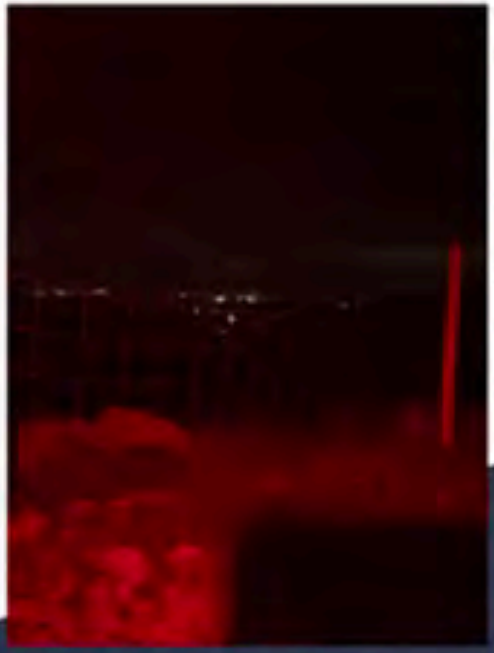
WALES 3 PEAKS CHALLENGE

ELENA-KERENSA-RENEE

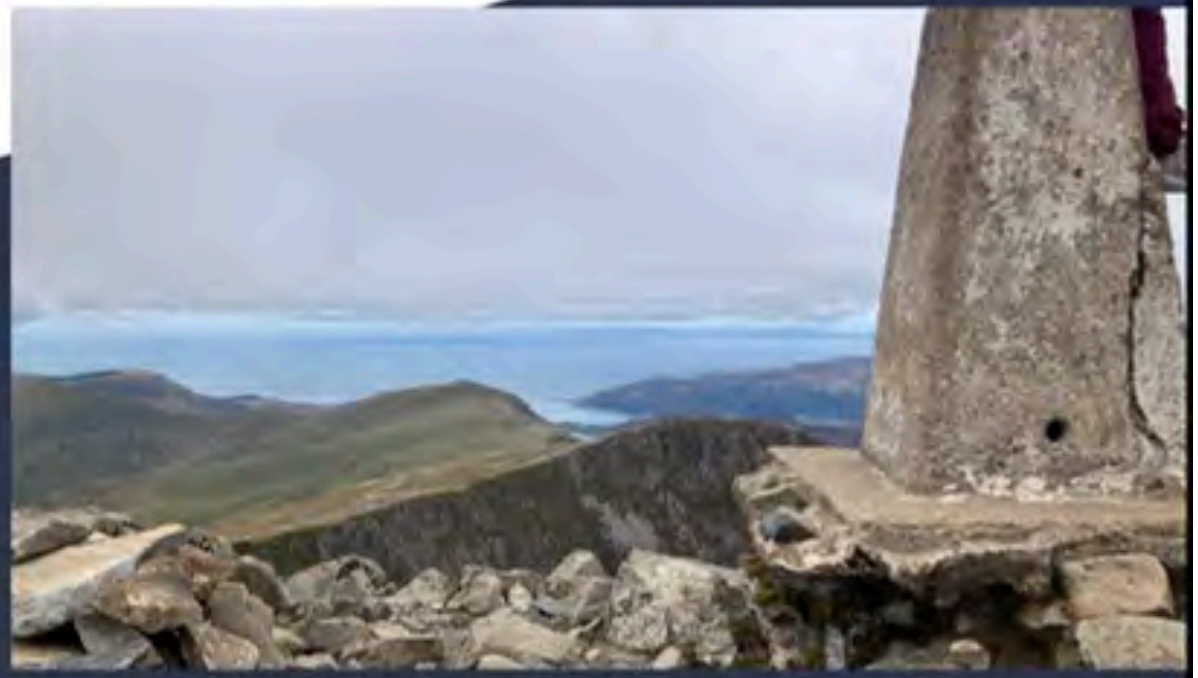
14th - 15th August











Ways we prepared and planned

Kerensa

We had done the silver Duke of Edinburgh award together so we already had some idea of what it would be like. We had gone to Elena's house and planned our routes up the mountains and to get to Wales. I had layers out all of the food I was taking into which mountain I was planning to eat it on to make sure that I had enough overall, and some to spare for emergencies. I checked my head torch was charged and that I had good walking boots since it was going to be dark on Snowdon.

Elena

We all did the Duke of Edinburgh award together as hiking in the same group training - I went up the pony path of Cadair Idris in May to ensure it was the best path to take starting early in order to partially simulate the conditions of the challenge, starting the mountain at six in the morning. I decided that would be the best path to take so we took that path on the expedition. I baked brownies for the group in order to keep going and prepared in advance calorie dense food in order to succeed in the 3 peaks. I knew that my watch would be able record distance travelled as well as ascent so we could track our progress as we went. A few weeks before I hiked Stob Dearg and a few other mountains in Scotland in order to be fully physically and mentally prepared for the challenge.

Renee

We all went to Elena's house and planned out the timings of how long each mountain was going to take us to climb and the car journeys in between in order to have a approximation of how long it would take us and what we were going to do when we got to wales, like the accommodation and finances. I also made focaccia and bought sweets for us three so we have enough energy for the walk and we can stay awake especially on the climb to Snowdon at night.

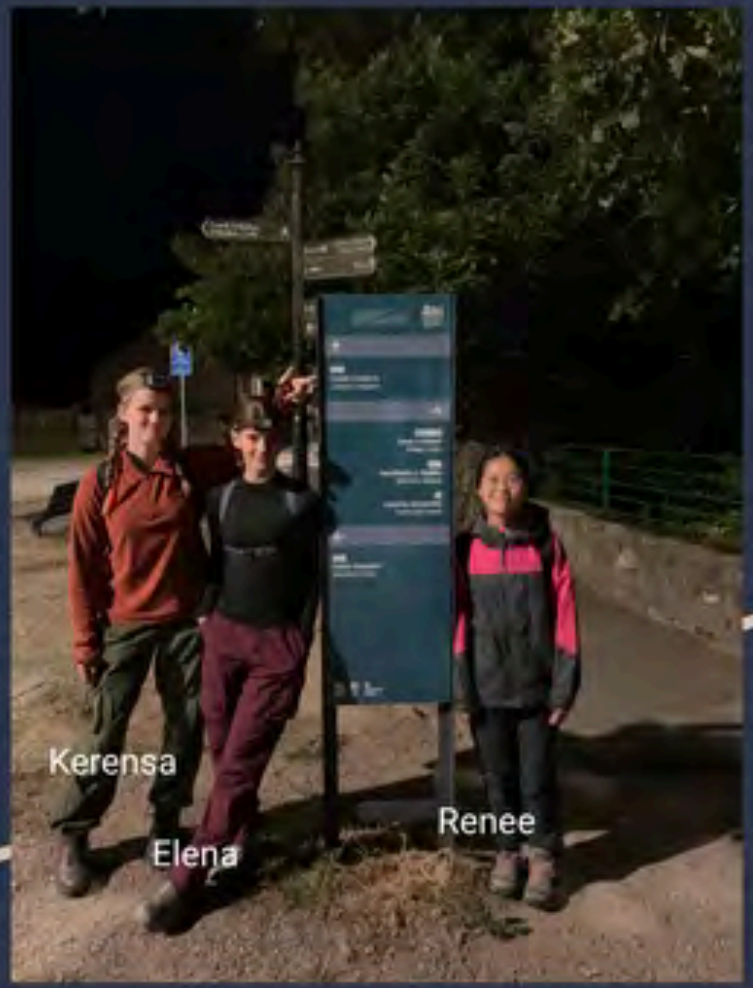
The challenge

Our aim:

To complete the Wales 3 peaks challenge in under 24 hours while bonding as a group and as overcoming a range of challenges.

We decided to have hourly check ins in which we would have a rest take a picture and take note of ascent and distance. This gave us regular breaks to help make the challenge more manageable and it also allowed us to have a good format for showing how the challenge went as well as how we felt at point throughout the challenge as we got progressively more tired.

SNOWDON



Hour 0-

10:15pm Start

SNOWDON



Hour 1-

3.28k walked

11:15pm

354m total ascent of Snowdon

SNOWDON



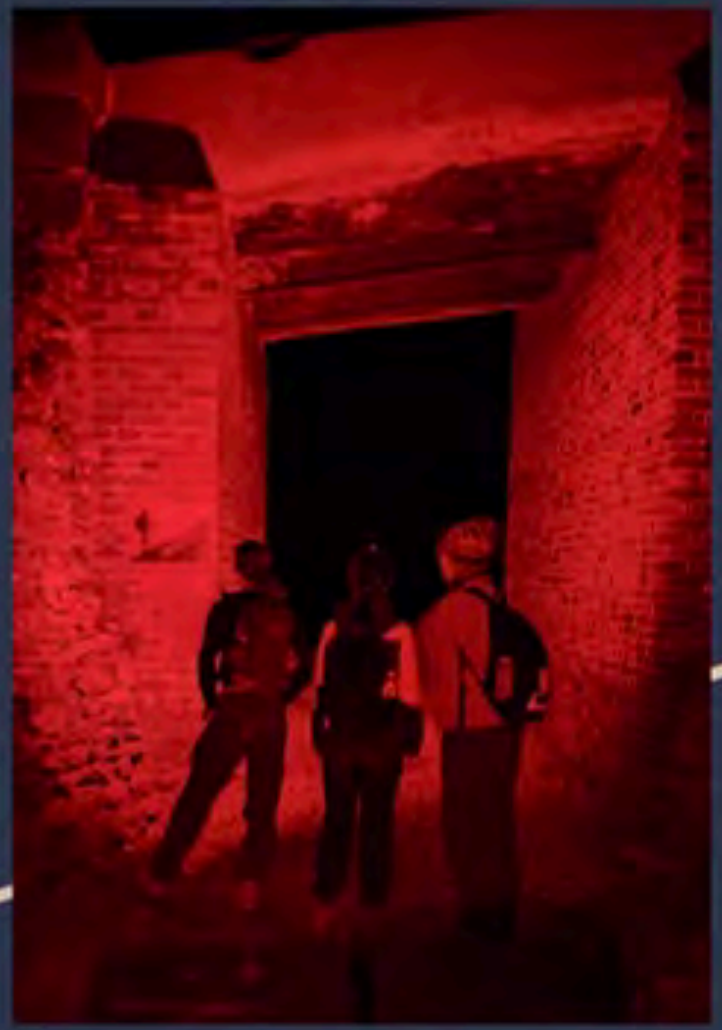
Hour 2-

5.4k

00:15am

642m total ascent of Snowdon

SNOWDON



Hour 3-

6.74k

1:15am

879m total ascent of Snowdon

AT THE PEAK OF SNOWDON



SUMMIT 1!!!!!!

1:50am

991m total ascent of Snowdon

SNOWDON



Hour 4-

9.4k

2:15am

On the way down now.



SNOWDON



Hour 5-

10.65k

3:15am

SNOWDON



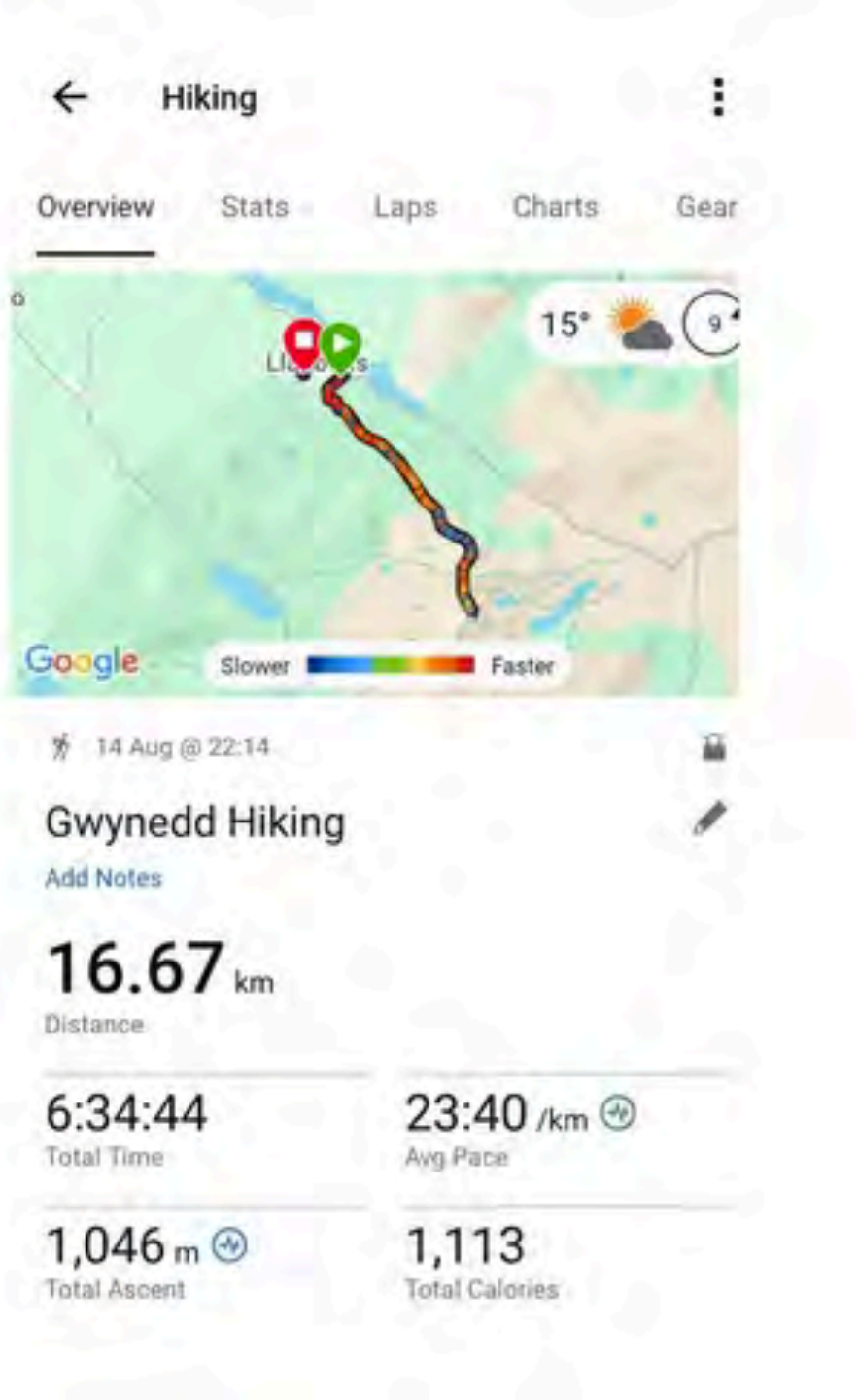
Hour 6-

14.14k

4:15am

991m total ascent of Snowdon

SNOWDON- LOGGED ON GARMIN FORERUNNER 255S



IN THE CAR TO CADAIR IDRIS



Hour 7-

5:15am

IN THE CAR TO CADAIR IDRIS



Hour 8-

6:15am

STARTED CLIMBING CADAIR IDRIS

Hour 9-

7:15 AM



CADER IDRIS



Hour 10-

2.06k of Cader Idris

8:15am

359m total ascent of Cader Idris



CADER IDRIS



Hour 11-

3.97k of Cader Idris

9:21am

618m total ascent of Cader Idris



CADER IDRIS





Hour 12-

5.08k of Cader Idris

10:15am

734m total ascent of Cader Idris

AT THE PEAK OF CADER IDRIS





SUMMIT 2!!!!!!!

10:00am

734m ascent

CADER IDRIS





Hour 13-

6.15k of Cader Idris

11:15am

CADER IDRIS



Hour 14-

8.65k of Cader Idris

12:15pm

CADER IDRIS



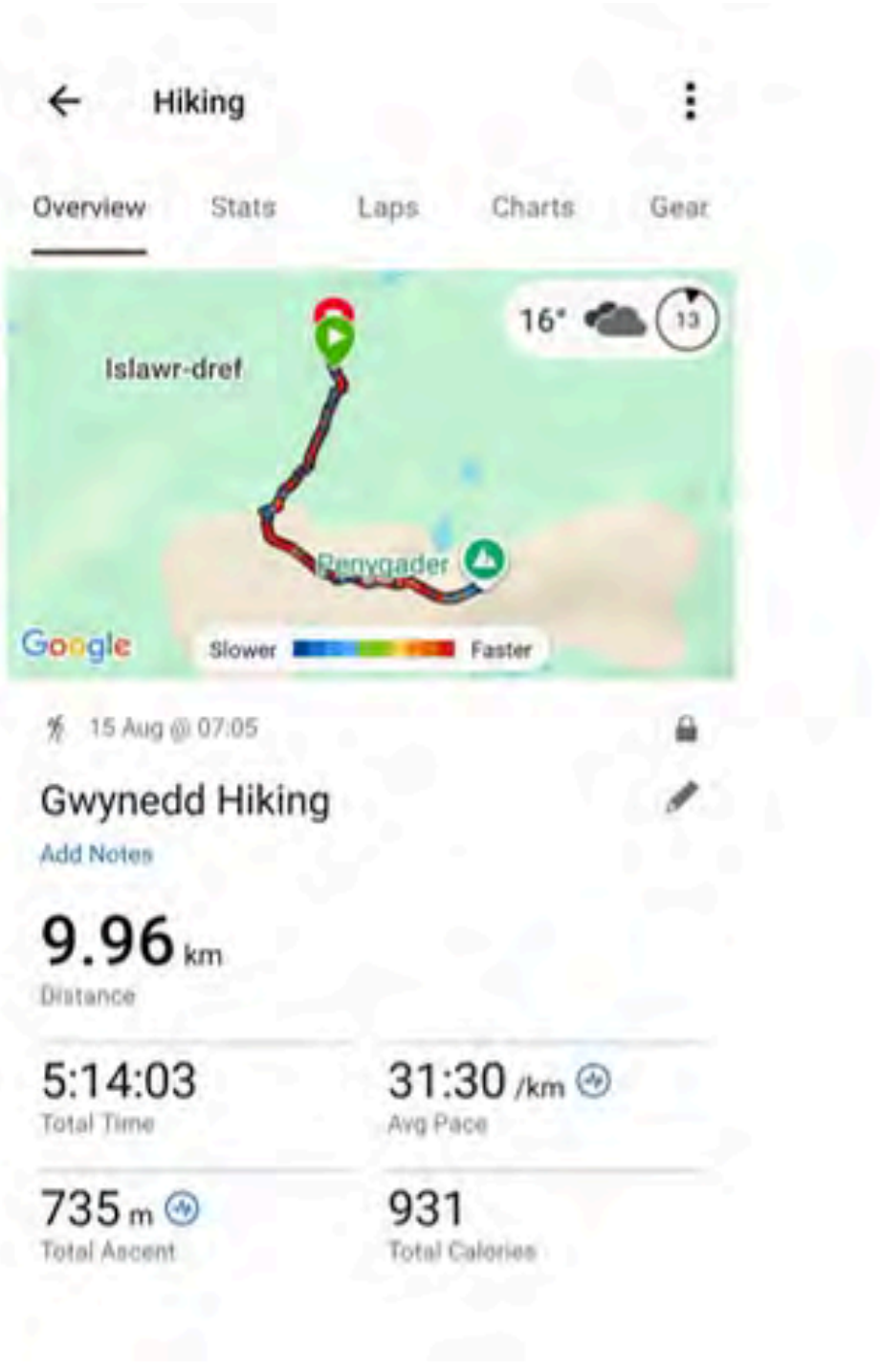
Hour 15-

9.94k of Cader Idris

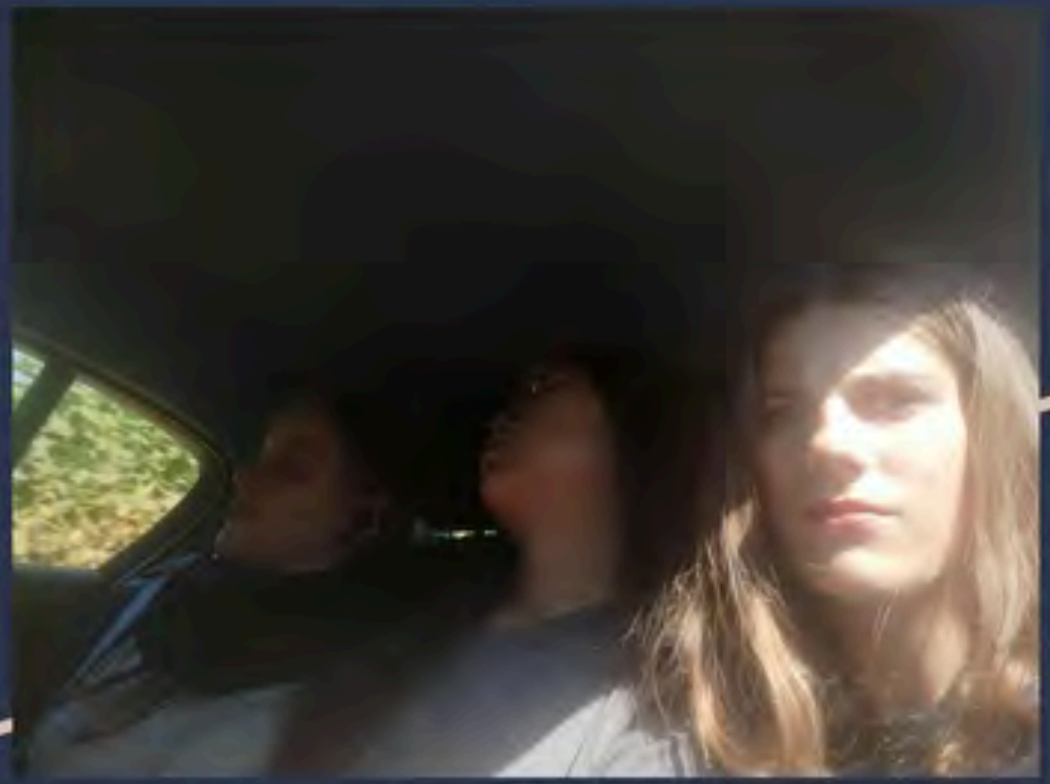
1:15pm

We finished in this hour and started the car ride to Pen y Fan

CADER IDRIS- LOGGED ON GARMIN FORERUNNER 255S



IN THE CAR TO PEN Y FAN



Hour 16-

2:15pm

IN THE CAR TO PEN Y FAN



Hour 17-

3:15pm

Elena- Renee and Kerensa were asleep most of the journey

STARTED CLIMBING PEN Y FAN



Hour 18-

4:15pm



PEN Y FAN

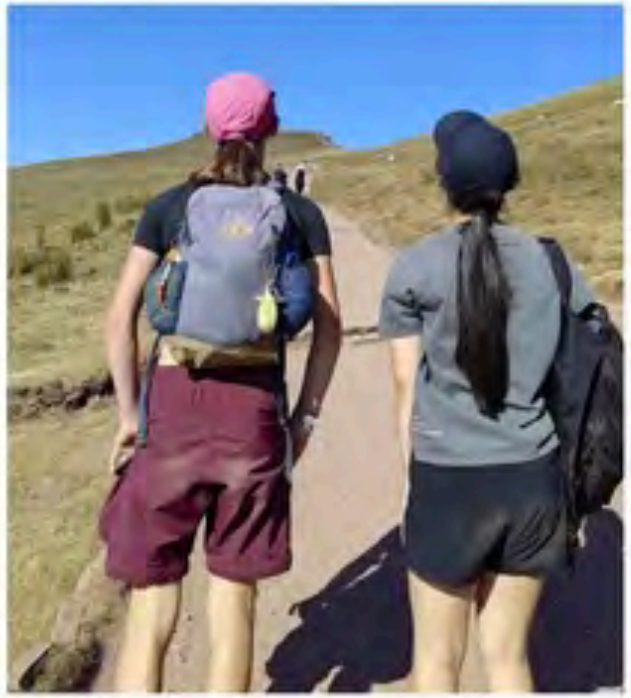


Hour 19-

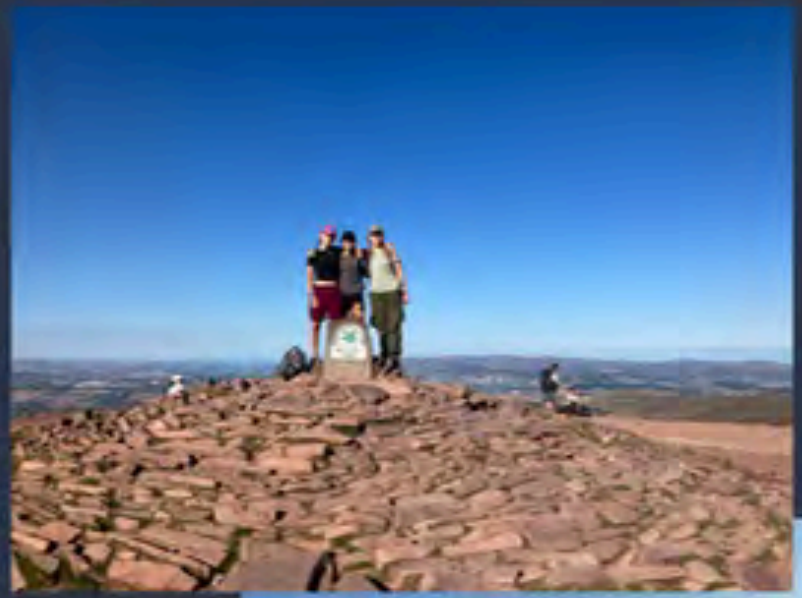
1.5k of Pen y Fan

5:15pm

294m total ascent of Pen y Fan



AT THE PEAK OF PEN Y FAN





SUMMIT 3!!!!!!!

PEN Y FAN



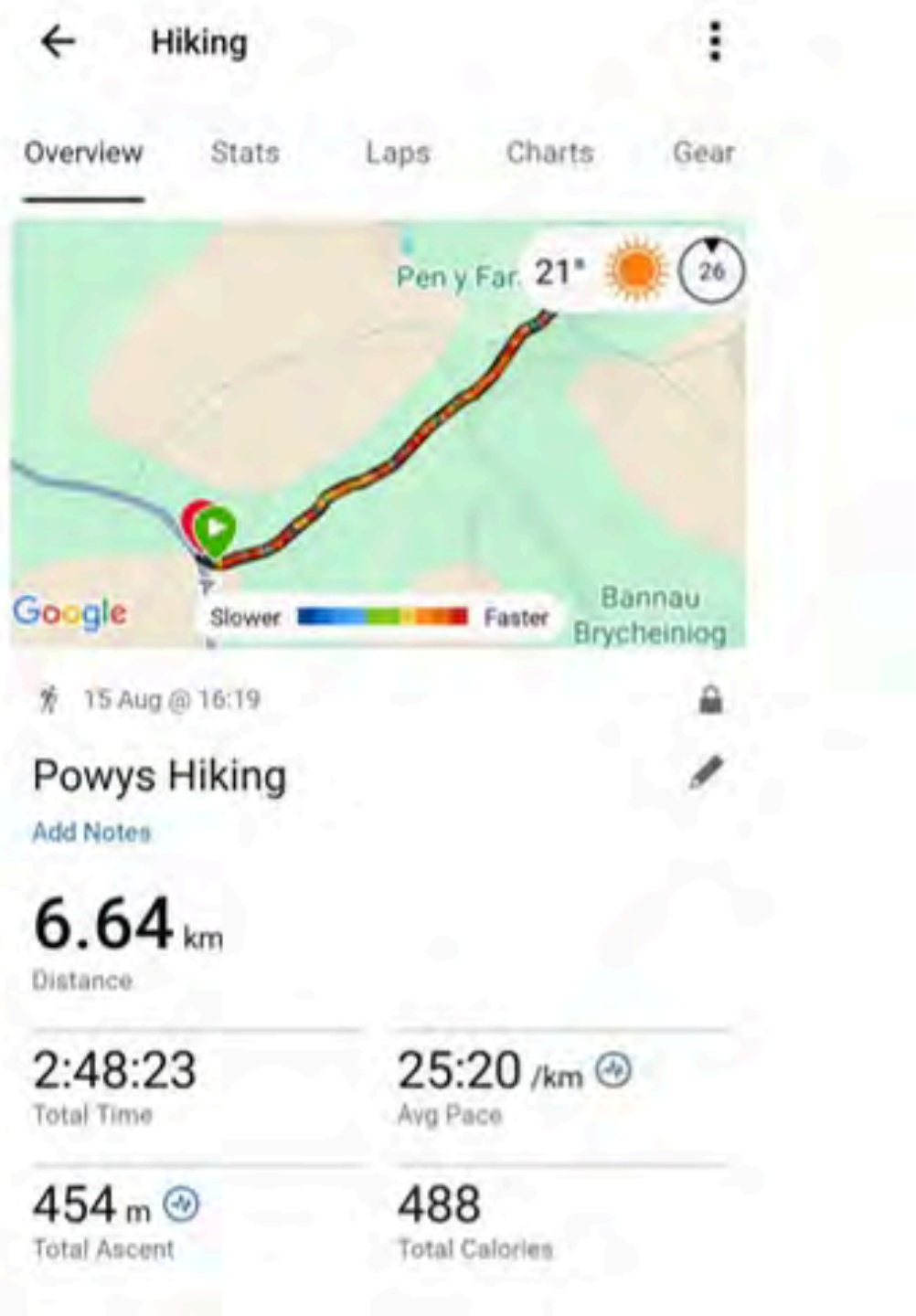
Hour 20-

3.44k of Pen y Fan

6:15pm

450m total ascent of Pen y Fan

PEN Y FAN- LOGGED ON GARMIN FORERUNNER 255S



FINISHED 🎉🥳



7:09pm END

Total 33.27 km

Total 2235 metres of ascent

Total around 14 hrs 30 min time hiking

Total 2532 calories burnt

Challenges

Lack of sleep:

We were too excited the night before and we could not sleep so we were sleep deprived for the whole day. Luckily, the sweets and brownies we vought help us stay awake enough to finish the climbs before we all passed out in the car ride back home.

Walking in the dark:

This was definitely a challenge walking up Snowdon as the weather was really windy and cold and it was extremely dark, our solution for this is using red headlights and using them to keep on the path.

I (Kerensa) got food poisoning from the dinner I had before we started walking. It was a challenge getting up Snowdon as I was feeling sick and quite tired, but I powered through with the support of Renee and Elena. Threw up twice and then reached the peak of Snowdon. I felt a lot better after that and the other two mountains felt easier in comparison. It really tested my resilience and endurance as there were points when I wasn't sure if I was going to be able to finish. But I pulled through and ended up having a really good time.

Highlights

The stars:

On snowdon we had our red headlight on most of the time to reduce light pollution meaning that later on when the clouds cleared up we saw the stars- some of us even saw meteors (shooting stars) in the pretty sky.

A-Z challenge:

While walking down Snowdon, we thought we should do this thing we saw on social media, it is basically talking to strangers and every time we see a new person, we would use a greeting using the first letter of the alphabet from A to Z. This was a fun as it helped us keep distracted and come out of our comfort zones by talking to other hikers.

Rocks:

We really enjoy climbing and when we were on Cader Idris, there was a massive and very climbable rock along the path we were taking, we stopped there to have a break and we climbed to the very top of the rock. It was very fun and it was a distraction from the long road up to the summit.

How did it make a difference and what next?

Kerensa

I have become more resilient and I feel more confident in my abilities, I didn't give up when I felt really bad and that has been one of my proudest moments. I became fitter as a result and I know Renee and Elena a lot better, it's a different kind of bonding to just hanging out at school.

Elena

I became fitter as a result and felt a huge sense of accomplishment after completing it and hope to do more fell running potentially running the challenge with my dad in a few years as well as aspirations to do the cadair race next year to refine my mountain skills and hope to climb more munros in scotland. We also got to know each other better through the experience and will always remember the great time we had together.

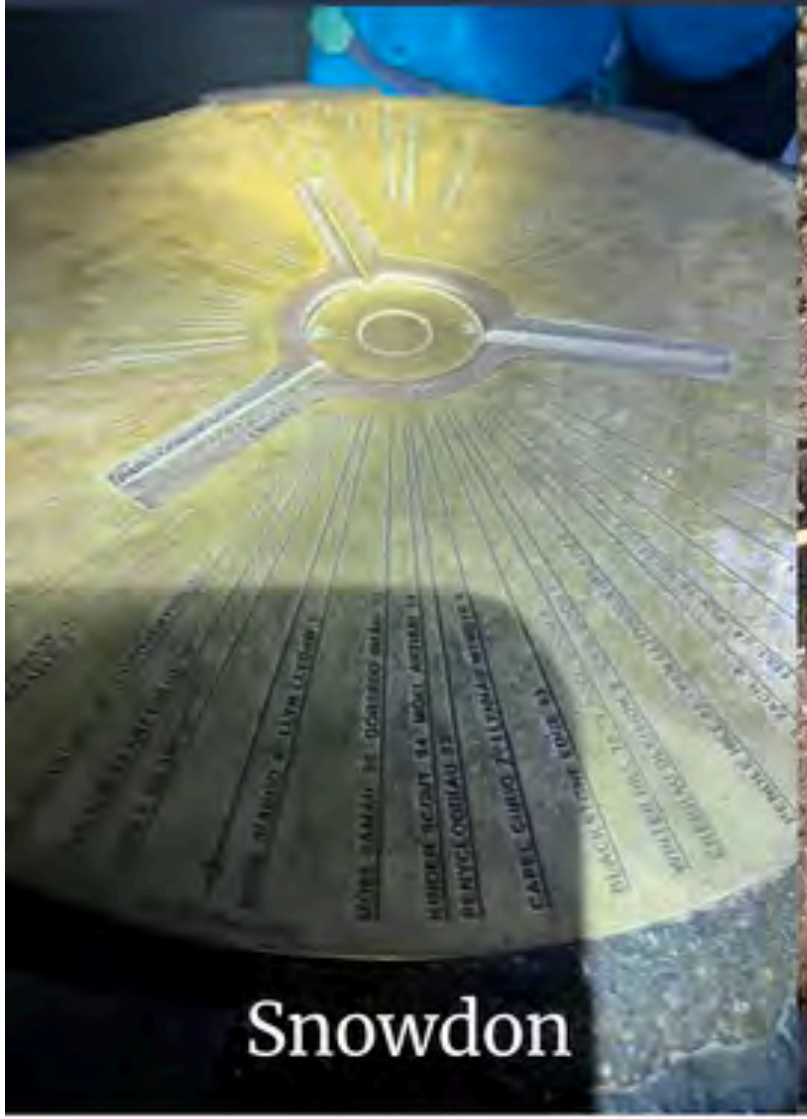
Renee

I learned to really push myself to get to the top of each mountain, and when I got to the top, I felt really proud of myself when I got to the top. Also, when we were at the summit, I saw lots of beautiful scenery and I hope to climb more mountains in the future, maybe in other countries and see more different sceneries.

We hope to meet up again as a group and do hiking together in the lake district in the summer of year 11 and all hope to do Gold Duke of edinburgh together in year 12

EXTRA INFO

Total ascent and descent each peak:



Snowdon



Cader Idris



Pen Y Fan

6 Hrs 10:15 - 4:15

4 Hrs 7:15 - 1:15

2 Hrs 54 mins 4:15 - 7:09

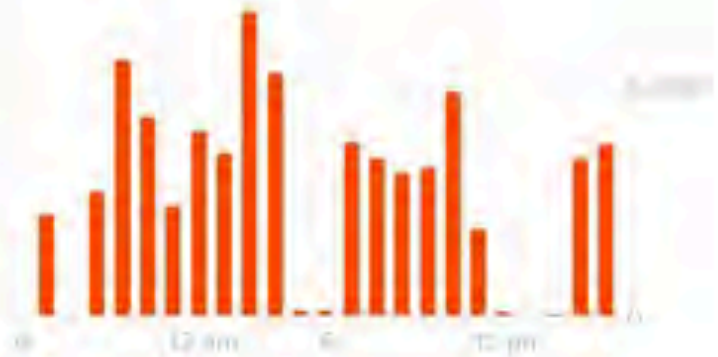
STEPS TAKEN:

Renee-

TOTAL

64,249 steps

14 Aug, 6 pm – 15 Aug, 6 pm



Elena-

69920 steps over the hikes

Kerensa-



THANK YOUS

Thank you so much to our dads for driving us around and thank you to Henry Morris for giving us the funding needed to do this challenge. We learned a lot because of this experience and it was an unforgettable trip!