin wicking sock to wear underneath if your prone to blisters, these are designed to draw the moisture away from your feet. Wearing your boots and socks during your training period on and off the hills will inform you of whether they are suitable for the challenge.

What should I carry inside my daysack?

A daysack is worn at all times during the trek. The content of this is mandatory and should include: a fleece, waterproofs, warm hat, gloves, sun hat, sunscreen, sufficient water, snacks, camera equipment, personal medication, a head torch and spare batteries and a whistle.

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FAQ'S

How much should my daysack weigh? What size does that equate to?

Your daysack should weigh no more than 3 – 4 kg (without water) and a pack of around 30L capacity should more than suffice.

It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying.

The Weather

How hot or cold will it be?

The mountain weather in Wales can be very changeable, it can be glorious sunshine down at the base but be wet and windy on the summit. It is not uncommon for it to change from clear blues skies to rain and fog in moments. It is important to follow the advice we give and carry the correct kit.

Travel

How do we get to and from the challenge?

You will be given a meeting point in Llanberis. We recommend either arriving into Llanberis the evening before or the morning of the challenge where your RAW 360 guide will meet you.

On the **24 hour challenge**, you will have transport from the start and finish of your challenge. On the **3 day challenge**, you will make your own way there and a meeting point will be shared with your group. And you will be informed of the finish line to arrange returning transport.

Insurance

Do I need special insurance for this expedition?

You must carry individual travel insurance to take part in the challenge. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

Finance

How much spending money should I bring?

Depends how many snacks and drinks you want to buy on the way to the start of your challenge! If you bring most of these with you then not that much or if you want buy everything en-route then you will need a bit more! Your evening meal and accommodation will be organised by yourself so you can budget for this.

What is the best time of year to complete this challenge?

From May to September is most advisable for the best chance of pleasant weather.

We can look at October to April however there are far less daylight hours and a greater chance of worse weather so we would be unlikely to complete Crib Goch or Tryfan.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

360[°] EXPEDITIONS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.