



Wales

7 Summits Challenge

Everything You Need To Know

OVERVIEW



The **Wales 7 Summits Challenge** invites you to experience the raw power and ancient beauty of Welsh mountaineering at its finest. Over four unforgettable days, you'll summit seven legendary peaks including **Snowdon/Yr Wyddfa** – the burial place of giants – and the dramatic **Tryfan** with its iconic north ridge scramble that will test your nerve and skill. This is more than a climbing expedition; it's a journey through Celtic history and some of the most spectacular mountain terrain in the British Isles, where every summit tells a story of ancient legends and modern adventure.

From the **Cantilever Stone** atop Glyder Fach to the remote wilderness of **Moel Siabod**, each summit presents its own unique character and challenge that will push you to new heights. Navigate ancient stone formations carved by millennia of Welsh weather, traverse exposed ridge lines with breathtaking drops, and push your limits across 8 hours of daily activity at grades reaching **strenuous difficulty** that demand both physical and mental strength. With expert mountaineering guides the way and luxury transport from Dublin ensuring seamless logistics, you'll experience world-class mountaineering without compromising on comfort or safety throughout your Welsh adventure.

This **Snowdonia edition** kicks off the new Seven Summit Series, combining technical Welsh mountaineering with the expertise of **world-renowned expedition leader Jason Black**, whose achievements include summiting Everest and K2. Whether you're standing atop **Y Garn's ancient cairn** surveying the dramatic Snowdonia landscape or completing the classic **Pyg Track** to Snowdon's 1085m summit with fellow adventurers, you'll be part of a legendary Welsh odyssey that captures the true spirit of the mountains. Four days. Seven summits. One transformative adventure that will stay with you forever.

TRIP FACTS



COUNTRY

Wales



DURATION

4 days



GRADE

Strenuous



MAX ALTITUDE

1085 m
3560 ft

DAILY ACTIVITY

8 hrs



SEASON

Summer

DESTINATION

WALES

Wales: a land of ancient legends, dramatic landscapes, and proud Celtic heritage. This compact nation punches far above its weight in mountaineering credentials, with **Snowdonia** National Park serving as the crown jewel of British alpinism. Here, jagged peaks rise from verdant valleys, medieval castles stand sentinel over mountain passes, and the Welsh language echoes through timeless villages. From rugged coastlines to cloud-piercing summits, Wales offers an intensity of terrain that rivals anywhere in Europe, all steeped in myths of King Arthur, dragons, and giants.

The Wales 7 Summits Challenge takes you deep into this mystical heartland, where Snowdonia's seven iconic peaks await your conquest. Each mountain carries its Welsh name like a badge of honor, **Yr Wyddfa, Glyder Fawr, Glyder Fach**, reminding climbers these aren't just hills, but sacred high places that have tested adventurers for generations. With world-class scrambling routes, technical ridge traverses, and the famous Pyg Track, this expedition showcases why Snowdonia remains a pilgrimage site for serious mountaineers across the globe.

REQUIRED EXPERIENCE

Health & Experience

Strenuous grade: long days, 1,000–1,600 m ascent. You should be comfortable with continuous hiking on steep, rocky ground and with light scrambling exposure. Please disclose any Injuries or medical conditions pre-departure.

Fitness

You need to be fit healthy to get through this weekend.

A bespoke Jason Black Mountaineering 12 – week training plan designed by Jason Black personally will be in your information pack on completion of your booking.

ROUTE MAP – WALES 7SUMMITS



WHAT ARE THE PEAKS ON THE ROUTE?

1. **Snowdon/Yr Wyddfa** – The “burial place of giants”
 2. **Glyder Fawr** – The “great pile”
 3. **Glyder Fach** – Cantilever Stone
 4. **Y Garn** – The “cairn”
 5. **Elidir Fawr** – The “great slope”
 6. **Tryfan** – Three-pointed peak
 7. **Moel Siabod** – The “hill of saplings”
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COST INCLUDES

- Private Jason Black Mountaineering luxury bus throughout
 - Return ferry Dublin – Holyhead – Dublin
 - 3 nights bunkhouse accommodation B&B
 - Guided hikes with JBM elite mountain leaders
 - Full route support, safety briefings, and first aid cover
 - National park parking, permits, and access fees
 - Certificate of achievement at the end of the trip
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COST EXCLUDES

- Evening dinners (Dinner 3 course **£18** per night).
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ROOMING NOTES

This is Contemporary hostel accommodation with comfortable shared dorms. Separate Male and female sleeping quarters all with secure under-bed storage, USB power sockets and bedside lighting for every bed.

Separate rooms in this accommodation is not available.

WiFi is free for all guests and other facilities include, a well-equipped self-catering kitchen, an open-plan living space with log-burning stove and panoramic mountain views, large deck, drying room and laundry facilities.

AMENITIES ON SITE

- Guest Kitchen
 - Free Wifi
 - Lounge Area
 - Free Tea and Coffee in Guest Kitchen
 - Laundry Room
 - Drying Room
 - Luggage Store
-

ITINERARY

Days	Itinerary
Day 1 Friday, 31 July 2026	<p>Travel & Summit Tryfan, Glyder Fach, Glyder Fawr</p> <ul style="list-style-type: none"> • 01:00am – Arrive at Dublin Port meet the Jason Black Mountaineering luxury bus • 01:30am – Board stena line ferry • 02:15am – Stena Line Ferry to Holyhead (duration: 3h 35min) • 05:45am – Arrive Holyhead • 06:00am – Private transfer to Ogwen Cottage trailhead (1h 20min 84 km) • 08:00am – Stop for breakfast on route • 09:00am – Begin hike <p>Hike: Tryfan → Glyder Fach → Glyder Fawr</p> <ul style="list-style-type: none"> ◦ Start Point: Ogwen Cottage Car Park (SH 649 602) ◦ Finish Point: Pen-y-Pass Car Park (SH 647 556) ◦ Distance: 12 km ◦ Ascent: 1,100 m ◦ Time on trail: 6 hours ◦ Summits: Tryfan, Glyder Fach, Glyder Fawr <ul style="list-style-type: none"> • 16:45pm – Transfer to team Accommodation (~30 min 22 km) • 18:00pm – Dinner and welcome briefing <p>Included : Accommodation & Breakfast</p>
Day 2 Saturday, 01 August 2026	<p>Snowdon, Y Garn, Elidir Fawr</p> <ul style="list-style-type: none"> • 07:00 – Breakfast • 08:00 – Transfer to Pen-y-Pass (25 min 18 km) <p>Hike: Snowdon Horseshoe + Y Garn & Elidir Fawr</p> <ul style="list-style-type: none"> ◦ Start Point: Pen-y-Pass Car Park (SH 647 556) ◦ Finish Point: Llanberis Car Park (SH 582 599) ◦ Route: Pyg Track → Snowdon summit → Garnedd Ugain → descent to Nant Peris → Y Garn → Elidir Fawr → descent to Llanberis ◦ Distance: 18 km ◦ Ascent: 1,400 m ◦ Time on trail: 8–9 hours ◦ Summits: Snowdon, Y Garn, Elidir Fawr <ul style="list-style-type: none"> • 17:30 – Transfer back to hotel (30 min 22 km) • 18:00 – Dinner and recovery <p>Included : Accommodation & Breakfast & Pack lunch</p>

ITINERARY

Days	Itinerary
Day 3 Sunday, 02 August 2026	<p>Moel Siabod (Final Summit)</p> <ul style="list-style-type: none"> • 08:30 – Breakfast • 09:30 – Transfer to Pont Cyfyng Car Park near Capel Curig (15 min 11 km) <p>Hike: Moel Siabod via Daear Ddu Ridge (optional scramble)</p> <ul style="list-style-type: none"> ◦ Start/Finish: Pont Cyfyng Car Park (SH 733 572) ◦ Route: Forest trail → Daear Ddu Ridge → Moel Siabod summit → descent via south ridge ◦ Distance: 10 km ◦ Ascent: 720 m ◦ Time on trail: 5 hours ◦ Summit: Moel Siabod (7 of 7 complete) <ul style="list-style-type: none"> • 15:00 – Return to Betws-y-Coed (15 min) • 17:00 – Presentation medals and certificates • 18:00 – Celebration dinner <p>Included : Accommodation & Breakfast & Pack lunch</p>
Day 4 Monday, 03 August 2026	<p>Return to Dublin</p> <ul style="list-style-type: none"> • 08:00 – Breakfast • 09:00 – Depart Dolgellau for Holyhead (2h 15min 135 km, including rest stop) • 12:00 – Arrive at Holyhead Ferry Terminal • 14:45 – Stena Line Ferry to Dublin (duration: 3h 45min) • 18:30 – Arrive at Dublin Port <p>Included : Breakfast</p>

PACKING LIST – WALES 7SUMMITS

Footwear

- ☐ Robust hiking boots with good tread (well broken-in)
No trainers on this trip.

Clothing

- ☐ Waterproof jacket (helmet-compatible hood preferable)
- ☐ Waterproof trousers
- ☐ Wicking base layer warm
- ☐ Mid-layer (fleece or light synthetic), spare warm layer
- ☐ Hat, buff, and two pairs of gloves (one spare dry pair)
- ☐ Hiking trousers (no jeans/cotton)

Safety

- ☐ Head torch with fresh batteries
- ☐ Personal first-aid and blister kit
- ☐ Emergency bivvy/survival bag and whistle
- ☐ Fully charged phone in waterproof pouch; power bank Navigation
- ☐ Map (OS Landranger 41/50 or Harvey maps) and compass (guides will lead; this is a resilience backup)
- ☐ Water 2–3 L total capacity (bottles or bladder)
- ☐ High-energy personal sugary snacks for long days.

Other

- ☐ Sunscreen, sunglasses, lip balm; personal meds; cash/card for meals
- ☐ Travel towel (hostel towels may be hired)

Seasonal/route-specific notes

- ☐ Late May can still be cold/wet on ridges; pack warm layers.
- ☐ Light scrambling and sustained rocky terrain on CMD Arete: good boots essential.

TRAINING PLAN

Here is our suggested 12 week training program for this challenge

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
1	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
2	Run 30 min Zone 2	Strength Training	Hill repeats: 6 x 100mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
3	Run 30 min Zone 2	Strength Training	Hill repeats: 7 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
4	Run 35 min Zone 2	Strength Training	Hill repeats: 7 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 10 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
5	Run 35 min Zone 2	Strength Training	Hill repeats: 8 x 150mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
6	Run 40 min Zone 2	Strength Training	Hill repeats: 8 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 1min Zone 2 - 1min	Trekking on the mountains
7	Run 40 min Zone 2	Strength Training	Hill repeats: 10 x 200mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
8	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
9	Run 40 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
10	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
11	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains
12	Run 45 min Zone 2	Strength Training	Speed on flat 4 times 400 mts 2 times 800 mts	Long walk 1 hr	Run/bike 30 min HITT 12 x 1min each Zone 4 - 90 sec Zone 2 - 1min	Trekking on the mountains

Every training session must include 15min warm up and 15 to 20 min of cool down after training.

MEDICAL AND HEALTH INFORMATION

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

TRAVEL INSURANCE (MANDATORY)

Participants must carry travel insurance that covers hillwalking/scrambling (non-technical) up to 1,400 m in the UK, including trip interruption and medical cover. Bring your policy details in the event required.

We recommend [True Traveler](#)

TRAINING AND FITNESS

Although no mountaineering experience is required on this trip, a good level of physical fitness is necessary. You must be comfortable hiking up to 8 hours a day, with many steep uphill sections, uneven, rocky terrain and in unpredictable weather. This hike is a strenuous one, so the better prepared you are, the more you should enjoy it.

Hillwalking: Everybody is different, so I cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the trip. We would recommend hiking on a very regular bases and at least 4 big hikes per month in preparation for this expedition, (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least two high intensity cardio training sessions per week. The type of training is not important you just need to elevate your heart rate go a high level interval style for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

PASSPORTS, VISAS ENTRY REQUIREMENTS

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Irish citizens do not need a visa to enter Wales. You require a valid passport with a minimum 6 months validity. Contact your local embassy, or consulate for the most up-to-date visa requirements.

ARRIVAL COMPLICATIONS

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact us immediately at jason@jasonblack.ie

MEETING POINT INSTRUCTIONS

Flights - If you are flying to Ireland, arrive into Dublin Airport

Boat sailing - Meet the Jason Black Mountaineering coach at Stena Line Terminal 2, Dublin Port at 01:00am on departure day.

Parking - Long-term parking is available adjacent to Terminal 2
[Terminal 2, Alexandra Rd, Dublin Port, Dublin, D01 WD28](#)

A special car park for Stena Line passengers is located next to the terminal building. You'll find pay-and-display parking for long-term stays located at or near the terminal building. Pay-and-display rates are €9 per 24 hours. Tickets can be purchased at ticket meters located at the car park. Credit card payments are accepted during working hours.

Medical and Insurance

Ensure you have medical insurance if hospitalised. Carry proof for insurance coverage for admissions

TRAVEL CLOTHES

Travel clothes and extra luggage can be stored at the team hotel until you return from your expedition.

SAFETY

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your governments advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home – you won't need it while trekking. A lock is recommended for securing your luggage. When on expedition in a group trip, please note that our Jason Black Mountaineering guide has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Our guide will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your guide will assist you with options available in a given location please note that any optional activities you undertake that are not part of your itinerary, we will not take any responsibility about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on the trip are generally safe during the day, there can be risks to wandering throughout any major cities at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night-time excursions.

GENERAL SAFETY

Check your government's travel advice before departure and ensure your travel insurance covers all destinations and activities. Use a neck wallet or money belt for valuables, and leave jewelry at home. Many hotels offer safety deposit boxes. Secure your luggage with a lock.

GROUP ACTIVITIES

Your group leader will accompany you on included activities, but you'll have free time for personal pursuits. Optional activities are not part of the itinerary, so use good judgment when selecting them. The group leader can amend or cancel parts of the trip for safety reasons.

RULES

Illegal drugs will not be tolerated on any Jason Black Mountaineering trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking Marijuana and opium is a part of local culture in some parts of the world but is not acceptable on our expeditions. Our philosophy in adventure is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our guides have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

PETTY THEFT AND CRIME

Pickpocketing is common, especially in tourist areas. Be cautious at night, avoid walking alone, and don't carry large sums of cash. Use hotel safes for valuables. Bars and restaurants close at midnight. Increased police presence aims to reduce crime in tourist districts. Contact police if affected by crime.

GROUP GUIDE

All group trips are accompanied by one of our Jason black mountaineering group guide(s). The aim of the group guide is to take the hassle out of your travels and to help you have the best trip possible. Jason Black Mountaineering endeavours to provide the services of an experienced group guide however, due to the seasonality of travel, rare situations may arise where your group guide is new to a particular region or training other group guides.

Your group guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Jason Black Mountaineering we aim to support guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group guide can recommend a local guide service in most of the main destinations of your trip.

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow travelers, team members, or local communities. Group leader decisions are final for the wellbeing of all participants. Any behavior that disrupts the itinerary, breaks local laws, or violates these guidelines may lead to the denial of your booking or removal from the trip. For any concerns during your travels, contact your group leader immediately or email Jason@jasonblack.ie.

TRAVELLING ON A GROUP TRIP

Group trips offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow travelers. Timeliness and respect for group dynamics contribute significantly to a positive travel experience. Due to privacy reasons, we cannot provide contact details or personal information about fellow travelers before departure.

SOLO TRAVELLERS

Our travel style is ideal for solo travellers looking to meet like-minded people. Rooming is typically on a twin-share basis, pairing solo travellers with someone of the same gender as indicated on their passport. If your gender identity differs from your passport, please contact us to discuss rooming options. Single supplements are available on most trips for those who prefer their own room with an additional single supplement. Please advise us during booking.

MONEY MATTERS

The currency of Wales is the Sterling.

ATMs are widely available in all major towns and cities. Credit cards are useful for large purchases, but generally they are not widely accepted. Please ensure you only use banks, licensed money exchangers, or hotels. We also suggest you keep your receipts.

Changing money is easy and you will find banks and exchange bureaux in large cities.

When it comes to spending money on the trip, every traveller is a little different.

You know your own spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

ITINERARY DISCLAIMER

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our Journey will take us. Due to our style of adventure and the regions we visit, adventure can be unpredictable. The expedition document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered.

CANCELLATIONS

Deposits are non-refundable and cancellation terms vary, please see the specific booking conditions. If Jason Black Mountaineering cancel the trip you will receive a full refund including the deposit payment.

FORCE MAJEURE EVENT – OUTSIDE FORCE

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable nights. Make sure you have access to an extra **£300-500** for emergencies e.g. severe weather, natural disasters, civil unrest, transport strikes or cancellations, airport closures or other events that result in unavoidable changes to the itinerary.

Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved, but we will do everything to avoid this happening.

BOOKING & DEPOSITS

Our deposits are low with a percentage refund time policy to protect both parties. We are very flexible with final payment dates on a case by case basis (if required please contact us).

We want to reassure clients that any money which is paid to the company for a trip is kept in a client account and not touched until the trip is due to depart.

Cancellation of bookings must be notified to us by letter or email by the party leader as soon as possible. Your notice of cancellation will only be effective when it is received in writing by us.

Except as set out in paragraph 8 below, the following cancellation charges will be payable.

For more information about our refund terms, please visit [this link](#)

WHY JASON BLACK MOUNTAINEERING?

Jason Black Mountaineering is a boutique mountain guide service specialising in leading expeditions to climb the world's most famous peaks, notably "Mount Everest", "Amadablam" and all the worlds "Seven Summits".

As a part of our guided climbs, Jason Black Mountaineering provides the education and training for climbers who aspire to become self-sufficient, aware, and respectful of the local mountain culture, carers of the environment, and for whom safety is the number one priority in all climbing endeavours.

Our safety standard, mountain knowledge and adventure travel experience is exceptional. Our small group approach has huge advantages, including better guide to client ratio, reduced environmental impact and stronger team dynamic.

MORE INFORMATION

For trekking dates, and all the latest information about this expedition please visit:

[Wales 7Summits Page](#)

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