

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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WELSH 3000S CHALLENGE  
UK

Fri 21 Jul - Sun 23 Jul 2023







## In aid of your choice of charity

21 Jul - 23 Jul 2023

### 3 DAYS | UK | EXTREME

If you are looking for your next adventurous challenge in the mountains then this is it. Long known as a classic challenge amongst serious mountain walkers Charity Challenge have worked hard to create an itinerary to test the most experienced challenge participant.

This exhilarating, extremely challenging and hugely rewarding challenge will have you trekking over the highest mountains in Wales over a sustained three day period.

The Welsh 3000 Challenge sees participants climb all 15 peaks over 3000ft (910m) in Wales (including the highest - Snowdon). As you link all of these peaks together you can expect to cover just over 45 kilometres (30 miles).

This is a real mountain challenge and should not be taken lightly. The terrain is extremely varied involving some steep ascents and descents, long distances and little sleep. This is a challenge suitable for those who are physically fit and who are already experienced walkers.

- Take on the UK's most iconic mountain challenge
- Experience the rugged beauty of Snowdonia
- Summit Wales highest peak - Snowdon (1,085m)
- Fully supported by experienced mountain leaders
- Summit all of Snowdonia's 3000ft mountains, in a single epic weekend.

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 21 Jul*

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#### Day 1 - Arrival and start of challenge

Arrive early morning at our accommodation in Snowdonia to meet your team and for an introduction, briefing about the event and kit check. After this the team will be transferred to the start point.

The Challenge begins!

We will first attempt the Carneddau Section; you will summit the peaks of Foel Fras, Garnedd Gwennlian, Foel Grach, Yr Elen, Carnedd Llewelyn, Carnedd Dafydd and finally Pen yr Ole Wen. The day will finish in the Ogwen Valley where our transport will meet us and take the team back to our accommodation.

This section is very challenging and the most remote of the weekend; involving some steep ascents and ridge walking. It is highly likely that the team will still be on the mountain as darkness falls so head torches are a must for this section of the challenge.

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### DAY 2 *Sat 22 Jul*

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#### Day 2 - The Glyderau

You will have breakfast and get prepared to take on the second day of your challenge: the Glyderau Section. We will summit the stunning Tryfan first before going on to tackle Glyder Fach, Glyder Fawr, Y Garn and finishing on Elidir Fawr. This section is again very challenging and involves some very steep ascents and minor scrambles.

The team will descend from Elidir Fawr into Nant Peris where you will finish for the day and get transferred back to our accommodation to get some rest in advance of the final day.

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### DAY 3 *Sun 23 Jul*

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#### Day 3 - The final day

The final day begins with another early breakfast then off to complete the Snowdon section of the challenge which includes the peaks of Garnedd Ugain and Snowdon (we do not ascend Crib Goch as part of this challenge unless conditions are perfect). The ascent of Snowdon involves some steep ascents and rugged terrain.

We descend off Snowdon and finish the challenge in Llanberis where you can celebrate with your team the fantastic achievement of completing this epic challenge.

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## NB

This itinerary is a guide only and may change due to unusual weather patterns, the strength of the group, and so on. We will not be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say.

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £95.00 when you book  
Then a balance of £424.00  
(9 weeks before your challenge)  
Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £95.00 when you book  
Raise a minimum of £865.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- A-Z of fundraising ideas

### On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge
- Evening Meals
- Packed lunch and drinks
- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies

## WHAT'S NOT INCLUDED

### Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Clothing and equipment listed on your Kit List

### On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 05/05/2023), and the remaining 20% within 4 weeks of completing the challenge (by 20/08/2023). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Typical group size

The typical group size is 10 - 20 participants

### Why book with Charity Challenge?

- Everything included from the moment you arrive. Unlike other operators we include everything from the moment you arrive including all meals, transfers, accommodation and snacks during the challenge.
- The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- We have selected a route designed specifically with our participants in mind.
- The usual high quality Charity Challenge experience from the company who organised Comic Relief's Red Nose Day Kilimanjaro climb. We know mountains!

### Level of Difficulty

This is a real mountain challenge and is graded as **extreme**. This is the perfect challenge for participants who have previous experience of taking part in challenge events of this magnitude. This challenge is designed to be the next step up for those who have completed the National 3 Peaks challenge, so you should be comfortable with long days of walking and then little sleep and rest.

You will be encouraged to take part as a team, helping each other through the challenge.

You can tell your supporters that on your Welsh 3000s Challenge you will be:

- Trekking approximately 45km, over 3 days of walking, approximately 8-10 hours each day (a little less on the last day)
- Early mornings, getting you out on the hill by 7am at the latest.
- Ascend over 4000m over 3 days. That's more ascent than climbing Kilimanjaro!

### Training

This challenge includes long days in the mountains in remote areas and with rough terrain, therefore requiring a good level of fitness. The ideal training for this challenge is, naturally, hill walking. If you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an on-going lifestyle, but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge.

There is no substitute for walking in the hills so try if possible to get out on a weekend and train in an area with steep hills and with rough terrain. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the challenge, the more you will get out of it. Also see your Charity Challenge Fitness Training notes.

### Group Size

Our minimum group size is 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

### Group Management

This is a leader-led challenge and you will be accompanied by our challenge mountain leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

### The team event concept

This challenge is designed and run as a team event that will see you working together as a team to help support each other through the weekend.

Whilst the intention is to push each other as much as possible, the aim of the event is to give everyone the best possible chance of completing the entire challenge.

This event will not be way-marked and marshalled. You will be accompanied by challenge leaders at all times, therefore it is not suitable for people wishing to complete the challenge by themselves.

Throughout the day the group will naturally split into faster and more leisurely paced groups. This will be managed by the leaders and you will be helped to move at a pace that you are comfortable with.

### Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will run UK challenges between March and November, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts up to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

## Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated. The terrain on this challenge varies throughout and can be rough at times, so be prepared! Paths are frequently rocky and boggy and you should be prepared for elements of the route to have a remote feel to them.

## Challenge Timings

**Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

Your day will begin on Friday morning with registration and a full safety briefing with your leaders. Then you're off!

The challenge itself commences early on the Friday and you can expect to have completed all 15 peaks by 5pm on Sunday afternoon. However, please make sure you have flexible return options as things can over run and we can't be held responsible for any missed trains etc.

## Getting to and from the Challenge

**You will be sent precise timings and locations 1 month prior to the start of this challenge.**

Our base for the challenge will be within the Snowdonia National Park. Precise details of which hostel you will be staying at will be sent no later than 1 month prior to the challenge.

The nearest train station is typically Bangor, from where there are buses and taxis available to the hostel.

Parking at the hostel is limited and we would encourage you to lift share wherever possible.

## Accommodation

Two nights of accommodation are provided in a local hostel within Snowdonia National Park. Accommodation will be in the same-sex dormitories with shared bathroom facilities. It is all part of the challenge!

## Food & Drink

You will be provided with a packed lunch each day, along with some snacks. We would advise that you also bring



your own snacks to help power you through the day.

Breakfast on Saturday and Sunday morning will be provided in the hostel, as will dinner on Friday and Saturday night.

Please note that breakfast on Friday morning and dinner on Sunday evening are not included.

### Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, we would advise that you bring with you several pairs of each item so that each day you have warm and dry clothing to wear.

Waterproof and well-worn in boots will be indispensable for the trek. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Trainers are not suitable.

The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are a high quality Gore-Tex (or similar) waterproof and windproof jacket and waterproof trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that jeans should not be worn on this challenge.

A full kit list for this challenge can be found [here](#). Once you book you will have access to kit discounts with our partners Cotswold Outdoor, where you can buy equipment, or alternatively you may wish to consider [Outdoor Hire](#) who can provide very high quality equipment and clothing to hire for the weekend at a fraction of a price.

### Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the challenge. However, during the days on the hill such facilities will be limited to the great outdoors!

### Money

During the challenge days there will be no opportunity to purchase snacks. There might be the opportunity to purchase food and drink at the end of the challenge days and so you may wish to take some money with you but we would advise you should need no more than £20.00, excluding your travel costs.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a few important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- We employ qualified instructors for each activity. Please listen carefully to the instructions given.
- This is a 3 day challenge. Ensure that you eat lots throughout the days and keep yourself hydrated by drinking lots of fluids.

### Emergencies

Your leadership team is trained to deal with emergency situations in remote areas and will be carrying mobile phones and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within the planned time frame. Should you find yourself unable to continue for any reason, then our support team will be able to assist you coming off the challenge. Emergencies will be coordinated with the local Mountain Rescue service.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

### Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

### Responsible Tourism

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### Does this route include the ridge of Crib Goch?

**IMPORTANT INFORMATION: Please read the following information carefully regarding our policy on taking participants along the Crib Goch ridge.**

At the time of booking you will be asked to indicate whether you wish to include Crib Goch in your challenge. Including Crib Goch or not does not have any bearing on completing your challenge. It is simply a route choice. Charity Challenge will always offer the alternative route and will never force anyone to tackle any section of a challenge that they are not comfortable with.

Crib Goch is a narrow, knife-edged ridge that leads up to the summit of Snowdon. It is known in the mountaineering world as a Grade 1 scramble, which means that it is a rocky, steep route with considerable exposure on either side. It is considered one of the great scrambles of the UK, but is only suitable for people who are comfortable on rocky ground and have a good head for heights.

The British Mountaineering Council has an excellent [webpage](#) about the challenge you will face on Crib Goch, including an excellent short video. We would strongly encourage all participants to read this webpage carefully.

### Charity Challenge Policy.

Crib Goch is deliberately part of day 3 of your Welsh 3000s itinerary. This means that your mountain leaders will have had 2 days of walking with you in the hills to assess your capability to tackle Crib Goch. Your leaders will discuss any decisions with you throughout the previous two days but any decision they make will be final. We would ask you to respect any decision that they make.

Charity Challenge will only ever take groups on Crib Goch in good weather. Rain, wind and low cloud will all result in Crib Goch being taken off the itinerary and the alternative route taken. Again, any decision that your leaders make regarding the weather will be final, and we ask you to respect their professional opinion.

### **What happens if I don't attempt Crib Goch?**

Anyone who does not wish to ascend via Crib Goch will join up with the other leaders and will ascend via the alternative route. Please note that this is not the easy option, and still involves the same amount of ascent over steep rocky ground.

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## Any more questions?

Contact us:

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