

Wandering Aengus Treks

~ The Welsh 3000 Challenge ~

grade:



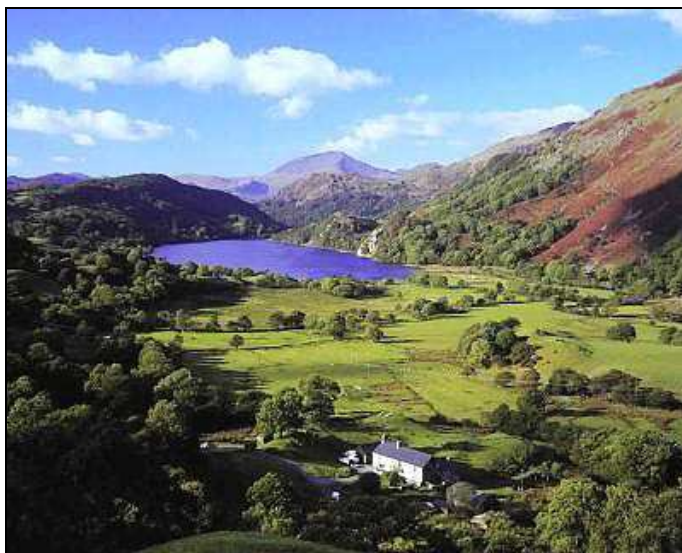
Introduction

Snowdonia or Eryri is the second largest National Park in England and Wales and contains the highest mountain in either England or Wales. Altogether there are approximately 90 peaks within the Park, along with 100 lakes and around 37 miles of coastline. Fifteen of these peaks top the magic line of 3000 feet, and a complete round taking in all fifteen is a true challenge and a hikers prize. After a warm-up and orientation day, this superb tour from Wandering Aengus Treks tackles the fifteen 'three-thousanders' in three days of glorious hiking among some of the best scenery in Britain.

After transferring from Manchester Airport to our base in the lovely Gwynant Valley, the trip begins with an introduction to the hills of Snowdonia via an ascent of one of the area's lower peaks giving extensive views of the range and to the coast. We start the 'three-thousand' challenge from the coast at Abergwyngregyn on Conwy Bay, climbing up into the Carneddau mountains. A tremendous day of ridge walking takes in seven of our fifteen peaks before we drop down into the stunning Ogwen Valley. After an evening of conviviality at our hotel base we return to Ogwen and resume the round with a climb of Tryfan. From here we scramble on the Bristley ridge to reach the Glyderau and have another brilliant ridge walk to Y Garn and Elidir Fawr. With 12 of the three thousanders under our belts we descend into the Llanberis Valley to meet our tour vehicle. The final day of the round is the climax in every sense, reaching the summit of the highest peak in England and Wales, and by the simply superb Crib Goch Ridge. This challenging and very spectacular tour is the perfect introduction to the peaks of Snowdonia for fit and experienced hikers who are comfortable on a variety of mountain terrain.

Itinerary

Day 1. Arrive Beddgelert.



We will meet you at Manchester Airport. From here we drive approximately 2 hours to the heart of Snowdonia in North Wales. We stay in the picturesque village of Beddgelert situated at the confluence of the Gwynant and Colwyn valleys and at the foot of the long south ridge of Y Wyddfa also known as Snowdon. Beddgelert is essentially a small mountain village and its many charms attract visitors from all over the country, with the consequence that it boasts several excellent restaurants and pubs serving meals and snacks. After checking in at our hotel we stretch our legs with a stroll along the river Glaslyn and pay a visit to the grave of Gelert, the faithful hound of Prince Llewellyn which legend says is buried here and which gives the village its name. This evening we have a welcome dinner at the hotel and our guides will brief us on the walks.

Day 2. Training Hike.

To warm up for our three-thousander challenge, and to get an overview of the mountains of Snowdonia, we will climb one of the sub-3000 foot peaks in the local area. The exact choice for this training hike will depend on prevailing conditions of the day.



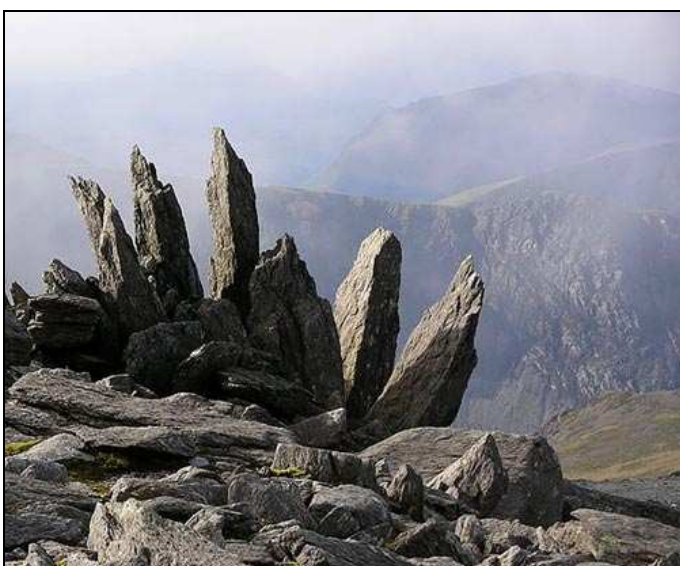
Day 3. The Carneddau

Our round of all fifteen of the Welsh 3000 foot peaks begins beside Conwy Bay. Our route takes us past Aber Falls and along the Afon Goch to gain the ridge at LLwytmor. From here it is just under a mile and a further 500 feet of ascent to Foel-fras (3091ft.), the first of our fifteen. We now make steady progress along the ridge which comprises the summits of Garnedd Uchaf (3038ft.), Foel Grach (3202ft.) and up to Carnedd Llewelyn (3491ft.), the third highest peak in Snowdonia. Here it is necessary to make a detour to take in the outlying Yr Elen (3156ft.) which will take us 45 minutes to an hour to return to Carnedd Llewelyn. Heading first south and then swinging west around the head of the Afon Llafar, we continue along the ridge to Carnedd Dafydd (3425ft.). The Carneddau ridge ends abruptly at Pen yr Ole Wen (3209ft.) and we have a steep descent into the Ogwen Valley to finish the day beside the blue waters of Llyn Ogwen, where we meet our vehicle.

Day 4. The Glyderau



Returning to Llyn Ogwen we pick up where we left off with an ascent of Tryfan (3002ft.). Though this is the least of our fifteen in terms of its altitude, it more than makes up for this in sheer character. There are several possible routes to the top and we will choose one appropriate to the conditions on the day. Tryfan stands aside from the main ridge of the Glyderau but is connected to it by a superb scrambling ridge which takes us to Glyder Fach (3261ft.). We now have an excellent ridge walk among a weird landscape of boulders and huge rock splinters. The ridge narrows at the 'Castle of the Winds' and broadens again as we climb gently towards Glyder Fawr (3278ft.). From the summit we descend almost a thousand feet to the mountain lake of Llyn y Cwn above the Twll Du (Devil's Kitchen). Stamina and commitment are tested as we re-ascend 770 feet to the summit of Y Garn (3107ft.). The next section of today's walk is a glorious one following the ridge via Foel Goch (2726ft.) and Bwlch y Breccan and a final climb to the summit of Elidir Fawr (3031ft.). We retrace our steps for a short way to reach the descent path beside the Afon Dudodyn and follow this down to Nant Peris where we can take some welcome refreshment in the Vaynol Arms. We meet our vehicle here and drive across Pen-y-Pass to return to the Gwynant Valley and our hotel in Beddgelert.



Day 5. Yr Wyddfa

The final day of the Welsh 3000 Challenge is a fitting climax to the trip. We begin at Pen-y-Pass above the Llanberis Pass following the Pyg track to a saddle overlooking the lake of Llyn Llydaw. From the saddle which is known as Bwlch y Moch (pass of the pigs), we scramble up the rocky east ridge to the tiny summit of Crib Goch (3028ft.). On reaching the summit we can see our route ahead – the Crib Goch Ridge, an undulating rock arête which snakes its way for three quarters of a mile to Garnedd Ugain. This exciting ridge is great fun. The first part can be walked on its crest but most people will succumb to the security of footholds just below the top, using the crest as a handhold. Next you must negotiate three pinnacles before reaching a grassy saddle and beyond, the ridge climbs to the summit of our penultimate peak, Garnedd Ugain (3494ft.).



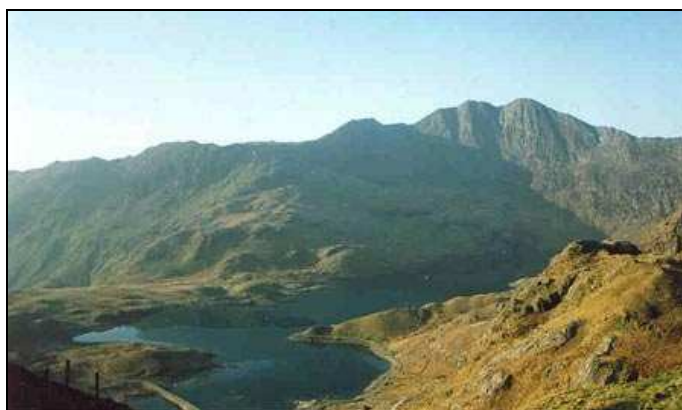
Now we make a short descent to the railway track and follow this for the final 300 feet along the north ridge to the summit cairn of Yr Wyddfa. At 3560 feet this is the highest point in England and Wales and the final peak of our fifteen. For our descent route we have several options and we shall choose the most appropriate according to the conditions of the day and the party. Arriving back at our base we will certainly want to celebrate our success at climbing all of the Welsh three-thousanders.

Day 6. Depart Wales

After breakfast there is a single transfer to Manchester Airport timed to arrive at 11.00 am.

Special 4 day / 3 night itinerary

For those who are short on time and have their own transport, there is the possibility of joining this trip on Friday evening (Day 2) and departing after the final Yr Wyddfa section on Monday (Day 5)



WELSH 3000 CHALLENGE 2010

6 days/5 nights - £665 / US\$1059*

Single supplement: £125

Thu 26 Aug – Tue 31 Aug

4 days/3 nights (join in Beddgelert) - £425 / US\$677*

Single supplement: £75

Fri 22 May – Mon 25 May (Bank Holiday)

Fri 21 Aug – Mon 24 Aug

Grade: We have given this tour the grade of **STRENUOUS**. This trip involves continuous days of challenging hiking of 8 - 9 hours or longer each day, and a total ascent of more than 12,000 feet in just three days. During the round of the Welsh 3000^{ERS} you will encounter steep hillside, loose scree and narrow rock ridges with some degree of exposure, as well as a variety of terrain such as forest track, turf and boulders. You must ensure that you are physically capable of undertaking this challenge and that you are comfortable with the type of terrain described before booking onto this trip. If you have any doubts or would like further information, please do not hesitate to call us.

Accommodation for **The Welsh 3000^{ERS}** is at the Tanronin or Royal Goat Hotel in Beddgelert**. These are excellent old-established 3 star hotels. All rooms are en-suite and each hotel has a restaurant, bar and lounge.

Meals: All meals are included in the trip price. This consists of a choice of cooked or continental breakfast, a sumptuous picnic lunch of sandwiches or wraps, cake or biscuit, and fruit juice. Dinner is a three course meal taken in the hotel or a nearby restaurant.

The price includes:

- ❖ The services of an experienced Wandering Aengus Treks walk guide and a PCV qualified driver
- ❖ A single timed transfer from Manchester Airport to Beddgelert on Day 1 (6 day trip only)
- ❖ A single timed transfer from Beddgelert to Manchester Airport on Day 6 (6 day trip only)
- ❖ All meals consisting of breakfast, packed lunch and 3-course dinner
- ❖ Transfer to the start and from the end of walks by private minibus
- ❖ Accommodation as stated in the above itinerary**
- ❖ Maps and route cards of the Welsh 3000^{ERS}
- ❖ European V.A.T @ 17.5%

The price does not include:

- ❖ Flights or rail journeys to/from start and end points
- ❖ Single supplement if you choose not to share a room (please contact us directly if you wish to request a single room)
- ❖ Admissions and excursion fares which are not part of the above itinerary
- ❖ Beer, soft drinks, extra tea, coffee etc.

*Prices quoted in US\$ are approximate and are dependant upon exchange rates at the time of payment.

** We reserve the right to change the advertised accommodation in certain limited circumstances but will always use an alternative of equal standing, and as far as possible we will retain the concept of using accommodation of character and charm. Please note that while we provide en-suite rooms (rooms with private bathroom) wherever these are available but this cannot be guaranteed.

Your complete financial protection:

Wandering Aengus Treks complies with the UK '**Package Travel, Package Holidays and Package Tours Regulations 1992**'. Your deposit and final balance is paid into a holding account administered by an independent body and is only released to us upon the completion of your holiday. Full details of this scheme will be supplied with your booking confirmation.

If you are viewing this dossier on screen, click to go to the [Welsh 3000 Challenge page](#) of the Wandering Aengus Treks' website or to [book online](#)

WANDERING AENGUS TREKS

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