

Welsh Three Peaks Challenge Information Sheet

Day 1 | Snowdon | Friday 28th August

- Meet at the Vale Resort
- Transport to Llanberis car park, Snowdon
- Commence the climb via the Llanberis Miners Path
- Cyclists depart from Llanberis heading for Barmouth Beach via National Cycle Route 8 *
- All parties to meet in Barmouth
- Meet for end of day update and briefing

*Cyclists have 4 hours to complete the climb

Day 2 | Cadair Idris | Saturday 29th August

- Transport from Barmouth to Dol Idris car park, Cadair Idris
- Commence Cadair Idris climb
- Cyclists depart from Dol Idris car park heading for Llandrindod Wells via National Cycle Route 8 *
- All parties to meet in Llandrindod Wells
- Meet for end of day update and briefing

*Cyclists have 4 hours to complete the climb

Day 3 | Pen Y Fan | Sunday 30th August

- Cyclists to depart from Llandrindod Wells, heading for the Storey Arms, Brecon Beacons via National Cycle Route 8
- Transport for walkers to meet cyclists at the destination
- Commence Pen Y Fan climb via the Storey Arms path
- Transport to the Vale Resort after completion
- Welcome party for friends, family, supporters and charities on return to the Vale Resort
- End of challenge celebration at the Vale Resort