

WELSH 3 PEAKS TREK



**GLOBAL
ADVENTURE
CHALLENGES**

01244 676 454
GLOBALADVENTURECHALLENGES.COM

KEY INFO

Duration: 3 days

Distance: 18 miles approx.

Challenge Grade: Extreme 3

Location: Wales

CHALLENGE HIGHLIGHTS

- Conquer Wales' three highest mountains
- Take in incredible views over Snowdonia
- Watch the sunrise over the Brecon Beacons
- Enjoy a celebratory brunch in Cardiff
- Complete a total ascent and descent of 7,370ft!

THE CHALLENGE

Join us for an awesome weekend of adventure, as we take on the three highest peaks in Wales! We'll conquer Snowdon (1,085m), Cadair Idris (893m) and Pen Y Fan (886m), taking in incredible mountain views along the way. Challenge preparation is key as the trekking will be tough – after summiting Snowdon we climb Cadair Idris, with time for only a short rest before we take on Pen Y Fan ahead of the sunrise. The sense of achievement we'll feel as we summit our final peak will be unbeatable, and there will be much to celebrate as we enjoy brunch in Cardiff!

What's included?

- One night's hostel accommodation in Snowdonia including evening meal and breakfast
- Transfers from Chester Train station to Snowdon at the beginning of the challenge
- Celebratory brunch in Cardiff at the end of the challenge
- Transfer to Chester Train Station at the end of the challenge
- Snacks during the trek including isotonic drinks, flapjack, crisps, fruit and Haribo
- Global Adventure Challenges Event Crew
- Comprehensive first aid/medical kit

What's not included?

- Personal trekking gear
- All meals apart from those specified. We will stop in Caernarfon for you to purchase food for dinner and additional snacks for during the journey following completion of Snowdon on route to Cadair Idris
- Personal insurance
- Alcoholic drinks
- Tips and gratuities

Target and maximum times to complete the Welsh 3 Peaks are as follows:

| | Snowdon | Cadair Idris | Pen Y Fan |
|--------------|---------|--------------|-----------|
| Target Time | 5 hours | 5 hours | 3 hours |
| Maximum Time | 6 hours | 6 hours | 4 hours |

In order to fulfil the itinerary and complete all 3 mountains within the scope and limitations of the challenge itinerary including contracted staff working hours, there are strict cut off times in place. The maximum trekking times are included in the table above. Whilst we offer support and encouragement to all trekkers wanting to complete the challenge, with regret, anyone failing to meet the interim cut off times in place will therefore exceed the maximum trekking time available and will be required to return with a guide to the waiting support team.



Day 1

Meet at Chester Train Station

We meet at Chester Train Station before transferring to our accommodation in Snowdonia. After an evening meal and challenge briefing, we get an early night in preparation for the adventure ahead!

Day 2

Snowdon & Cadair Idris

Our challenge begins! We ascend Snowdon following the infamous Pyg track, a route once used by Sir Edmund Hillary whilst training for his attempt to summit Everest. We will be treated to amazing views of Llyn Llydaw and Llyn Glaslyn along the way! Once we reach the summit, we descend via the same route to our vehicles and transfer to Caernarfon, where we can purchase food for the evening and the rest of the challenge. Once we have refuelled (our bodies and vehicles!) we start our ascent of Cadair Idris on the Pony Track route. It is said that anyone who can endure a night on Cadair Idris will either become a madman or a poet! Our choice of route gives us a lot of ascent to tackle, so this mountain is not to be underestimated. Once we descend, we start our transfer to our final peak, Pen Y Fan.

Trekking Distance: 13 miles approx. / 10 - 12 hours

Day 3

Pen Y Fan

We tackle Pen Y Fan starting at the Storey Arms, which offers us one of the easier ascents of this spectacular mountain. Once we reach the ridgeline we will turn left to make our approach to the summit, and if conditions allow, we will take the route that goes over Corn Du. Once we reach the summit of Pen Y Fan we can revel in our achievements – but don't forget, we still need to descend back to our awaiting transport! If the weather is on our side, we may have the chance to witness a beautiful sunrise. Once we reach our waiting vehicles, we transfer to Cardiff for a celebratory brunch. Following brunch, a return transfer to Chester Train Station is provided.

Trekking Distance: 5 miles approx. / 3 - 4 hours

Please note this trekking challenge is very tough - you must train beforehand. This itinerary is subject to change. The health and safety of participants is our number one priority so mountain weather conditions and group ability can impact on the event timings and schedule.



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This trek has been graded as Extreme (3) on our challenge grade scale, and is designed to be challenging but achievable as long as you train correctly beforehand. The aim of the challenge is to summit all three peaks in a walking time of 13 hours (not including transfer times or food breaks) - the fitter you are the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website. We also run training weekends throughout the year, a fantastic opportunity to meet other participants and train together prior to the event.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1=Challenging, 2= Tough and 3= Extreme).

Where will we stay?

The overnight accommodation will be in a Youth Hostel - remember this is a challenge! Washing facilities will be available at the accommodation.

Do I need specialist kit?

You will be provided with a full kit list in your welcome pack when you register. Usual items of kit are required such as broken-in walking boots, walking poles, waterproofs and a head torch - other than this you do not need any specialist kit.

Do I have to carry my own luggage?

No, all you will need is a small day pack whilst trekking to carry items such as your phone, sunscreen, snacks etc. Your luggage will be transported to the first night's accommodation by our support vehicles, and will stay in the vehicles for the remainder of the challenge.

Food Matters...

Your evening meal and breakfast in Snowdonia and celebratory brunch in Cardiff are included on this challenge, plus snacks during the trek. We cater for most dietary requirements as long as we know in advance - just fill out the appropriate section on your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leader/s. Comprehensive medical kits will be taken. A support vehicle will be located at the foot of each mountain providing extra support if needed. Mobile phones and radio aids will be used to ensure our safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks - there is no problem if you need to take more. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember though, this challenge is not a race!

How do I go about raising the sponsorship?

Once you have signed up you'll receive a fundraising pack from your chosen charity to help you with your fundraising, you'll also receive a few tips and ideas from us to help you on your way.

I'm interested... What do I do now?

Places are limited and go on a first-come, first-served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com - all payment options and costs are explained on the information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

REGISTER ONLINE TODAY!