



Welsh 3000 14 Peaks (2 day and 20hr Challenge)

Here is some essential information about the Welsh 3000 14 Peaks 2-day and 20hr Challenge.

Below is a link to 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 rain 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.

Welsh 3000s Leg 1 <https://out.ac/gbJ9M>

Welsh 3000s Leg 2 <https://out.ac/gbJ9V>

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, but 2ltrs should be carried in hot weather)

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.)

Sun cream

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>

*Parking has become difficult at Pen y Pass over the last couple of years, and you now have to book in advance. It's much easier to park on the roadside pay and display parking near the Pen Y Gwryd Hotel. We can give you a lift the short distance up the road to Pen y Pass. Please meet here between 4-4:15am.

<https://goo.gl/maps/RTL213Hov612Q9Rj8>

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 9am on Sunday. Your exact 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 on the 20hr challenge, but sometimes this might be as late as 1am.

Cut off time at Ogwen

Under normal circumstances, we aim to have arrived at the Ogwen checkpoint by 5:30pm and departed before 6pm on the 20hr 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. We usually aim to have BBQ food at the finish if the weather allows. 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.

