

Routes are subject to change and will be confirmed closer to event date

The Mountains – Snowdon

Snowdon (1085m, 3560ft) (GPS Postcode: LL55 4NY)

Drivers should drive to Pen y Pass where walkers will be dropped off at the car park at the top of the pass. Walkers should arrive in full walking gear, with rucksacks packed and ready to go as there will be no time to prepare at the top of the pass. Drivers should then return to Lakeside Car Park LL55 4TA, Llanberis, Snowdonia and park in the car park to await the return of the walkers.

Please keep noise levels to a minimum due to the very early hour and take any litter away with you!

The check-in point is at the car park (grid ref. 647556).

On Snowdon, the route to the summit differs from the descent – you will ascend by the Miner’s path and descend via the Llanberis Path

The path starts at the far left hand corner of the Pen y Pass car park, opposite the entrance.

As you walk, enjoy the fantastic views of the Gwynant valley down to the left from the path. Shortly, you will see the famous Snowdon Horseshoe which is made up of Lliwedd (898m/2946ft), Snowdon (1,085m/3560ft), Garnedd Ugain (1,065m/3494ft), and Crib Goch (921m/3022ft).

In a while you will pass a small lake on your left, Llyn Teyrn. Look out for the ruins of the old miners’ barracks near the shore.

The path forks near Llyn Llydaw. Bear right and you will reach a causeway across the lake.

Cross the causeway and follow the path passed the ruins of the Britannia Copper Mine crushing mill on your right, before a steep climb to Llyn Glaslyn lake.

From Llyn Glaslyn, look at the dramatic view of Snowdon rising almost 500m above the glacial lake. As you walk around the lake, you will pass the ruins of another row of barracks on your right, where the miners used to stay during the week. From Llyn Glaslyn, although you have walked almost three quarters of the route in terms of distance, you are only half way up the mountain, time wise.

From Llyn Glaslyn, go to the right just after the barracks, and follow the path that climbs steeply over scree. This part of the route is a hard climb and can be very slippery. Looking across Llyn Glaslyn, to the left of the summit of Snowdon you will see Bwlch y Saethau (meaning ‘pass of the arrows’).

Shortly, you will reach a standing stone that marks the junction with the Pyg Track. From this point the path continues to climb steeply and loose underfoot and will zigzag up to Bwlch Glas. Near the old mine workings the path divides into several optional routes, but keep to the right here, following the cairns to avoid the mine workings.

At Bwlch Glas, you will be joining the Llanberis Path and the Snowdon Ranger Path. This junction is marked with a standing stone (grid ref. 608549). (Remember it on your way down).

When you join the paths you will see railway tracks running up the mountain along the right hand side of the path.

Follow the path to the left from the standing stone. You are now on the final leg of your walk up Snowdon. Walking at a leisurely pace, you can expect to be on the summit in around a quarter of an hour.

From the summit on a clear day you will be rewarded with fantastic views - 18 lakes and 14 peaks over 914 metres (3000ft) can be seen. Sometimes, you can even see as far as Ireland, the Isle of Man and the Lake District.

As previously mentioned, the descent is by the Llanberis Path, so carry on down to the standing stone (grid ref. 608549) in a northerly direction i.e. do not go back down the Pyg Track. The Path curves around to come alongside the railway track and passes beneath it just before the Clogwyn station. Do not stray from the path as the cliffs to the left are sheer (known as Clogwyn Du'r Arddu or 'Cloggy'). The Llanberis Path from here is well defined and follows the railway down to Llanberis. Finally, in the town, cross over the A4086 to Lakeside car park (LL55 4TA).

Please note that marshals are situated along the route for safety purposes and not to direct teams. The event is a challenge, not a guided walk which is why we expect all teams to carry maps and compasses and possess map reading skills.

The Mountains – Cadair Idris

Cadair Idris (893m 2930ft) (GPS Postcode: LL36 9AJ)

Cadair Idris means 'Chair of Idris', Idris being a legendary being who inhabited the mountain. He is variously described as having been a giant, warrior king, astronomer and poet. The path you will be undertaking is known as the Minffordd path.

Head along the road to the far end of the car park where you will turn left to pass through a kissing gate, then follow the path to another kissing gate, which leads to the Cadair Idris Nature Reserve. The path proceeds steeply up a long series of steps, passing through a metal gate and out onto the less steep, more open country. Follow the path around in a westerly direction where the cliffs of Craig Cau appear in front.

Just before reaching Llyn Cau, take the cairned path left, steeply up the hill (grid ref. 721123) and up onto the saddle of Craig Lwyd. From the saddle, follow the path which continues to climb and curve around the horseshoe with Llyn Cau far below in the cwm. Craig Cau lies at the apex of this horseshoe, with its 1,000 ft cliffs dropping vertically into Llyn Cau. Great care must be taken at this point of the climb, especially in windy conditions. The path will take you over the ladder stile onto the summit of Craig Cau. Do not go too close to the edge.

Carry onwards around the horseshoe by descending from Craig Cau in a northerly direction (the cliffs are immediately on your right) into Bwlch Cau, a col which lies between Craig Cau and the summit of Cadair Idris (also known as Penygadair).

From Bwlch Cau, follow a broad, cairned path, which rises and continues less clearly to a scramble over rocks and loose stones to the summit cairn, trig. point and nearby shelter.

On a clear day, it is possible to see the whole of Cardigan Bay and the Snowdon range to the north.

The descent from Penygadair is carried out by retracing your steps back along the Minffordd Path, looking out for the cairns in order to keep the correct route. Always keep the rim of the cliffs on your left side but take great care not to stray too close to the edge.

Most accidents on mountains occur on the descent as the mind wanders and concentration fades, so beware of the awkward, eroded sections of loose stones and scree slopes.

The Mountains – Pen-y-Fan

Pen y Fan (886m, 2907ft) (GPS Postcode: LD3 8NL)

The walk begins at the car park just south of the Storey Arms.

The route taken to the summit of Pen y Fan (the highest peak in the Brecon Beacons) is up the main tourist path. This begins at the south end of the car park, following the path through the gate, across the stream, then leading up the hill to the saddle called Bwlch Duwynt (grid ref. 005209) with Corn Du to the left. The pathway is very obvious as it has been built up along much of its length but has also suffered from heavy erosion.

Follow the path around Corn Du, and up to the summit plateau of Pen y Fan. Care must be taken on this summit as there is a near vertical drop of 600ft down the north face.

The views from the summit of Pen y Fan can be very impressive if the air is clear, ranging from the Prescelly hills in the west, Exmoor to the south and Cadair Idris to the north.

The descent is carried out by retracing your steps down the tourist track to the car park.

Care should be taken on the stony footpath as, with tired limbs, concentration must be maintained in order to avoid any mishaps. This is a very popular route up to the summit, particularly on a summer's afternoon, so please be courteous to other walkers on the mountain.