Welsh 3000 14 Peaks (2 day and 24hr Challenge)

Here is some essential information about the Welsh 3000 14 Peaks 2-day and 24hr Challenge.

Below is a link of our intended route but this will depend on prevailing weather conditions on the weekend. At this time of year, you can expect anything from warm sunshine through to torrential train and strong winds. Temperatures on the summits can be as much as 10C colder than in the valley but can feel even cooler due to wind chill. The route is also available on Viewranger here:

Pen y Pass to Ogwen - http://my.viewranger.com/route/details/MTIwNzk5

Ogwen to Aber Falls - http://my.viewranger.com/route/details/MTIwODA0

Below is a list of essentials for this challenge:

Base layer (long sleeved, thermal properties) and additional layering.

Trail/ Fell running shoes / walking boots (if there has been any recent rain, expect mud and slippery conditions)

Waterproof jacket and full leg cover

Mobile phone with event number saved (07966 654867)

Rucksack, race vest or similar

Hydration system (bladder or bottles, min capacity 1.5ltr)

Survival bag (a £3 orange bag that could save your life)

Basic first aid kit (min 1 x wound dressing and selection of blister plasters. Compeed are the best for blisters)

Warm hat and gloves

Whistle

Headtorch with spare batteries

Nutrition (energy foods, gels, bars, etc.)

Suncream

Safety

You will always be accompanied by an experienced and fully qualified leader who will also take care of navigation. They will have overall responsibility for your group, so please respect any decisions they make for safety reasons during the day. If you would like to get involved with navigation, please feel free to bring a map and compass with you. Best map for this area is OS Explorer OL17 (Snowdon).

Timings and locations:

Meeting location for this challenge is Pen y Pass car park at 4:15am on Saturday.

https://goo.gl/maps/9RwJX97b9Nk

Please arrive with your bag packed ready to go (with all the essentials above).

The **challenge finishes** in a small parking area, close to the Aber Falls car park.

https://goo.gl/maps/P5Le7q2Y7yw

We aim to have all groups off the hill by midnight. You can either plan to be picked up here or we can drop you back off at Pen y Pass.

People on the 2-day challenge will stop at Ogwen on Saturday evening and continue again from here at 8:30am on Sunday. Your meeting location for Sunday will be arranged on Saturday evening. Our aim will be to complete day 2 by 5pm at the latest.

Pace options

We will have 4 pace options on this challenge, but we will initially start as a group of runners and a group of walkers. From Nant Peris, we will continue as 4 groups. It should be possible to change groups during the day if the pace doesn't suit you. We aim to have everyone off the hill by midnight at the latest on the 24hr challenge and 7pm on the 2-day challenge.

Cut off time at Ogwen

Under normal circumstances, we aim to have passed through the Ogwen checkpoint by 5:30pm on the 24hr challenge. We will not continue with the challenge after this time. Anyone arriving after this will have the option to return on Sunday to complete this section. There will be an additional charge for this.

Food and drinks

We will have cakes and hot drinks at Nant Peris after the first 3 peaks and soup, rolls and hot drinks at Ogwen. Under normal circumstances, there will be BBQ food at the finish. Water will also be available at all these locations. If you have any specific dietary requirements, please let us know.

Transport

We will drop you back off at the meeting location each day, or you can arrange to be picked up at the end.

Accommodation in the area

There is a wide range of accommodation options in the local area. The closest hostels to the start are Pen y Pass YHA or The Rocks at Plas Curig. These often get booked up well in advance, but last-minute cancellations are common at both. Nearest hotels are at Pen Y Gwryd, Capel Curig, Betws-y-Coed or Llanberis. Nearest campsites are Dolgam (Capel Curig), Llyn Gwynant, Nant Peris or Ogwen.