

# WELSH 15 PEAKS CHALLENGE



## Highlights

- 15 peaks! 4000 metres of ascent! 26 miles trekked! 3 epic mountain days!
- One of the toughest walking challenges in the UK, tackling 15 x 3,000+ foot peaks in Wales
- Admire the view from the top of some of Snowdonia's finest mountains, including Snowdon, Tryfan, Glyderau and the Carneddau
- Ascend ridges, cross linked peaks and experience the rugged beauty of Snowdonia
- Trek with pride knowing you're helping support the work of the [Snowdonia Society](#) and [Cool Earth](#)
- Accompanied by experienced local Mountain Leaders who have received bespoke safety training for this trek
- Enjoy hearing about the local myths and legends and learning more about the environment and culture as Adventurous Ewe are founding member of the Snowdonia National Park Ambassador Scheme
- We look forward to welcoming you to our beautiful homeland of Wales.
- #ewecandoit



# WELCOME

## CROESO

### Overview

Are you ready for an epic mountain adventure embracing rugged mountains, ridges, coastline, forests, valleys, rivers, bird-filled estuaries and Wales' biggest natural lake? Covering 15 of Snowdonia's highest mountains, this journey will take you through spectacular landscapes and test your mettle on a tough 3-day adventure. During it you will cross three distinct mountain ranges, take in the scramble of Crib Goch, and summit Snowdon itself!

Our Welsh 15 Peaks trips are run with experienced local mountain leaders who love this 3 day journey through the mountains. So while en-route you're welcome to pick up a few new skills such as map reading and taking compass bearings plus finding out more about the local history, flora and fauna while being in awe of the incredible views.

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 Snowdonia and showcase the very best of this amazing environment.

If you have any questions please get in touch by email: [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069.

We look forward to welcoming you to our homeland of Wales for iconic mountain adventure.







# TRIP SUMMARY



**Activity:** Mountain trekking  
**Duration:** 3 days & 2 nights  
**Active days:** 3 trekking days  
**Distance:** Approx 26 miles in total  
**Ascent:** Approx 4000m in total  
**Cost:** Deposit: £75 per person  
Remaining balance: £420 per person

**Group size:** 10 – 30 people  
**Level of difficulty:** ■■■■ ■  
**Tough**  
**Dates:** May through to September



# ROUTE MAP

Get ready for an adventure



## DAY 1

Traverse the Carneddau Range (7 peaks)

## DAY 2

Traverse the Y Glyderau Range (5 Peaks)

## DAY 3

Traverse the Snowdon Range (3 Peaks)

## 15 PEAKS

1. Snowdon/Yr Wyddfa = 3559 ft (1,085 m)
2. Garnedd Ugain/Crib y Ddysgl = 3494 ft (1,065 m)
3. Crib Goch = 3028 ft (923 m)
4. Elidir Fawr = 3031 ft (924 m)
5. Y Garn = 3106 ft (947 m)
6. Glyder Fawr = 3284 ft (1,001 m)
7. Glyder Fach = 3261 ft (994 m)
8. Tryfan = 3011 ft (918 m)
9. Pen yr Ole Wen = 3208 ft (978 m)
10. Carnedd Dafydd = 3425 ft (1,044 m)
11. Carnedd Llewelyn = 3490 ft (1,064 m)
12. Yr Elen = 3156 ft (962 m)
13. Foel Grach = 3202 ft (976 m)
14. Carnedd Gwenllian = 3038 ft (926 m)
15. Foel-fras = 3090 ft

# ITINERARY

## 2 boots. 15 mountains. 4000m ascent. 26 miles. 1 epic adventure

Covering 15 of Snowdonia's highest mountains, this journey will take you through spectacular landscapes and test your mettle on a tough 3-day adventure. You'll cross three distinct mountain ranges, take in the scramble of Crib Goch, and summit Snowdon itself! In teams of no more than 12 people, you'll be accompanied by a certified local mountain leaders with additional leader/s for Crib Goch allowing for teams to split and either take the grade 1 scramble or an alternate less technical route.

### EVENING PRIOR

We recommend arriving in Snowdonia the night prior to the start of your trek given the early start the following day. We will provide you with a list of accommodation places once you book. You're welcome to stay at the lodge we will be using for the trek which will give you the chance to meet the team and your fellow adventurers. This is at your own expense.

### DAY 1

#### Traverse the Carneddau Range (7 peaks)

With an early rise you will start the first day of your Welsh 15 Peaks Challenge on Foel Fras (942mts) the most northerly of the Welsh 3000ft! Your route then takes you to Garnedd Uchaf (926mts) and Foel Grach (976mts) with stunning views along the coastline. Following a ridge you will then tackle Yr Elen (962mts). Retracing your steps it's a steady climb to Carnedd Llewelyn (1064mts). Carnedd Llewelyn is the highest mountain in the Carneddau range. Next up is Carnedd Dafydd (1044mts). In the late afternoon during your descent you will finish off the day with Pen Yr Ole Wen (979mts) and a final steep descent to the Ogwen Valley.

*Approx. 8 – 10 hours walking*

#### Included:

- Vehicle transfer to and from the start and finish points of your trek
- Mountain leaders
- Home-made packed lunch
- Overnight accommodation in lodge (dorm room basis with private beds)

### DAY 2

#### Traverse Y Glyderau Range (5 Peaks)

With 7 peaks already in the bag, today sees you cross Y Glyderau, one of the most impressive mountain ranges in Britain. Starting with a scramble up Tyfan (917mts) and the famous Adam & Eve standing stones, before short steep climb onto Glyder Fach (994mts) and the Cantilever rock, making your way to Glyder Fawr (999mts.)

As you traverse the Glyderau you will have stunning views over Snowdonia. You then make your way to Y Garn (947mts) crossing the top of Twll Du (Devils Kitchen), following in the footsteps of Charles Darwin. Your final peak of the day is Elidir Fawr (924mts) before a descent to the Llanberis pass.

*Approx. 8 – 10 hours walking*

#### Included:

- Breakfast
- Vehicle transfer to and from the start and finish points of your trek
- Mountain leaders
- Home-made packed lunch
- Overnight accommodation in lodge (dorm room basis with private beds)

### DAY 3

#### Snowdon Range (3 Peaks)

Your final day of the Welsh 15 Peaks Challenge takes you along possibly one of the most famous ridge walks in the UK, Crib Coch (921mts) where a head for heights is needed. As you reach the summit of Crib Ddysgl (1065mts) the challenge is within your grasp and you head for your final summit, Snowdon (1085mts). From Snowdon summit you will have the choice of completing the Snowdon Horseshoe or returning to Pen y pass on the Pyg track. This is time and weather dependent.

*Approx. 6 – 8 hours walking*

#### Included:

- Breakfast
- Vehicle transfer to and from the start and finish points of your trek
- Mountain leaders
- Home-made packed lunch

# YOULI TRAVEL

To access all your trip info online and complete your medical, dietary and COVID self-assessment forms, please log onto your personalised Youli link.



 **TRIP SUMMARY**  
Dates, trip overview

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

 **TRAVEL DOCUMENTS**  
Please complete your medical form, dietary requirements and COVID self-assessment form no later than 7 days prior to travel

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



# ESSENTIAL INFO

The nuts & bolts bits for your adventure



## 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 15 Peaks 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 the trek together with an additional Leader for the grade 1 scramble of Crib Goch. 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 Crew will also be in constant radio communication with the support vehicle throughout your adventure.

## Level of difficulty

The Welsh 15 Peaks Challenge is graded as **'Tough'**. This is due to there being three consecutive long days of trekking along mountain terrain.

There is also Grade One scrambling involved with crossing Crib Goch and ascending Tryfan, however there will be options for you to take alternative routes if you wish during these sections.

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 day. 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 **10 people** and the maximum group size is **30 people**. You will be split into groups of no more than 12 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 10 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 bespoke training programme will be provided when you join this mountain trek to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. 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](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.



# TOP TIPS

## 15 peaks in 3 days

- 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 luggage/travel bag which you can either leave in your accommodation place
- Pack your kit inside a dry bag for the trek
- Bring your own facemask and hand sanitiser
- Look after your feet – blister prevention. For the best tips on blister prevention and treatment, visit [Fixing Your Feet](#) -
- 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**







# 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**

# CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Toubkal Summer Trek, and plant or protect enough trees to suck 2x as much back out the atmosphere.

## What's the number?

It works out on average at **42kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations. The only thing not included is travel to Snowdonia. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

## What does the number mean?

To give some meaning to the numbers:

- Driving 20 miles in the car: 5.6kg CO2e
- The average UK person per day: 41kg CO2e
- A typical Dubai hotel room for the night: 99kg CO2e
- An economy ticket from London to Ibiza: 206kg CO2e
- An economy ticket from London to Vietnam: 1,352kg CO2e
- A business class ticket from London to Vietnam: 3,922kg CO2e
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 - 10 years.

## What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wild with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



## TOURISM DECLARES CLIMATE EMERGENCY



### Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).



# 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



**TOURISM DECLARES  
CLIMATE EMERGENCY**



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

# 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.**

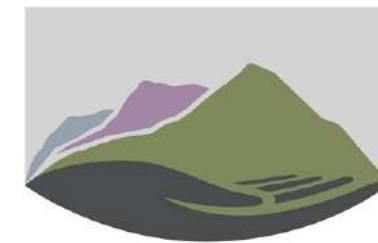
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

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.adventurousewe.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 10 people per team.
- ✓ 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.
- ✓ You will need to complete a 'Travelling Self Assessment Form' for this trip.

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.



# COST

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**Deposit:** £75 per person payable on booking

**Remaining balance:** £420 per person payable 6 weeks prior to start of trip

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There is an option to book the trek only and organise your own accommodation if you wish. Please contact us for more info if you would prefer this option. Email [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069.

Please visit our '[Book with Confidence](#)' webpage for the latest info and flexible booking conditions.

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 15 PEAKS CHALLENGE

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your Welsh 15 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 a personalised online platform
- Public liability insurance
- Risk assessment and emergency management planning.

#### During your trip:

- Safety briefing
- Certified Local Mountain Leaders
- 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
- Two nights accommodation in local lodge
- Home-made breakfast x 2
- Home-made packed lunches x 3
- 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/or camelbaks/platypus 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.

# 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.

Please check the mountain weather forecast the week leading up to your trip so you can be sure to be fully prepared for your trek. Simply visit [Snowdonia National Park Forecast \(mwis.org.uk\)](http://mwis.org.uk)

## 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)
- 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-shirts** - 3 days of trekking
- Casual clothes** for the evenings and travel
- Sleepwear**
- Underwear** – wicking or merino wool base

## TRAVEL ADMIN

- Travel tickets ie. train tickets**
- Debit/credit cards**
- Cash**

## FOOTWEAR

- Hiking boots** – well-worn in with ankle support and waterproof
- Trainers** – or other comfy shoes for casual wear
- Socks** – recommend merino wool hiking socks and some casual wear socks. If the weather forecast is for wet weather, we recommend bringing additional pairs of socks
- Flip-flops** – or similar (optional)

## BAGS

- Overnight bag** – which you can leave any items not needed during your trek. This can be left in your accommodation place
- 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/s** – (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**
- Face mask**
- 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
- Towel** – for showering at lodge
- 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 hotel
- Reading material / card games** for the evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable charger and adapter**
- Travel padlock**



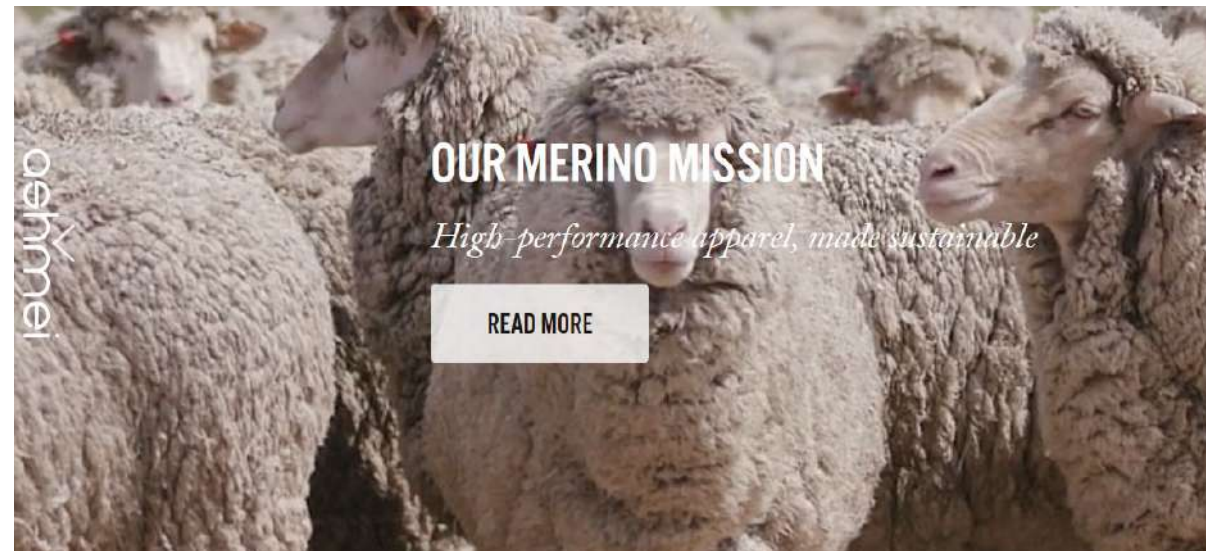
# EXCLUSIVE DISCOUNT CODES

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.adventuroousewe.co.uk/training-kit/>

# CONTACT US

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



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



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



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Adventurous  
ewe

We look forward to welcoming you to the stunning Snowdonia National Park for this iconic mountain challenge.

