

Welsh 3 Peaks

Europe | 2334m



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EXPEDITIONS

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Are you ready for 3 of the ultimate mountains in Wales?

With over 2334m of ascent over 3 breathtaking mountain ranges, you'll be forgiven for wanting to be picked up by flying angels towards your last summit.

Starting in Snowdonia, you take on the famous Yr Wyddfa (Snowdon) before travelling across to Cadair Idris. Then finally, you'll be heading South towards the Brecon Beacons and Pen y Fan, your final peak!

There will be highs and more highs over rugged moorland, heaped boulders and narrow ridges as you take on this challenge over 24 hours or 3 days.

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

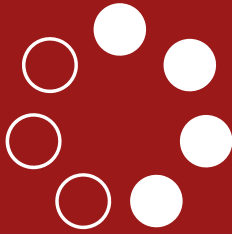


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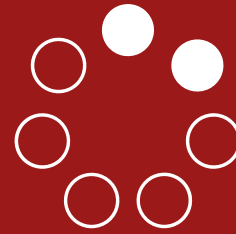
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Physical – P2 , P4

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 : Snowdon [1085m] Cadair Idris [893m]
Pen y Fan [886m]**

(Arriving into Llanberis the night before, you can be well rested before the early start of your challenge the next morning.)

It will be up at sparrow's cough to meet your leaders at the Pen y Pass Car Park at 4.45am with a latest set off time of 5am. It will be onwards to the summit of Snowdon from there, with the aim of completing all 1085m of mountain and back down by 10am.

Your next mission is Cadair Idris. For this, you will be taken to your next start point at Dol Idris Car Park for 11:45am to meet your leaders and set off by 12:00. The goal is to be done by 16:45 and ready to depart for your third and final wonderful Welsh peak.

Departing for Pen y Fan at 17:00, you should arrive at Storey Arms Car Park for around 19:45 to meet your leaders and begin your final climb. And finishing up your challenge at around 11:00pm, ready for some well-earned rest and recovery.

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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

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

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)

Fleece top/jacket or Softshell

Soft Shell

Spare warm layer in rucksack

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

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 should be separate to your trekking trousers

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KIT LIST

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

Trainers

To travel in and in the bus

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

Snacks

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

Documentation

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KIT LIST

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.

Packed lunch & drink

This will be provided for you on the 3 day challenge, on the 24 hour challenge we advise to eat little and often

Rubbish bag

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

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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, on the 24 hour itinerary 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.

The 360 training program has been devised to be expedition specific. Use these as a guide but also feel free to contact us for individual advice on how to best incorporate the best suitable fitness program with your own lifestyle.

What are the group sizes?

We aim for a minimum of 8 trekkers and do not have a specific maximum, as simply based on availability of transport on your chosen dates. The more, the merrier!

Accommodation

Is accommodation included?

For the 3-day itinerary, the trek includes 4 nights hostel style accommodation (this can be upgraded to 3 star twin style if you so wish).

For the 24-hour itinerary, we do not include accommodation. We advise you to secure accommodation in the Snowdonia region for ease of your challenge – you will definitely appreciate a nearby bed at the end of your mission. We are more than happy to provide recommendations, just let us know.

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FAQ'S

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 after completion of your trek.

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

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 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.

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FAQ'S

Will food and water be included?

On the 24 hour itinerary, you will be provided with liquid refreshments, water and snacks at each finish and onward journey to the next peak to keep you well watered and fed. Eating little and often is key for such a fast moving challenge. We advise you also pack extra snacks of your own to manage your refuelling effectively.

On the 3-day itinerary, Breakfast, Lunch & Dinner will be provided but not additional snacks for mountain days or beverages so please do bring extra bites to keep your energy up.

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 and the three peaks challenge, 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.

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.

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FAQ'S

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.

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. This rucksack can be filled to brim with extra stuff and you can leave some of it in the minibus between mountains. 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 the U.K. 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 blue 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 the start of the challenge?

You will need to organise yourself to arrive at the meeting point for the start of the challenge.

During the challenge, transport between peaks will be included.

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FAQ'S

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.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

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!

On the 3 day challenge, your evening meal and accommodation will be already included.

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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



"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.