

Welsh 3000s

Beer Harris Memorial Trust
17th June 2023



Who am I?

- ▶ My name is Conor Watt. I'm a freelance outdoor instructor, living and working in North Wales. I'm a qualified Mountain Leader, Rock Climbing Instructor and Outdoor First Aider. I'm also a PPE graduate from Warwick, which is where I became friends with Joe.
- ▶ My contact details are:
- ▶ Mob - 07920142274
- ▶ cwattb93@gmail.com
- ▶ Feel free to contact me with any questions regarding the challenge.

What is it?

- ▶ The Welsh 3000s is a long-distance walking challenge, encompassing 15, 3000ft (914m) mountains across Snowdonia (Eryri in Welsh). The distance (factoring in getting back to the start) is roughly 50km, with 3,625m of ascent.
- ▶ The aim is to complete the challenge within 24 hours, however, many teams aim for a much lower time than this.
- ▶ The record, from first summit to the last, was set by Finlay Wild in 2019, and stands at 04:10:48! (hrs:mins:secs)

Route

- ▶ We have prepared a route on the mapping software, FATMAP. If you click the link below, and then select the 'Flyover' option (the airplane icon), you can get a feel for the route. You will have to make a free account to do this, which takes a couple of minutes, but we think it's worth it to see the route up close.
- ▶ <https://fatmap.com/routeid/3078067/welsh-3000s-bhmt>

How fit do you need to be?

- ▶ With a challenge of this nature, mental toughness is often more important than physical toughness. I have seen people in their 60s breeze through it, and people in their 20s pull out half way!
- ▶ With that being said, it is obviously important to have a good base fitness to work with. With the challenge being 8 months away, this gives you plenty of time to build that fitness, if you don't already have it.
- ▶ The best way to build fitness for hill walking, *is* by hill walking. The muscles you use are quite specific, and more importantly, time in the mountains helps improve your confidence moving through mountainous terrain. A long weekend walking in Keswick will be much better for your legs than 1000 squats in the gym!
- ▶ Ultimately, having a good level of fitness, and being confident in the mountains, will make the challenge more enjoyable for you!

Terrain

- ▶ The route goes through three distinct mountain ranges, the Snowdon Massif, The Glyderau, and The Carneddau.
- ▶ Snowdon Massif - over Crib Goch and Crib-y-Ddysgl, the route is a grade 1 scramble. Scrambling is an activity that sits between hill walking and rock climbing, blending elements of both. There are three grades, 1 being the easiest, 3 being the hardest. In simple terms, you can expect to use your hands through this section and be prepared for lots of exposure (think big drops) when stood on Crib Goch.
- ▶ Glyderau - grassy to start, with scree and rocky terrain further around. Some shorter sections of grade 1 scrambling on Tryfan's south ridge.
- ▶ Carneddau - very grassy, and long!

An image taken from Crib-y-Ddysgl,
looking over to Crib Goch



Logistics

- ▶ We will meet in the [linked car park](#) at 03:00 on Saturday 17th June 2023. The car park is free, so no issues with payment. From here, we will take taxis up to [Pen-y-Pass](#), our start point for the challenge.
- ▶ By starting so early, we'll maximise the amount of daylight we have for the challenge (this is also why we've chosen a date that is close to the summer solstice).
- ▶ We would advise that people travel up on Friday 16th and get some sleep beforehand. There are lots of airbnbs in Bethesda, as well as hotels/guest houses in Bangor (10minute drive). There's also two campsites in the Ogwen valley (10minute drive). [Gwern Gof Uchaf](#) and [Gwern Gof Isaf](#). We would also advise that people stay over on Saturday 17th, to avoid any tired driving!
- ▶ We will finish the route by walking back into Bethesda, to our initial meeting point.

Logistics...continued

- ▶ We will have a support vehicle, which will meet us on two occasions, firstly in Nant Peris, and secondly, in the Ogwen valley. This will give people the opportunity to top up their water, eat and restock their food for the next leg. It will also be an opportunity for anyone who would like to drop out of the challenge, to do so.
- ▶ You will need to provide food, hydration and any snacks that you're particularly fond of. It's a good boost to morale before the final Carneddau leg, to see your favourite chocolate bar in your bag!
- ▶ We will be operating under my Public Liability Insurance, which roughly limits me to guiding 12 people. If we have a stronger interest in the challenge, then I will speak with other outdoor professionals, to ask if they will volunteer their time to help us.

Kit

- ▶ What kit you need to carry, will ultimately depend on the weather forecast for the day. However, as a comprehensive list, I advise the following:
 - Synthetic t shirt
 - Fleece
 - Synthetic insulation jacket
 - Softshell trousers
 - Waterproof jacket
 - Waterproof overtrousers
 - Walking shoes or boots*
 - Hiking poles*
 - Large water bottle, or hydration bladder
 - Hiking rucksack
 - Midge spray
 - Sunscreen
 - Cap
 - Gloves

Kit...continued

- ▶ Of course, if the forecast is for particularly hot weather (even overnight) then you might bring some shorts, another water bottle, leave the waterproofs and gloves in your support vehicle bag, and bring a windbreaker.
- ▶ In terms of walking shoes or boots, I leave the choice up to you, based on what you feel comfortable wearing. There's lots of debate in the outdoor world as to what footwear people should wear in the mountains, with good arguments either way. Ultimately, whether it be shoes or boots, they need to be sturdy, with good, grippy tread, and you should have racked up a fair distance in them already (as opposed to wearing them for the first time on the challenge).
- ▶ I am a big advocate for hiking poles, as they give you extra power uphill, and greater control and comfort going downhill, again, if you are going to use poles, please practice with them beforehand.

Expectations

- ▶ Conor will be in charge of navigation throughout the challenge, therefore, you do not need a map and compass.
- ▶ Conor will be in charge of any medical emergencies, therefore, you do not need any first aid supplies, I will carry these in my rucksack. However, having some blister plasters may come in handy!
- ▶ Anyone participating in the challenge has to be over the age of 18, or, if under 18, they have to be accompanied by a parent or guardian.
- ▶ Once we have an idea of numbers, Conor will send out sign up forms, which will include questions about your medical history.
- ▶ You will need to provide your own food and hydration for the challenge

Cost and Fundraising target

- ▶ We will ask for £50 up front, to cover the cost of taxis to Pen-y-Pass and emergency snacks and hydration, which will be in the support vehicle. This can be paid via the BHMT website <http://www.beerharrismemorialtrust.org/>
- ▶ Any funds from this which aren't used, will of course be directed to BHMT.
- ▶ After this initial £50, there is a fundraising target of £1000. Ultimately, this is a target, and failure to meet it will not affect your ability to participate in the challenge.
- ▶ Please contact miranda@beerharrismemorialtrust.org to register your interest.

Preparation days

- ▶ If you are interested in some private guiding prior to the challenge, feel free to contact me, and we can discuss some options.

