



Rugby for Heroes Welsh 3000s Mountain Challenge



Welsh 3000s July Charity Hike in aid of
Rugby for Heroes and New Horizons Mental Health.



Ryan Jones, Julian Lewis Jones, and friends have assembled a small team to take in some stunning scenery whilst summiting Wales's 15 highest peaks over 3000ft as well as raising some money for two fantastic charities.

What the event will do?

The event will run for 2 days. As a group over a 48hr period, we would walk, scramble climb and visit all the summits of the 15 highest mountains in Wales all over 3000ft.

The Event - 25/26th July (weather permitting)

Distance peak to peak - **26 miles**
Total - **31 Miles**
Assent and decent - **13,000ft**
Steepest Gradient - **64%**

DAY 1

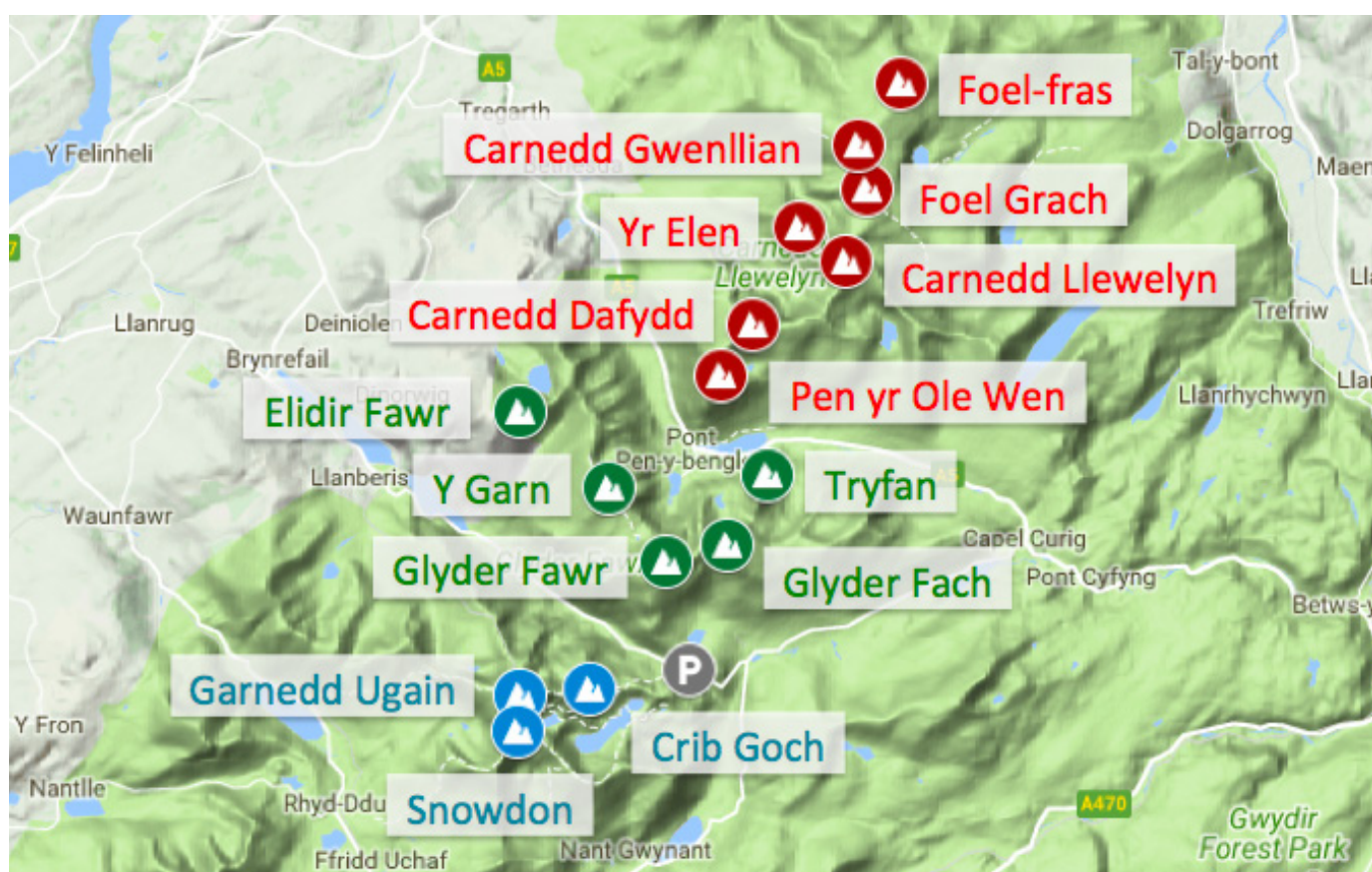
Leave Pen y Pass to checkpoint 1
(CP1) Snowden (3560 ft)
CP1 - CP2 Garnedd Ugain (3494 ft)
CP2 - CP3 Crib Goch (3028 ft)
CP3 - CP4 Elidir Fawr (3031 ft)
CP4 - CP5 Y Garn (3006 ft)
CP5 - CP6 Glyder Fawr (3284 ft)
CP6 - CP7 Glyder Fach (3261 ft)
CP7 - CP8 Tryfan (3011 ft)

End of day one move down to Glan Dena,
meet with support vehicle.

DAY 2 - Resume challenge

Leave Glan Dena to checkpoint 9
(CP9) Pen Yr Ole Wen (3208 ft)
CP9 - CP10 Carnedd Dafydd (3425 ft)
CP10 - CP11 Yr Elen (3156 ft)
CP11 - CP12 Carnedd Llewelyn (3490 ft)
CP12 - CP13 Foel Grach (3202 ft)
CP13 - CP14 Garnedd Uchaf (3038 ft)
CP14 - CP15 Foel Fras (3090 ft)

Foel Fras being the finish point there is
the short descent down to the support
vehicles.



Donate... <https://www.gofundme.com/f/welsh-3000s-mountain-challenge>



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