

WELSH 3 PEAKS CHALLENGE



Highlights

- 3 peaks! 2334 metres of ascent! 17 miles trekked! 1 day! Tick!
- Take on a classic trekking challenge in Wales and summit the nation's three highest peaks
- Stand on the summit of Snowdon, Cader Idris and Pen-y-Fan
- Experience the epic landscape of Snowdonia and the Brecon Beacons
- Trek with pride knowing you are helping support the work of the Snowdonia Society and Cool Earth
- Accompanied by local Adventurous Ewe Mountain Leaders
- New safety and well-being guidelines are in place for this adventure
- We look forward to welcoming you to our homeland of Wales.
- #ewecandoit



WELCOME

Overview

Are you ready for an epic mountain adventure embracing the rugged mountains of Wales? Conquering the three highest peaks in Wales, this journey will take you through spectacular landscapes and test your mettle on a tough 1-day adventure.

The Welsh 3 Peaks Challenge is made up of three of the highest and most iconic mountains in Wales: **Snowdon**, Wales' tallest peak and the highest point in Britain outside the Scottish highlands; **Cader Idris**, a spectacular peak at the southerly edge of Snowdonia National Park; and **Pen y Fan**, the highest peak in the Brecon Beacons National Park in South Wales.

There's plenty of mythical legends surrounding these mountains and your local leaders will keep you entertained (or pre-occupied) with stories of giants, villains and poets or explain some of the spectacular geology before you're greeted with 360 views from each mountain summit, weather permitting of course. The Welsh 3 Peaks includes a total walking distance of 17 miles (27.4km) and an ascent of 2,334 metres (7,657feet). Transferred by private minibus covering approximately 135 miles in between.

Whether you're on a personal mission or part of a group looking to make a team effort, we're really excited to welcome you to Wales and showcase the very best of this amazing environment.

Take on the length of our nation via a Welsh road trip you'll never forget!





TRIP SUMMARY



Activity: Mountain trekking
Duration: 1 day
Active days: 1 day of approx. 14 hours
Distance: 17 miles of trekking & 135 miles driving
Ascent: 2334m in total
Cost: Deposit: £75 per person
Remaining balance: £260 per person
Total cost: £335 per person

Group size: 8 – 36 people
Level of difficulty: ■■■■ ■
Tough
Dates: May to September

ROUTE MAP

Get ready for an adventure



FIRST PEAK

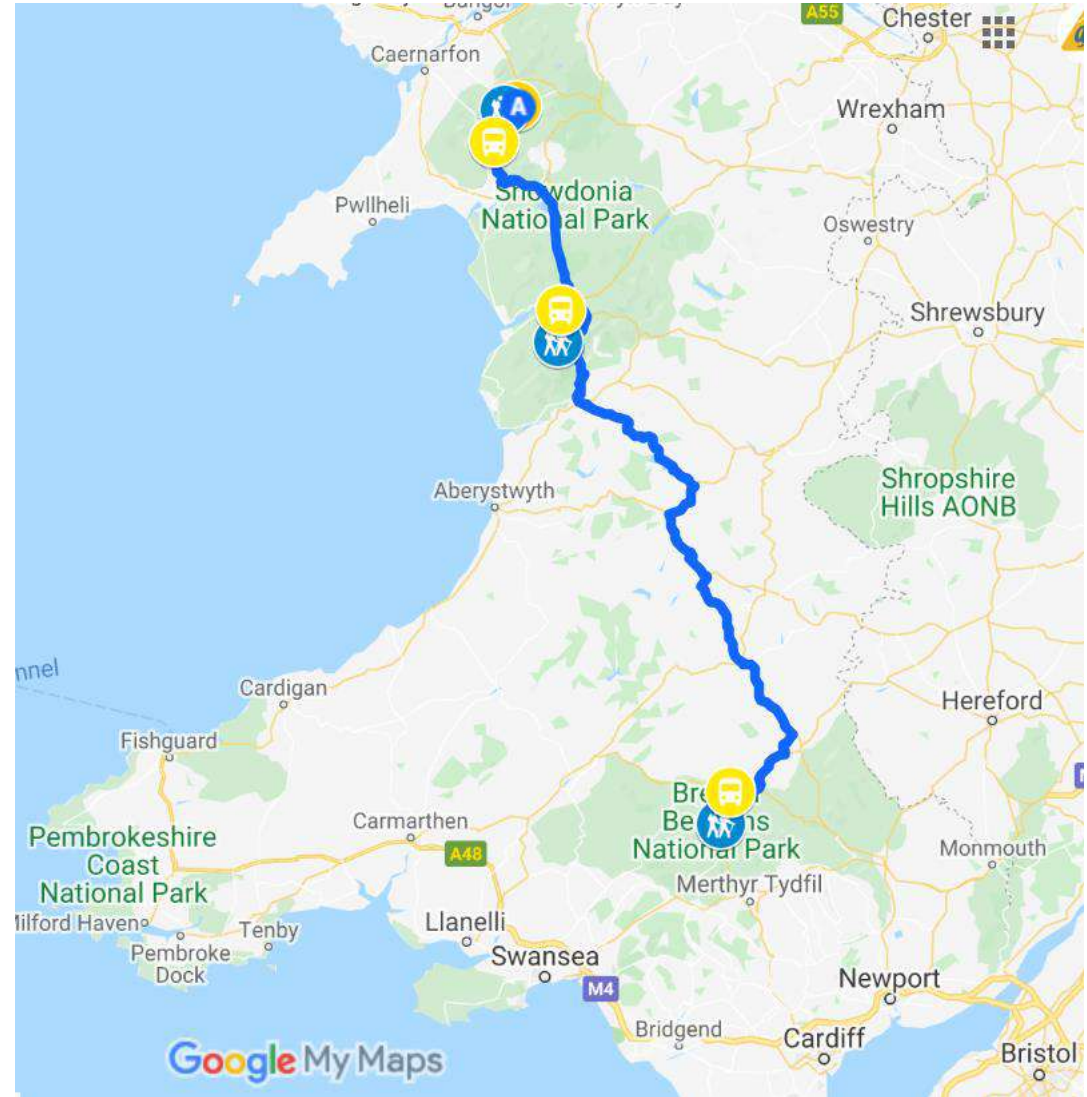
Snowdon at 1085m, Snowdonia, North Wales

SECOND PEAK

Cader Idris at 893m, Merionethshire, Mid Wales

THIRD PEAK

Pen-Y-Fan at 886m, Brecon Beacons, South Wales



SCHEDULING GUIDE

Date	Time	Activity
Day 1	Evening	Arrive in Snowdonia prior to the start of your trekking challenge to allow for a good night's rest. You can make your own accommodation and dinner arrangements or book these through Adventurous Ewe
Day 2	4.30am	Breakfast You can make your own breakfast arrangements or book this through Adventurous Ewe as part of your accommodation booking
	5.00am	Meet your Adventurous Ewe Team - Mountain Leader/s and Driver/s. Event Briefing
	Trekking 05.30am	Snowdon – 1,085 metres Allow 4 – 5 hours
	Driving 10.00am	Private minibus transfer from Llanberis to Cader Idris Allow 1.5 hours
	Trekking 11.30am	Cader Idris – 893 metres Allow 5 hours
	Driving 4.30pm	Private minibus transfer from Cader Idris to Pen Y Fan Allow 2.45 hours
	Trekking 7.30pm	Pen Y Fan – 886 metres Allow 2 hours
	9.30pm	Celebratory completion of the Welsh 3 Peaks. Here your challenge ends. Onward travel can be arranged on request to Methyr Tydfi (train station or hotel) or other locations. Please enquire at the time of booking.

ITINERARY

2 boots. 3 mountains. 2334m ascent. 17 miles. 1 great adventure

THE CHALLENGE – conquer the 3 highest peaks in Wales in just 1-day

Summitting the three highest peaks in Wales, this journey will take you through spectacular landscapes and test your mettle on a tough 1-day adventure. You will complete the trek in teams of no more than 10 people per team and you'll be accompanied by a certified local mountain leaders.

EVENING PRIOR

We recommend arriving in Snowdonia the night prior to the start of your trek given the early start the following morning. Accommodation bookings can be made on your behalf at Lodge Dinorwig, The Royal Victoria Hotel or Pen y Pass YHA or you're welcome to make your own arrangements at a place you feel comfortable with and according to your budget. Accommodation and dinner is at your own expense.

TREK DAY

Snowdon (1,085m) North Wales

Your challenge begins on the highest mountain in Wales, Snowdon or Yr Wyddfa in Welsh, standing at 1085m. Snowdonia is unique for its bio-diversity of plants and wildlife and with breath taking views from the summit is a perfect way to start your Welsh 3 peaks challenge. Your ascent route will be via the Pyg Track or Llanberis Path (dependant on where the team are staying the night before). Both routes will reward you with those classic Snowdon views in the early morning glow. The ascent should take approximately 2 - 3 hours.

Once on the summit you will have time for a photo and enjoy the views before starting your decent down either the Llanberis Path or Miners Track. The descent should take approximately 2 hours and the route distance is approximately 9 miles.

Trekking time: approx 4 – 5 hours

Cader Idris (893m) Mid Wales

Cader Idris (the chair of Idris) is in reference to a giant of Welsh mythology who was said to have used Llyn Cau as an enormous armchair. Legend has it that anyone who sleeps on the Summit will awaken a madman or poet. Your route to the summit of Cader Idris will be via the Minffordd Path. The route starts on the southern side of the mountain, passing Llyn Cau and along the rim of Craig Cau to the summit Penygadair (Top of the Chair). Once on the summit you are rewarded with stunning views over Snowdonia and the hills of Shropshire. Time permitting, you will complete the horseshoe route a total of 8 miles.

Trekking time: approx 4 – 5 hours

Pen y Fan (886m) South Wales

Your final summit of the Welsh 3 Peaks Challenge is Pen Y Fan, the highest mountain in South Wales and the Brecon Beacons. Despite being the lowest mountain on the challenge, Pen Y Fan still deserves respect as it can be a very challenging mountain in poor conditions. On a good day there are great views over the Brecon Beacons. The ascent of your final summit starts from the Story arms and slowly climbs to Corn Du with a short 50m scramble to the summit. Once on the summit of our final summit you'll have time for a celebratory photo and mark your epic achievement, before making your down to your waiting vehicle.

Trekking time: approx 2 – 3 hours

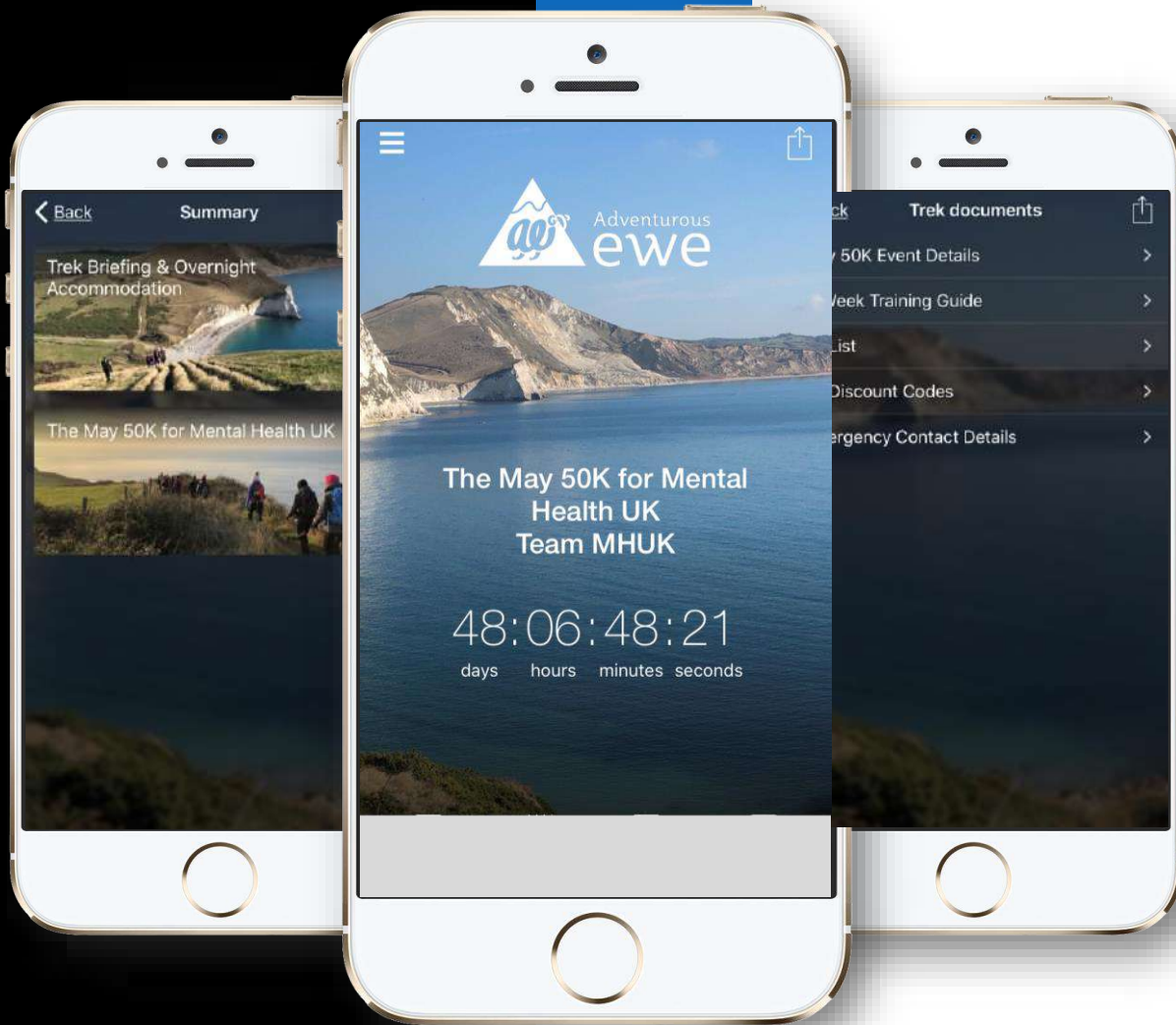
Upon completion of your challenge a transfer to Merthyr Tydfil can be provided.

Included

- Private minibus transfers
- Qualified local mountain leaders
- Home-made packed lunch and snacks
- Water bottle refills and hot drinks


TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel platform. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



 **TRIP SUMMARY**
Dates, trip overview

 **TRIP DETAILS**
Itinerary, activity details and inclusions

 **TRAVEL DOCUMENTS**
Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines

 **OTHER INFO**
Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts for your
adventure



01

Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Welsh 3 Peaks will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place. You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for the trek together with your private minibus driver. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Drivers will also be in constant radio communication throughout your adventure.

Level of difficulty

The Welsh 3 Peaks Challenge is graded as **'Tough'**. This is due to there being three consecutive mountain ascents within 1-day.

The terrain is rocky and uneven however you will be primarily following mountain trails.

Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each mountain. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.



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Group size

We pride ourselves in small group events to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for event is **9 people** and the maximum group size is **36 people**. You will be split into groups of no more than 10 people per team for this event.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A Training Programme will be provided when you join this event to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.



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Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures with real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We operate adventures with purpose by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience a trailblazing journey
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet the people of the planet and experience their warmth, their courage and their hospitality
- ✓ Enjoy the whole journey - the support, the new friend-sheeps and great achievements

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

TOP TIPS

3 peaks in 1-day

- Train in your trekking kit, including wearing of your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for the big challenge
- Have two bags – a daypack for the mountain with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks, water, first aid & any medication) and your main kit/travel bag which you can either leave in your accommodation place or vehicle
- Pack your kit inside a dry bag for the trek
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak./platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE ENTIRE EXPERIENCE**



HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

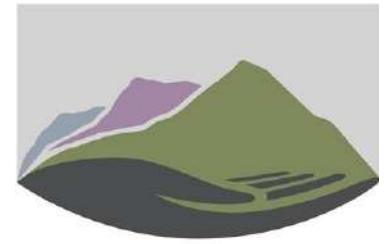
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society





COST

Deposit: £75 per person payable on booking

Balance: £260 per person payable 5 weeks prior to start of trip

Total: £335 per person

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

Fundraising

You are welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

WELSH 3 PEAKS CHALLENGE

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your Welsh 3 Peaks from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app, Vamoos
- Public liability insurance
- Risk assessment and emergency management planning.

During your trip:

- Certified Local Mountain Leaders
- Full trip briefing prior to the start of your challenge
- Private vehicle transfers as outlined in your itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national parks including council fees
- Home-made packed lunch of local produce and snacks
- Filling of water bottle/s and thermos (please provide your own water bottles and thermos for refilling)
- All challenge management and hygienic cleaning procedures of equipment before, during and post trek

NOT INCLUDED

- Clothing and equipment listed on your Kit List
- Water bottle/s and thermos for filling and refilling. Please provide your own bottles as this is to minimise the use of plastic bottles
- Personal snacks and electrolytes
- Evening meals
- Accommodation and dinner the night before and after your trek. This can be arranged at an additional cost
- Personal spending money
- Any costs incurred with retiring from the event early ie. hotel accommodation, change of travel tickets, any medical costs, etc.
- If you are travelling by train, please ensure you book an open-ended ticket for your return journey.

CAN BE ADDED AT AN ADDITIONAL COST

- Transfers to and from the start/finish of the trek
- Additional night/s accommodation
- Meal/s
- Homemade bacon/vegetarian rolls on completion of Snowdon.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

CLOTHING

- Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential
- Base layers** – preferably a synthetic wicking layer with a long-sleeved top
- Fleece jacket**, wind-stopper or light weight down jacket (ideal to keep warm when you stop for a break or use as a pillow whilst on the minibus)
- Trousers** - fleece or synthetic / nylon or polyester comfy trekking trousers. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- Headwear** - warm woolly hat and cap/sunhat
- Gloves** – warm wind-stopper gloves
- Wicking/merino wool t-shirt** - for trekking
- Casual clothes** for travel
- Sleepwear** for your accommodation place

FOOTWEAR

- Hiking boots** – well-worn in with ankle support and waterproof for the hike
- Socks** – recommend 2 pairs of merino wool hiking socks (just in case one pair gets wet)
- Flip-flops or trainers** – to give your feet a break from your boots during travel (optional)

BAGS

- Overnight bag** – which you can leave any items not needed during your trek. This can be left in your accommodation place or vehicle
- Daypack** – 20 - 25 litre rucksack to carry your kit required on the trek. An internal dry bag and/or rain cover is recommended

EQUIPMENT

- Water bottle** – (essential) 2-3 litre capacity or a platypus / camelbak system.
- Thermos** – (optional) if you wish to take a hot drink on the trek
- Head torch** & spare batteries
- Sunglasses** – strong UVA/UVB protection preferable
- Trekking pole(s)** - optional. Please train with these prior to your trek

ADDITIONAL ITEMS

- Hand sanitiser** (essential)
- Face mask** (optional)
- Sunscreen and lip block** – SPF40 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable toilet roll & disposable bag (for toilet paper rubbish on the hike if needed) and toiletries for overnight accommodation
- Small travel towel** – just in case
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, electrolytes, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NICE TO HAVE

- Favourite snacks**, both sweet and savoury
- Electrolytes**
- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- Ear plugs** for your accommodation place
- Reading material / card games** for travel

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialist:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Exclusive discount codes will be provided when you sign up for this adventure.



For more info please visit:

<https://www.adventuroousewe.co.uk/training-kit/>

CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069



jim@adventurousewe.co.uk
susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





**We look forward to welcoming
you to the stunning landscape of
Wales for this iconic mountain
challenge.**