



WELSH 3000s

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15th, 16th, 17th October 2021

The Welsh 3000s is a remarkable challenge, something you'll remember for the rest of your life. The achievement and stunning views from the top of 15 peaks in glorious Snowdonia will live with you forever. This is a transformational, once in a lifetime, experience.

Only 10 places are available so don't delay in committing to this adventure!

Action4Youth

Action4Youth, based in Buckinghamshire and working across the wider area, is here for every child and young person, regardless of background or ability. Through our range of support, programmes, activities and outdoor education, we work to ensure that all have the chance to enter adulthood as positive, confident members of the community. No-one should be abandoned, neglected, deprived of hope, opportunity or aspiration. Help us ensure no-one is left behind. Action4Youth would not be able to provide our services to young people if it were not for people like you willing to make a difference by taking on this challenge to raise money.

To secure your place we ask you to pay a non refundable deposit of £100 and to raise a minimum of £500.

All funds raised will be donated via JustGiving and you will be sent a direct link to set up and personalise your page. If you need any fundraising help we are here to support you so please do not hesitate to get in touch with us you can email: fundraising@action4youth.org or call 0300 033 2334.

How it will look

The Welsh 3000s is the ultimate Snowdonia hillwalking challenge. Summit all 15 of Snowdonia's 3000ft peaks in three days completing over 50 Kilometres and 3710m of ascent. From Crib Goch to Foel Fras, we take you on a journey across the 3 major mountain ranges of Snowdonia and help you enjoy the very best of Snowdonia.

The whole walk will be guided by Martyn Frost, Mountaineering and Climbing Instructor with support from Rich Wyatt, Mountain Leader and Action4Youth's Director of Outdoor Education.

The plan

Day One.

Transport will leave Milton Keynes early Friday morning (time to be confirmed) and head to North Wales via Northampton. Once we arrive at Pen Y Pass, Snowdonia the walk will start with;

The Snowdon Massif

1. Crib Goch, 3028ft, 923m
2. Crib y Ddysgl, 3494ft, 1065m
3. Snowdon, 3559ft, 1085m

Arriving at Nant Peris after 10.5 Km walk ascending 900m and having crossed the ridge of Crib Goch with a steep drop either side this is the most exposed part of the whole challenge.

We will Meet Rich and head to the camp site for a well-earned dinner and sleep.

How it will look

The plan cont.

Day Two

Start walking from Nant Peris, today will start off with a long walk (800m) uphill to the summit of Elidir Fawr.

The Glyderau

4. Elidir Fawr, 3031ft, 923m
5. Y Garn, 3106ft, 947m
6. Glyder Fawr, 3284ft, 999m
7. Glyder Fach, 3261ft, 994m
8. Tryfan, 3011ft, 915m

Arriving at Llyn Ogwen after walking 15.5 Kilometres and 1700 metres of ascent for a well-earned dinner, rest and sleep at camp.

Day Three

We will again start from yesterday's finish point at Llyn Ogwen, we'll ascend the 680 metres to the summit of PenYr Ole Wen then continue along the broad ridges until arriving at our final peak of Foel Fras.

The Carneddau

9. Pen yr Ole Wen, 3208ft, 978m
10. Carnedd Dafydd, 3425ft, 1044m
11. Carnedd Llewelyn, 3490ft
12. Yr Elen, 3156ft
13. Foel Grach, 3202ft
14. Garnedd Uchaf, 3038ft
15. Foel-fras, 3090ft

What you need to bring:

All food must be provided by the participant. If small stoves are required Action4Youth can help source these. All you will need to bring is a mountaineering tent, good sleeping bag, pillow (if you want one) and roll matt. Please let Action4Youth know if you require help sourcing a mountaineering tent.

Food and Energy

Typical meals when not on an all day exertion would be consumed once every five hours. Some of the more active and fitness inclined, tend to go for six smaller meals a day, totalling a greater number of calories and providing more energy.

Ideally while walking or climbing, a snack should be consumed every two hours or so. Snacks should be a mix of carbohydrates and protein, with a handful of nuts or seeds.

An ideal snack might include:

- 25g of almonds
- One boiled/poached egg
- Brown bread chicken/turkey sandwich

Hydration

There is very little difference in performance depending on what is being drunk - most importantly, enough needs to be drunk. This means approximately one litre of water per two hours, or the equivalent. Many prefer for drink water rather than energy, sports or isotonic drinks - water comes the most recommended. As long as appropriate food is also being consumed, the sugar in other drinks is not required. For practicality, hydration backpacks are highly recommended, as they leave your hands free for balance, and provide a quick source of hydration while you're on the move.



Kit List

To carry with you in a good quality daysac (35 litre) It'll be on your back
For minimum of 13 hours.

- Hill snacks
- Gloves (+ spares)
- Hat (covering ears + spare)
- Waterproofs (top and bottom)
- Spare Mid (Warm) layer
- Backpack rain cover or thick waterproof ruck sack liner, not a bin bag)
- Mobile phone (for Facebook updates on the rd & hill)
- Spare socks (2 pairs) leave in bus
- Blister plasters (white zinc oxide tape, it's the best) Compeed, is best.
- Sunglasses & sun cream
- Head torch with new batteries
- Camera
- Water bottle or flask (liquid for 5hrs exercise)
- Whistle
- Recommended: walking poles

As a team, we will also be carrying and supplying an emergency shelter, a first aid kit and some other technical equipment.



Kit to wear

- Walking boots (not trail shoes or trainers, must have ankle support)
- Hiking socks (wearing a single pair recommended, rather than using a liner sock)
(Wear a liner sock under good quality walking sock)
- Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers) Jeans are unsuitable and dangerous = NOT Allowed
- Sports top (not cotton or other base layer)
- Technical base layer plus mid layer (for warmth) your Team t shirts
- Windproof/breathable waterproof jacket
- Thermals (we shouldn't need thermals as we'll be moving continuously).



To join the Welsh 3000s and raise money for Action4Youth, click the link to download our booking form.

[Booking form](#)



For further information please do not hesitate to contact us:

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