

# THE SNOWDONIA CROSSING



## Highlights

- Traverse the entire length of Snowdonia National Park in just 3 days under your own steam
- Cross mountains, rivers, lakes, historic sites and pass through small villages with 70% of this journey being off the beaten track
- Journey 125kms from coast to coast, south to north by bike, boots and boat
- Experience amazing off-road cycling along old drover trails, forest tracks and quiet country roads
- Summit Yr Wyddfa (Snowdon), the highest peak in England & Wales at 1,085m
- Kayak estuaries and rivers as your final paddle takes you to an epic finish at Conwy Castle
- Merida mountain bike hire included with Shimano 9-speed and disc brakes
- E-bike hire available or bring your own
- Join us for this brand new and exclusive adventure in support of the Snowdonia Society and Cool Earth.



# WELCOME

## Croeso

### Overview

Traverse the entire length of Snowdonia National Park in just 3 days under your own steam! Experience a full multi-sport crossing from coast to coast across the wildest terrain of Snowdonia. Heading off the beaten track by bike, boots and boats you'll tackle ancient drover trails, forest tracks, mountain ascents, secluded lakes and sweeping rivers.

Connect the south and north coasts of Wales from starting at the seaside town of Barmouth to finish on the majestic shores of Conwy Castle and overnighting at quaint Welsh villages in-between. This carefully curated route takes in many places of natural, cultural and historic interest which will captivate your imagination and provide the perfect distraction from travelling 125kms under your own power.

Awe-inspiring views and a stunningly epic route await you in our homeland of Snowdonia.





# TRIP SUMMARY



**Activity:** Hike, bike & kayak  
**Duration:** 3 days & 3 nights  
**Active days:** 3 days  
**Distance:** Approx. 125kms to a height of 1085m  
**Accommodation:** Hostel & hotels  
**Cost:** Deposit: £95 per person  
Remaining balance: £400 per person  
Total cost: £495 per person

**Group size:** 8 – 24 people  
**Level of difficulty:** ■■■■■  
**Tough**  
**Dates:** June / July / August

# ROUTE MAP

Get ready for an adventure



## TRANSFER TO START

Arrive in Barmouth, mid Wales

## DAY 1: BIKE & HIKE

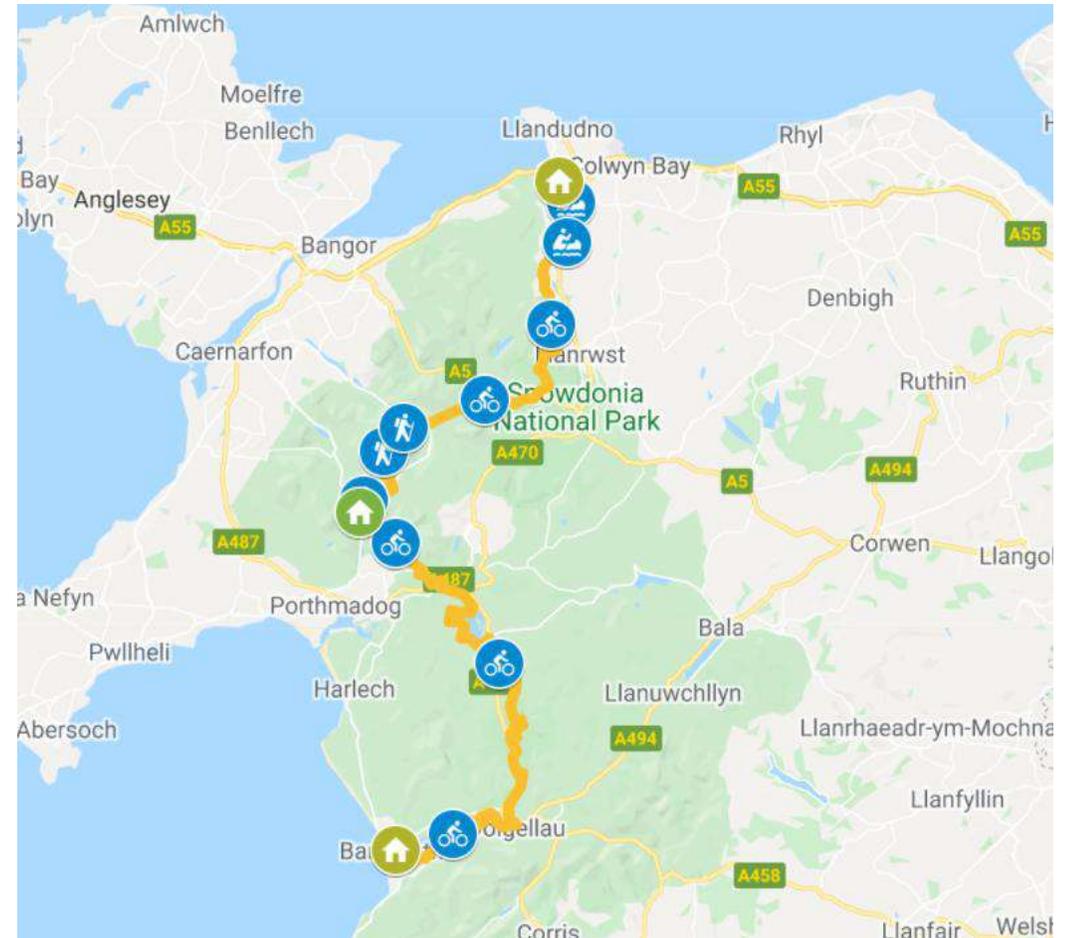
Barmouth to Beddgelert by bike and boots  
(approx. 68kms)

## DAY 2: TREK

Beddgelert over Yr Wyddfa (Snowdon) to  
Pen-y-Pass by boots  
(approx. 13kms)

## DAY 3: BIKE & KAYAK

Pen Y Pass to Conwy by bike and boat  
(approx. 43kms)



# ITINERARY

2 boots. 1 bike. 1 kayak. 120kms crossed. 1000m of ascent. 1 epic green journey

## TRANSFER TO START

### Arrive in Barmouth, mid Wales

You're welcome to make your own way directly to Barmouth for the start of your Snowdonia Crossing or you can join the Adventurous Ewe team on a transfer from Conwy to Barmouth to arrive late afternoon.

Barmouth, or Abermaw or even Y Bermo as it is known in Welsh, is southern Snowdonia's most popular seaside town with breathtaking views of Cardigan Bay and the picturesque harbour marking a spectacular starting point for your journey ahead.

You're most welcome to join the Adventurous Ewe team in camping this evening or make your own accommodation arrangements. A full trip briefing will be given this evening as well.

#### Included:

- Transfer from Conwy to Barmouth (this will allow you the option of purchasing a return train ticket from Llandudno Junction or leaving a vehicle in Conwy ready for the finish of your trip).

#### Not included:

- Accommodation
- Dinner

## DAY 1

### Barmouth to Beddgelert by bike and boots

Leaving the coast of Barmouth your journey begins along the traffic-free trail from Barmouth to Dolgellau following the Mawddach Estuary. This marks an incredible start to your journey as the trail is one of the most spectacular rides in Wales with wonderful open views north to wooded hills rising 1000 feet up from the water's edge. This 10-mile ride takes you across the wooden Barmouth Viaduct and follows the old railway track into the heart of Dolgellau in north-west Wales.

Leaving Dolgellau your route continues along the Mawddach River, climbing 250m over 8kms through Coed Y Brenin, an area steeped in historic gold mines and fantastic mountain bike trails through the forest. The forest trees will open to clear landscapes as your trail takes you around the scenic Llyn Trawsfynydd on gravel paths. This marks a great place for lunch at 43kms where you can enjoy a well deserved break and refuel whilst enjoying the stunning view across the lake.

The route then descends back down to sea level at Maentwrog before the second big climb of the day of 200m. Here you'll be rewarded with picturesque views of the Welsh coastline and Snowdonia as you wind your way to Croesor, a small village at the foot of Cnicht known as the Welsh Matterhorn.

Leaving Croesor, there's another short steep climb out of the village where you join an old Drovers Road crossing moorland for 3km to the village of Nantmoor. This 3km trail is a moderate technical section and predominantly downhill. It's great fun though if you wish you're more than welcome to jump off the bike if you feel uncomfortable at any time.

Arriving at Nantmoor you'll then swap your bikes for boots for a short walk following the Fishermans Path through the stunning Aberglaslyn Gorge to arrive in the picturesque Welsh village of Beddgelert. Beddgelert is the resting place of Gelert, the faithful hound of the medieval Welsh Prince Llewelyn the Great.

#### Activity details:

- Cycling distance: 65kms
- Cycling terrain: Gravel path, forest track with 3kms of a moderate technical section with the option to walk
- Trekking distance: 3kms
- Total ascent: 1800m
- Approx. length of time: 7 – 9 hours

#### Included:

- Accommodation: local hostel on a shared room basis
- Meals: lunch, snacks and drink refills

# ITINERARY CONTINUED

2 boots. 1 bike. 1 kayak. 120kms crossed. 1000m of ascent. 1 epic green journey

## DAY 2

### Beddgelert over Yr Wyddfa (Snowdon) to Pen-y-Pass

Leaving the village of Beddgelert your route continues following the Glaslyn River to Llyn Dinas, a stunning lake on the lower slopes of Yr Wyddfa (Snowdon) in the Nant Gwynant Valley.

Here your trail leaves the valley floor as you start your ascent of Yr Wyddfa, the highest peak in Wales via the Watkin Path. An original path to the summit, the Watkin Path has the most height gain with starting near sea level. The route leads through ancient native oak woodland, slowly climbing into Cwn Llan with it's stunning waterfalls.

The Watkin Path involves 1000m of ascent over a distance of 6.5km the last part of the climb to the summit involves a short scramble section. On reaching the summit of Yr Wyddfa you'll have time to relax and enjoy the panoramic mountain views over the Snowdonia National Park before descending via the Pyg Track. This track is a shorter descent of 5.5kms and the rocky path will lead you to Pen Y Pass where you will overnight.

#### Trekking details:

- Trekking distance: 12.5kms
- Trekking terrain: Mountain path with rocky sections through ancient woodlands and a short scrambling section.
- Ascent: 1000m
- Descent: 704m
- Total time: 7 – 8 hours

#### Included:

- Accommodation: Local hostel on a shared room basis
- Meals: Breakfast, lunch, snacks and drink refills

## DAY 3

### Pen Y Pass to Conwy by bike and boat

Your final day starts 350m above sea level at Pen Y Pass at 350m and descends to sea level at the medieval walled town of Conwy.

Your cycle route descends from Pen Y Pass with the chance to take in the magnificent views down the Nant Gwynant Valley and the Moelwyn mountain range as Snowdon disappears into the distance as you free wheel down the pass. Pedalling past Llyn Mymbyr you'll arrive at Capel Curig and continue your descent following the Afon Llygwy.

Leaving the Llygwy River you're then greeted with one of our the toughest climbs into the beautiful Gwydir Forest, also know as the forest of lakes and mountains. Slowly winding your way through Gwydir Forest on gravel track passing old tin and copper mines and many picturesque lakes to take your mind off this tough section.

Finally you'll reach your last high point of your journey at Llyn Geirionydd which is a beautiful lake that lies within the forest. There'll be time for a short break and potentially even a wild swim. From here onwards the route descends slowly to sea level with a few short sharp climbs just to keep those legs working.

The final section of your cycling route makes its way to the village of Trefriw where once again you'll leave the country lanes and take a forest track with a fantastic decent passing waterfalls and stunning woodland. Then it's time to swap your bikes for boats and board your kayak for the final section as you paddle down the picturesque Conwy Valley. The river flows through stunning green farmlands and as you round the final bend you'll be greeted with the incredible view of Conwy Castle and bridge spanning the river. Just next to the Castle, you'll arrive on a small beach to celebrate your epic achievement of conquering the crossing of Snowdonia from coast to coast. This is no easy task so some final celebrations are well in order.

From here you can either stay the evening in Conwy and enjoy this fantastic small coastal town or make your way home. Though please bear in mind, we would not recommend driving home on completing this journey without a good rest beforehand. We are more than happy to recommend places to stay, eat and drink in Conwy as it's worth a visit.

#### Activity details:

- Cycling distance: 35kms
- Cycling terrain: Road, gravel path, forest track
- Kayak distance: 8km
- Ascent: 957m
- Descent: 980m
- Total time: 7 - 8 hours

#### Included:

- Meals: Breakfast, lunch, snacks and drink refills

# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. 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



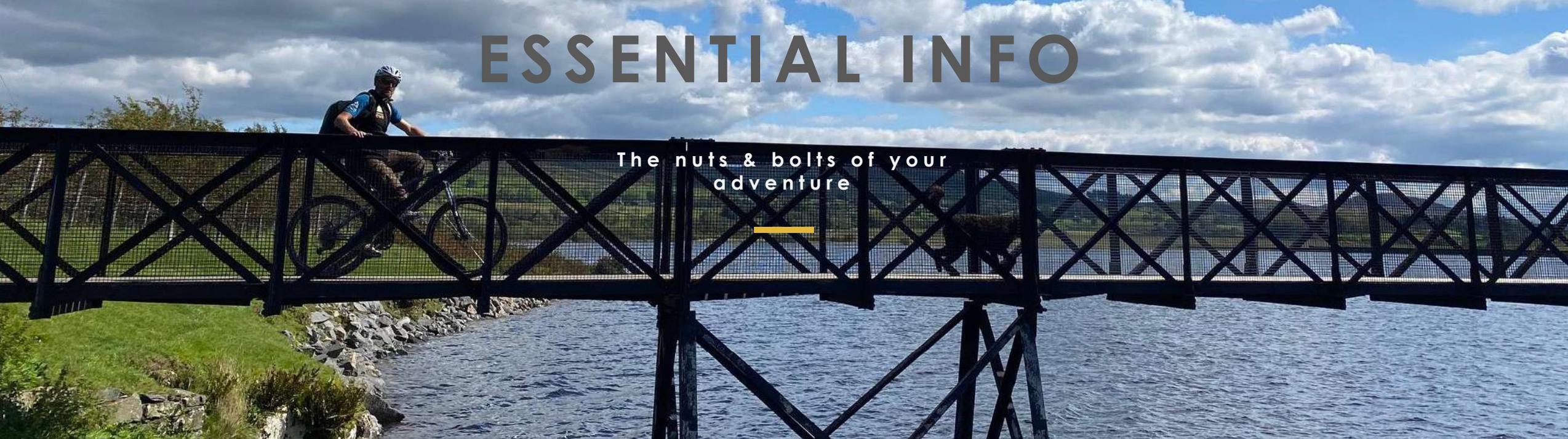
## OTHER INFO

Weather, maps, etc.



# ESSENTIAL INFO

The nuts & bolts of your  
adventure



## Safety & well-being

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

The Snowdonia Crossing will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. 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 your entire journey together with support crew. We use our local leaders and crew who are based in Snowdonia for this adventure.

Our Leaders are first aid qualified and have extensive experience in leading trips throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders and Crew will carry full safety equipment and mountain 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 Crew will also be in constant radio communication with the support vehicle and base throughout your adventure.

## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trip to run is **8 people** and the maximum group size is **24 people**.

You're most welcome to join this adventure as a group of friends, family, private bubble or colleagues or as a solo traveller. You're 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.



02



03



04



05

## Level of difficulty

The Snowdonia Crossing is graded as 'Tough' given that it is a 3-day long distance challenge. 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 of the activities.

**Bike sections:** the cycling is on trails, gravel paths and some roads. There is one 3km section that is a moderately technical mountain bike trail however, you have the option to walk this part if you wish. The route is undulating and there are some big climbs and descents, so fitness and stamina are key for this adventure.

**Trekking sections:** the hiking routes follow established paths which are rocky and uneven. There are no technical climbing sections. Hiking boots are highly recommended given the uneven terrain and mountainous weather conditions.

**Kayaking sections:** previous kayaking experience is not required for this challenge as full instruction and support will be provided. As a safety precaution we recommend that you're able to swim 25m in distance. If you are not a confident swimmer please let us know so we can make the necessary plans. The kayak follows the Conwy River which is a tidal river. We have planned the dates for this trip so that the tides work in your favour.

Overall, preparation is key to help you get the most enjoyment and reward from this challenge.

## Training

A Multi Activity 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.

Packing and kit tips will also be provided when you sign up.

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.



06



07



## 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. This partnership means 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](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto: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. At the core of each trip creation is 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're also proud to operate adventures with reason 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 an adventure to remember
- ✓ 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 and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

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**

# 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.

## We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

## 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](http://www.futureoftourism.org). #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



**TOURISM DECLARES  
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.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri  
Snowdonia Society



# YOU'RE IN SAFE HANDS

## ADVENTURE SAFETY AND WELLBEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 4 people per team for the via ferrata section.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.
- ✓ Participants will need to complete a 'Self Assessment Form' prior to travel,

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069. Thank-ewe.

# TOP TIPS

## Bike it! Hike it! Paddle it!

- Dress the part. and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Train in your trekking kit including the wearing of your rucksack with weight inside and in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Have three bags – a daypack to take with you on each activity (waterproofs, warm layers, beanie, gloves, snacks, water & any medication), a small bag to leave in the support vehicle with any spare kit (trainers, spare socks, small towel, etc.) and your main luggage/travel bag for the evenings which will be transported each day
- Bring your own facemask and hand sanitiser
- Good sturdy hiking boots which are comfy, well worn-in and waterproof for the trek. Trainers can be worn for the bike and kayak sections
- Look after your feet – blister prevention
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking
- Wear your waterproof trousers on the kayak legs
- We don't recommend taking any valuables with you on the kayak legs
- 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 ADVENTURE!**





# COST

---

**Deposit:** £95 per person payable on booking

**Remaining balance:** £400 per person payable 4 weeks prior to start of trip

---

## **We've got you covered – financial protection**

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged by Towergate Travel through Zurich Insurance PLC.

## **Pay in instalments, interest free**

We're well aware that adventures can be a significant investment, so we've set out to make it easy to afford. Once you've put down your deposit, you can pay the remaining balance off in monthly instalments with no extra charges so you can get out there and live your dream.

## **Cancelled trips**

If you book on a trip that we are forced to cancel due to the pandemic, you will have the option to join another trip at a later departure with no admin costs or receive a full refund or credit note (excluding flights or insurance payments as these have their own booking conditions directly with the supplier).and prompt refunds.

## **If you choose to cancel your trip within 30 days of departure despite no official advice against travel**

We respect your decision if you no longer wish to travel regardless of the destination or official advice. If you choose to cancel your trip, we will happily make those arrangements for you though please note, if there is no F&CO advice against travel, our standard cancellation terms will apply.

## **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

## The Snowdonia Crossing

### INCLUDED

#### Pre-trip:

- Personalised support in the lead up to your trip from Adventurous Ewe
- Exclusive discount on personal kit from Joe Brown, The Climber's Shop and ashmei sustainable athletic apparel
- Multi Activity Training guide and discount code for personal trainer programmes
- All trip info supplied via our free mobile travel app
- Public liability insurance
- Risk assessment and safety management.

#### On your trip:

- Two nights accommodation on a shared basis
- Checkpoint snacks and drinks
- Breakfast and lunch as per your itinerary
- Cycle & Mountain Leaders and Kayak Instructors
- Mountain bike and helmet hire (Merida mountain bikes with Shimano 9-speed and disc brakes)
- Kayaks, paddles and buoyancy aids
- Kayak briefing, instruction & support on the river
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national park
- Luggage and bike transfers
- Complimentary celebratory fizz on completion of the challenge
- All challenge management and hygienic cleaning procedures of equipment before, during and post trip.

### NOT INCLUDED

- Accommodation the night prior to the start of your trip in Barmouth
- Clothing and equipment listed on your Kit List
- Electronic bike hire (can be organised if you wish)
- Evening meals
- Single room supplement
- Personal spending money
- Any expenses incurred with retiring from the trip early ie. transport, accommodation, meals, etc.

# KIT LIST

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

## BAGS

- Main kit bag (duffle bag)** – with all your items not needed whilst on the trip itself. This bag will be transported from hotel to hotel
- Daypack** – 25 litre to take with you on hiking and biking legs to carry you essential items. A rain cover is ideal
- Small day bag** – can be easily accessed in the support vehicle and carry any spare kit and footwear
- Dry bags** – can be used for all activities
- Reusable cloth bag** for shopping (to avoid plastic bags)

## CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket**
- Midlayer** or **fleece**
- Trekking trousers** - trekking trousers with zip off legs are ideal for lower sections of the trek if you feel the heat. Avoid cotton
- Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1
- Buff** – used for sun protection and warmth
- Beanie** - which covers your ears and is lined for extra warmth
- Gloves** – thermal and wind-proof
- Cycling shorts** – ensure they do not chaff
- Cycling top** – wicking or merino wool base
- Cycling gloves** – recommended fingerless gloves
- Swimwear** – for kayaking (not essential)
- Sleepwear**
- Underwear** – wicking or merino wool base
- Casual clothes** - for evenings and travel

## FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers** – for cycling and kayaking
- Trainers / cros** – comfy shoes to wear in the evenings
- Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks over the liner socks. Wicking socks for wearing with trainers for bike & kayak. Please ensure you trial your sock-wear prior to departure to ensure your sock choice is suitable for your feet.
- Flip-flops / sandals** or similar – (optional).

## EQUIPMENT

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system. Water bottles which can fit in bike water cage. Optional purchase of an [Adventurous Ewe Water-to-Go filtration bottle](#)
- Cycling helmet** – essential (these are included if you're using an Adventurous Ewe bike)
- Bike bag** – small bag which you can attach to your bike frame to carry spare inner-tubes etc
- Head torch & spare batteries** - essential to carry at all times during the trek. Also handy for the hotel
- Sunglasses** – these are essential. They must have strong UVA/UVB protection
- Trekking pole(s)** - optional. Please train with these prior to your trek

## TRAVEL ADMIN

- Any travel tickets**
- Debit/credit cards**
- Cash**

## ADDITIONAL ITEMS

- Hand sanitiser** (essential)
- Face mask**
- Sunscreen and lip block** – SPF50 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – for kayaking
- 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 the hotels
- Reading material / card games** for the evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable charger**
- Go-Pro** - or similar.

# EXCLUSIVE DISCOUNT CODES

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

**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/>

**Ashmei** who produce sustainable high performance sporting apparel. <https://ashmei.com/>

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

For more info please visit:

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



# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

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.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

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



01492 588 069



[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)  
[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)



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



@Adventurous Ewe





We look forward to welcoming you to Snowdonia for this amazing 3-day multisport adventure.

