

WELSH 15 PEAKS

Tackle the highest peaks in Wales – in a single weekend!



14th–16th May

ITINERARY

Day 1 · 8–10hrs · 21km · 1623m up · 1368m down

Meet your guides and after a quick briefing get out onto the trail. Follow an old Roman road into the heart of the Carneddau Mountains, hike through a pass framed by twin Bronze Age monoliths and climb onto the ridgeline where the day's goals will be lined up in front of you. First stop - Foel Fras (942m), northernmost of the Welsh 3000s, followed by 3 more peaks in quick succession. Push to the top of Carnedd Llewelyn, the highest summit in the range (1064m) and then snag Pen Yr Ole Wen on the way down. Hike into the beautiful Ogwen Valley and then its back to the hostel for dinner. Seven peaks down, eight to go.

Day 2 · 8–10hrs · 16km · 1587m up · 1487m down

Fuel up with a big breakfast and then hit the trail again – one that's rockier and more rugged than yesterdays. Your first goal is Tryfan (917m), lowest of the Welsh 3000s, but also one of the most challenging thanks to the final scramble to the top. Descend via the picture-perfect Adam and Eve Rocks, then it's a short, steep climb up Glyder Fach. Cross a formation known as the 'Castle of the Wind' to attain Glyder Fawr (999m), the highest peak in the range, then descend back to Llanberis via a natural hanging garden of alpine flowers and the last two peaks of the day, before heading to the bar for a cold drink. Twelve down, just three more to go (including the big one).

Day 3 · 6–8hrs · 13km · 1219m up · 981m down

Time to finish this thing off. Follow the snaking, rocky ridge to the summit of Crib Goch and then climb to Crib Ddysgl. One last ascent and you're on top of Mount Snowdon (1085m), the highest of them all. Take some victory pics, enjoy a mountaintop lunch and then it's all downhill. Depending on weather and time you'll either complete the Snowdon Horseshoe or descend via the Pyg Track - either way the scenery is spectacular. Head back to Llanberis, the train station and home.

INCLUDED

- Professional, experienced mountain guides
- All breakfasts and lunches
- 2 nights in a local hostel

NOT INCLUDED

- Travel to and from the start point
- Personal expenses
- Evening meals
- Travel insurance

COSTS

£150 Registration cost
£650 Fundraising target

WHAT'S THE FOOD LIKE?

Breakfasts at the hostel are filling with generous portions of cereal, toast and cooked breakfast with tea and coffee. Packed lunches include sandwiches, crisps, cake and chocolate. You'll need to bring your own snacks and drinks for the trail. All dietary requirements including vegetarian and vegan can be catered for: just make this request when booking.

KITLIST: WHAT TO BRING

- Rucksack (20 - 35L)
- Fleece jacket
- Waterproof top and bottoms
- Warm hat and thin gloves
- Hiking socks (2 pairs)
- Thermal top and bottoms (wool or synthetic, not cotton)
- Lightweight, breathable hiking trousers (synthetic, not denim or cotton)
- Sturdy, broken-in hiking boots with ankle support are essential (Walking shoes or trainers are not permitted.)
- Water bottles or bladder (2L capacity)
- Whistle
- Phone or camera in waterproof bag
- Snacks/energy food
- Head torch
- Walking poles (optional but recommended)
- Personal toiletries and sanitary supplies
- Sun protection (hat, sunglasses and sunblock)

WHAT'S THE ACCOMMODATION LIKE?

You'll stay in a local hostel in Snowdonia. Which one will depend on availability, but all are chosen for their quality and location. Your host aims to use independent family run private hostels such as Dinorwig Lodge which has fantastic views across the valley and to Snowdon.



GETTING THERE

STARTS 8:00 on Day 1
ENDS 18:45 on Day 3

Your host will pick you up from the hostel in Caernarfon on Day 1. The exact one will be confirmed before the start of your trip as it varies depending on availability. If you're travelling by train, the closest station is Bangor Train Station. From here it's 20 minutes by taxi. At the end - you can be dropped back at the hostel or taken to Bangor train station for 18:45.

