SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

ONE LEGENDARY WELSH ODYSSEY

WALES

7 SUMMITS

Snowdonia · Tryfan, the Glyders & Yr Wyddfa · Moel Siabod



ONE EXPEDITION. ONE TOKEN.

Complete this expedition to earn the Wales piece of the Seven Summits Medallion.

LOCATION WALES	**DURATION** 4 DAYS	**ROUTE** SNOWDONIA
GRADE STRENUOUS	**ALTITUDE** 7 SUMMITS	**DAILY ACTIVITY** 8 HOURS

EXPEDITION INTRODUCTION



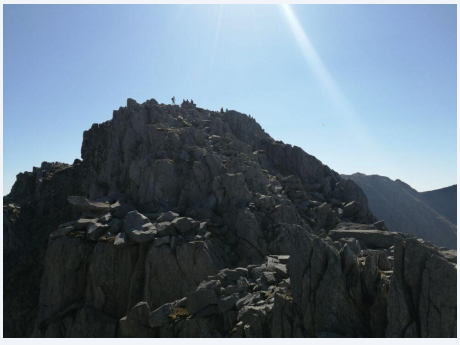
Location	**Wales**
Duration	**4 Days**
Route	**Snowdonia Edition**
Grade	**Strenuous**
Daily Activity	**Approx. 8 hours**
Altitude	**7 Summits**

Wales 7 Summits – Snowdonia is part of the Global Seven Summits Series: an unforgettable four-day expedition to conquer seven of Wales' most iconic peaks. Led by Jason Black and the Black Mountaineering team, it is a premium mountaineering adventure built on Precision, Professionalism and Passion.

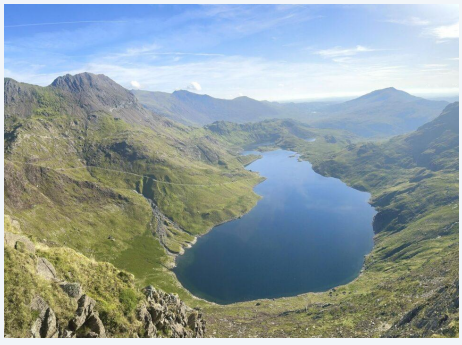
The seven summits are Yr Wyddfa (Snowdon), the "burial place of giants"; Glyder Fawr, the "great pile"; Glyder Fach and its Cantilever Stone; Y Garn, the "cairn"; Elidir Fawr, the "great slope"; Tryfan, the three-pointed peak; and Moel Siabod, the "hill of saplings".

From the legendary scramble of Tryfan and the rugged Glyders to the summit of Yr Wyddfa and the remote beauty of Moel Siabod, you will experience the very best of Snowdonia's spectacular mountain landscape, travelling from Dublin by ferry and luxury coach.

Days are 6–9 hours on the trail, with sustained climbs and light scrambling, carrying a 5kg day pack. Nights are in our Welsh bunkhouse. Every finisher receives the SSS Welsh Medallion and presentation box of achievement.







WALES & REQUIRED EXPERIENCE

Snowdonia in North Wales is home to Yr Wyddfa (Snowdon), the highest mountain in Wales, and the rocky ridges of Tryfan and the Glyders.

The expedition departs Dublin Port overnight by ferry to Holyhead, with the first hike starting from Ogwen Cottage the same morning.

Three hiking days take in all seven summits, from the Tryfan scramble and the Snowdon horseshoe to Moel Siabod via the Daear Ddu Ridge.

Welsh mountain weather is highly changeable: guides may adjust routes, the order of days or turn-around times to keep the team safe.



MINIMUM REQUIREMENTS FOR EVERY CLIMBER

01 **Fit for Long Days**
Fit for 6–8 hour hiking days, with some ascents of 1,000m+ in a single day.

02 **Sustained Climbs**
Comfortable with sustained climbs on steep, rocky ground carrying a 5–7kg pack.

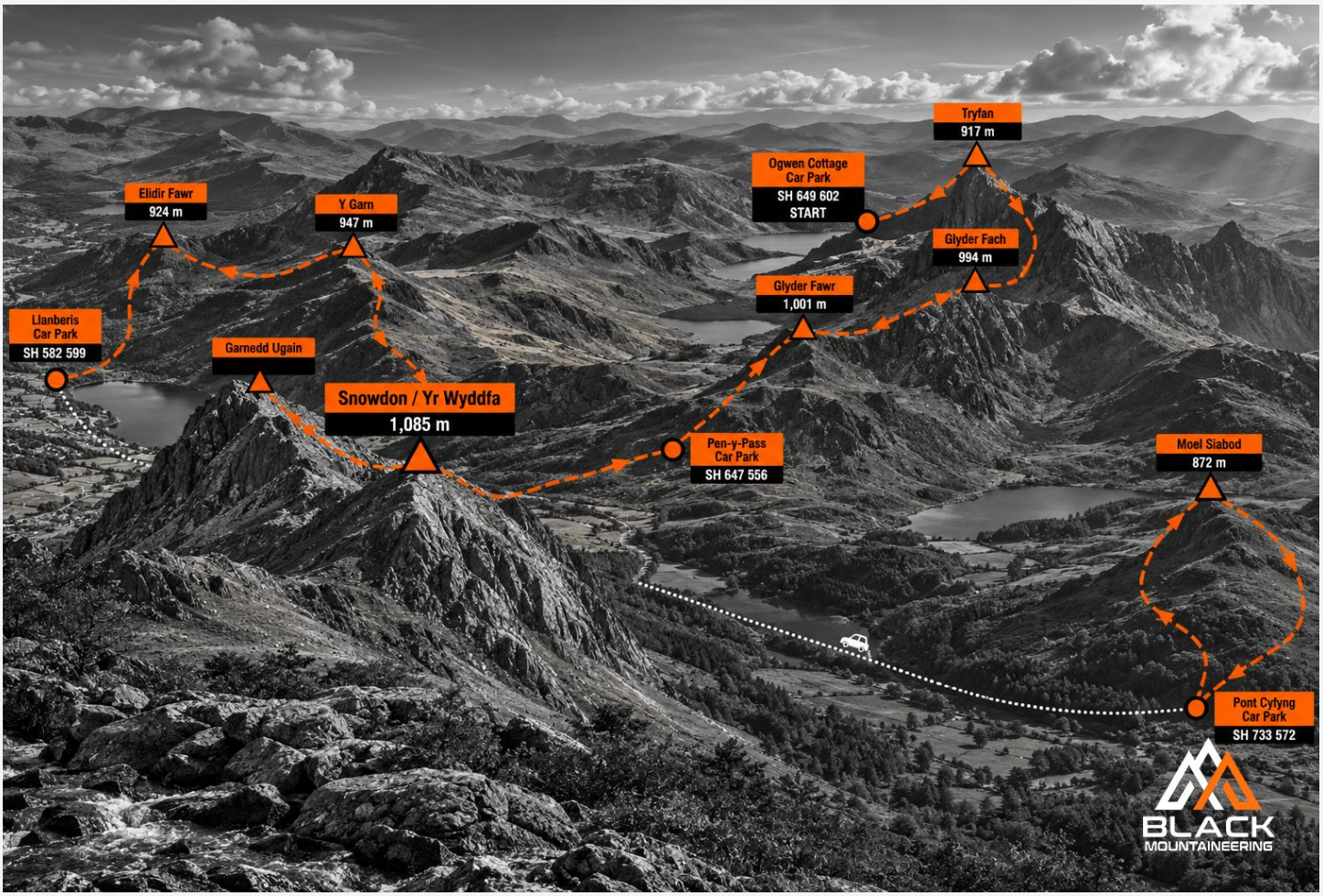
03 **Light Scrambling**
Confident with light scrambling, boulder fields and exposed ridges such as Tryfan.

04 **Welsh Mountain Weather**
Well-equipped for cold, wet ridges and rapidly changing mountain weather.

05 **Who Should Not Attempt**
Anyone with knee, back or foot injuries, or unable to walk uphill for 6–8 hours.

✔ **Minimum Fitness Benchmarks**
Hike 1,000m+ gain with a 5–7kg pack (6–8 hrs), stairs for 45 min with 5–7kg and handle 6–8 hr days back-to-back.

SNOWDONIA ROUTE



Summits	**7 in 3 hiking days**	Base	**BM Welsh Bunkhouse**
Total Duration	**4 days, Dublin to Dublin**	Longest Day	**Day 2: 18km, +1,400m**
Expedition Grade	**Strenuous**	Route	**Snowdonia Edition**
Daily Activity	**Approx. 8 hours**	Pack Weight	**5kg day pack**

DUBLIN TO THE SUMMITS OF SNOWDONIA

DAY 1 · FRIDAY

Dublin to Holyhead

Meet the bus at Irish Ferries, Dublin Port, at 12:00am for the 01:15am sailing to Holyhead, with breakfast on board. Arrive at 04:45am and drive to the trailhead.

Meet: 12:00am, Dublin Port

Ferry: 3h 35min

Trailhead: Ogwen Cottage

DAY 1 · HIKE

Tryfan, Glyder Fach & Glyder Fawr

From Ogwen Cottage over Tryfan and the Glyders to Pen-y-Pass. Bring your own snacks.

Transfer to the bunkhouse for dinner and the welcome briefing.

Distance: 12 km

Ascent: 1,100m

Time: 6 hours

Overnight: Welsh Bunkhouse

MILESTONE | DAY 2

Snowdon, Y Garn & Elidir Fawr

From Pen-y-Pass up the Pyg Track to the summit of Yr Wyddfa (Snowdon) and Garnedd Ugain, then down to Nant Peris for Y Garn and Elidir Fawr, finishing at Llanberis.

Distance: 18 km

Ascent: 1,400m

Time: 8–9 hours

Overnight: Welsh Bunkhouse

DAY 3

Moel Siabod: 7 of 7

From Pont Cyfyng near Capel Curig through forest to the Daear Ddu Ridge (optional scramble) and the summit of Moel Siabod, then medals, certificates and a celebration dinner.

Distance: 10 km

Ascent: 720m

Time: 5 hours

Overnight: Welsh Bunkhouse

DAY 4 · MONDAY

Return to Dublin

After breakfast, the drive to Holyhead (2h 15min) for the 13:15 Stena Line ferry, arriving at Dublin Port at 18:30.

Depart: 09:00am

Ferry: 3h 45min

Arrive: Dublin Port, 18:30

GOOD TO KNOW

Weather & Bunkhouse

Welsh weather is highly changeable, so guides may adjust routes or the order of days. The bunkhouse has shared dorms by gender: bring a pillow case, sleeping bag or liner, and towels.

Dorms: Shared, by gender

Bedding: Not provided

Facilities: Kitchen, drying room

WHAT'S INCLUDED

INCLUDED

- ✔ 33-seater luxury bus transport
- ✔ 4 professional mountain guides
- ✔ Accommodation in our BM Welsh bunkhouse (no bedding)
- ✔ Ferry and coach travel by a contracted third-party operator
- ✔ SSS Welsh Medallion and presentation box of achievement
- ✔ Stena Line ferry and breakfast on board on Day 1
- ✔ Fully planned 7-summit itinerary and on-mountain instruction
- ✔ Food as per itinerary
- ✔ All mountain permits and local access arrangements

NOT INCLUDED

- ✖ Port parking
- ✖ Hut towels
- ✖ Bedding

TRAVEL INSURANCE (MANDATORY)

Participants must have travel insurance with the following minimum cover.

Recommended:
True Traveller

Your policy must include all of the following:

- ✔ Trip cancellation cover
- ✔ Medical cover while hillwalking
- ✔ Non-technical hillwalking
- ✔ Up to 1,400m in the UK

Strongly recommended

Get True Traveller Insurance



⚠ **IMPORTANT:** Insurance is mandatory. Buy it as soon as you book, to protect you if you have to cancel due to injury or other reasons. Bring your policy details on the trip.

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Welsh mountain weather is highly changeable and the ridges can be cold and wet. Light scrambling and sustained rocky terrain on steep ground make robust, well broken-in boots essential: no trainers on the hill.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BUNKHOUSE SLEEPING

- [ ] **Provided:** bunk bed, mattress and pillow. No bedding or towel is provided.
- [ ] Pillow case
- [ ] Summer sleeping bag
- [ ] Sleeping liner (alternative)
- [ ] Towels (2)
- [ ] **Personal wash kit:** shampoo

02 | FOOTWEAR

- [ ] **Hiking boots:** robust, good tread, well broken-in. No trainers on the hill.
- [ ] Hiking socks (3)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

03 | HIKE CLOTHING

- [ ] 80-litre trekking duffle bag
- [ ] 36-litre daypack
- [ ] Gore-Tex waterproof jacket
- [ ] Gore-Tex waterproof trousers
- [ ] Tech T-shirt (3)
- [ ] Mid-layer fleece (2)
- [ ] Woollen hat (2)
- [ ] Ball cap (1)
- [ ] Buff (2)
- [ ] Gloves (2 pairs, one spare dry pair)
- [ ] **Hiking trousers (2):** no jeans or cotton
- [ ] Lite puff jacket (1)
- [ ] Sunglasses

04 | HUT CLOTHING

- [ ] Tracksuit / shorts
- [ ] Gym shoes / sliders
- [ ] Personal wash kit

05 | SAFETY

- [ ] Head torch & charger
- [ ] Personal first aid
- [ ] **Blister kit:** Compeed
- [ ] Emergency bivvy / survival bag and whistle
- [ ] Fully charged phone in waterproof pouch
- [ ] Power bank & cables (SOS)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | NAVIGATION (OPTIONAL)

- [ ] **Map:** OS Landranger 41/50 or Harvey maps

07 | OTHER

- [ ] Gaiters (optional)
- [ ] 1-litre water bottles (2) or bladder
- [ ] Midge spray or net (mandatory)
- [ ] **Snacks:** 6 Bounty bars, 3 Jelly Babies, 3 Wine Gums
- [ ] Small sunscreen SPF 50 (1)
- [ ] Lip balm (1)
- [ ] Personal meds
- [ ] Sterling cash / card for meals
- [ ] Travel towel
- [ ] **Passport:** for UK boat travel

16-WEEK INTERMEDIATE–ADVANCED PLAN

This 16-week intermediate–advanced programme is for athletes with an established fitness base. Expedition fitness is built through consistent work, not one huge training week. The plan develops the engine, leg strength, durability and recovery habits needed for long days in the mountains.

The Aim
"Move well. Recover well. Carry load. Climb steadily. Repeat the effort on consecutive days."

01 **Weeks 1–4 | Foundation**
Aerobic base + gym strength. Long hill day builds from 2 to 3.5 hr, 400–800m gain, 5–6kg pack.

02 **Weeks 5–8 | Build**
Strength + vertical volume. Long hill day 4 to 5.5 hr, 800–1,200m gain, 6–8kg. Heavier gym work.

03 **Weeks 9–12 | Specific**
Load carriage + tired legs. 6–7 hr mountain days up to 1,500m with 8–10kg and back-to-back weekends.

04 **Weeks 13–16 | Peak & Taper**
Simulation + freshness. Peak 7–8 hr day and 2-day simulation, then volume drops so you arrive fresh.

GETTING PREPARED | DO NOT UNDERESTIMATE WHAT YOU ARE SIGNING UP TO

Expeditions demand time on your feet, repeated climbing, load carrying and the ability to keep moving when tired.

FOUR PILLARS OF PREPARATION:
- **Endurance:** Build a strong aerobic base through regular walking and steady cardio.
- **Durability:** Condition feet, ankles, legs and back for repeated days of work.
- **Confidence:** Train in poor weather, on hills and with your expedition equipment.
- **Recovery:** Rest, sleep, mobility, nutrition and hydration are part of the plan.

THE FOUNDATION: Start from your current level. Build gradually. Use hills whenever possible. Train in the footwear and backpack you expect to use. Consistency is more valuable than chasing one heroic session.

THE PAY-OFF: Better fitness means more enjoyment, more confidence, improved recovery and greater capacity to deal with the unexpected.

TRAINING TERMS & MEASURING EFFORT

01 **Rest**
No structured training. Let the body absorb the work.

02 **Long Walks**
Build time on feet, endurance, kit confidence and fuelling habits.

03 **Hill Walking**
Develop climbing strength, descending control and mountain movement.

04 **Intervals**
Repeated work and recovery to improve cardiovascular capacity.

05 **Cross-Training**
Low-impact aerobic work such as cycling or swimming.

06 **Strength Training**
Gym-based full-body strength with emphasis on legs, posterior chain and load carrying.

MEASURING YOUR EFFORT | USE THE TALK TEST

ZONE	LEVEL	FEEL	TALK TEST
RECOVERY	**6–6.5**	Very easy	Full conversation. Cool down and recover.
EASY	**6.5–7**	Comfortable	Conversational pace. Builds aerobic base.
STEADY	**7–8**	Working	Short sentences. Sustainable effort.
THRESHOLD	**8–8.5**	Hard	Only a few words at a time. Controlled discomfort.

Heart-rate figures can be useful, but terrain, fatigue, heat, altitude and individual differences all affect the number. The talk test gives you a simple real-world check of effort.

TRAIN SMART: The goal is not to finish every session exhausted. The goal is to build a body that can work for hours, recover, and do it again the next day.

10 STEPS TO PREPARE

1 Start Walking Now
Build regular time on your feet. Start with manageable distances and progress gradually.

2 Make Leg-Based Cardio a Habit
Cycling, swimming, stair work and other aerobic sessions support your walking base.

3 Take the Stairs
Use everyday opportunities to strengthen glutes, quads and calves.

4 Analyse How You Move
Good posture, efficient stride and controlled descending reduce wasted energy.

5 Train on Different Terrain
Use hills, rough ground and varied surfaces to prepare feet and ankles.

6 Train in Bad Weather
Use wind and rain to test layers, waterproofs and your ability to stay organised.

7 Practise with Walking Poles
Develop a natural rhythm and learn to use poles effectively uphill and downhill.

8 Train with Your Expedition Kit
Use your boots and progressively load your pack on longer sessions.

9 Fuel & Hydration
Practise eating and drinking little and often during training so it becomes automatic.

10 Footwear
Train in the boots you intend to use. Test socks, lacing, blister prevention and foot care.

SIMPLE RULE: TEST EVERYTHING IN TRAINING

FUEL & HYDRATION ROUTINE:
- **Before:** Eat a familiar meal and start hydrated.
- **During:** Small regular snacks and frequent fluids.
- **After:** Refuel, rehydrate and recover.

EXPEDITION HABIT: Do not leave equipment testing until the final weeks. Long training walks are where you learn how your boots, socks, pack, poles, layers, food and hydration system actually perform.

REMEMBER: The expedition is not the place to discover that your boots rub, your pack does not fit, or your food strategy does not work.

WEEKS 1–4 | FOUNDATION

AEROBIC BASE + GYM STRENGTH

HARD · STEADY · STRENGTH · EASY · RECOVERY · MOUNTAIN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	RECOVERY **Easy walk** 30 min 3 mi / 4.8 km	EASY **Aerobic** 45 min Conversational	STRENGTH **Strength A** 50 min Progress load	EASY **Aerobic** 45 min Easy
TUE	STRENGTH **Strength A** 45-50 min Technique first	STRENGTH **Strength B** 45-50 min Controlled load	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50 min Progress load
WED	EASY **Aerobic** 40 min Bike / incline walk	REST	REST	REST
THU	REST	HARD **Uphill intervals** 6 x 2 min Easy recovery	STEADY **Hill session** 75 min 400-500 m | 5-6 kg	HARD **Uphill intervals** 5 x 3 min Controlled hard
FRI	EASY **Hill walk** 75 min 300-400 m | 5 kg	RECOVERY **Recovery walk** 30 min Very easy	RECOVERY **Recovery** 30 min Walk / easy bike	RECOVERY **Recovery** 30 min Very easy
SAT	MOUNTAIN **Long hill day** 2 hr 5-6 mi / 8-10 km 400-500 m | 5 kg	MOUNTAIN **Long hill day** 2.5 hr 6-7 mi / 10-11 km 500-600 m | 5 kg	MOUNTAIN **Long hill day** 3 hr 7-8 mi / 11-13 km 600-700 m | 5-6 kg	MOUNTAIN **Long hill day** 3.5 hr 8-9 mi / 13-14.5 km 700-800 m | 6 kg
SUN	REST	EASY **Easy walk** 45 min Flat / gentle	REST	EASY **Easy walk** 60 min No pack

STRENGTH / EXPEDITION GUIDANCE

Strength A: squat or leg press, Romanian deadlift, step-up, row, calf raise, loaded carry. Strength B: split squat, hip hinge, step-up, pulldown, calf raise, carry. 2-3 sets each; finish with good form, not failure.

WEEKS 5–8 | BUILD

STRENGTH + VERTICAL VOLUME

HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	STRENGTH **Strength A** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Easy	STRENGTH **Strength A** 55 min Final heavy block	EASY **Aerobic** 50 min Easy
TUE	EASY **Aerobic** 50 min Conversational	STRENGTH **Strength B** 50-55 min Heavier, clean form	EASY **Aerobic** 60 min Conversational	STRENGTH **Strength B** 50 min Reduce load slightly
WED	REST	REST	REST	REST
THU	STEADY **Loaded hills** 90 min 500-600 m | 6-7 kg	HARD **Uphill intervals** 6 x 3 min Jog / hike recovery	STEADY **Loaded hills** 1 hr 45 min 600-700 m | 7-8 kg	HARD **Uphill intervals** 5 x 4 min Controlled hard
FRI	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy	RECOVERY **Recovery** 30 min Very easy	RECOVERY **Recovery** 35 min Very easy
SAT	MOUNTAIN **Long hill day** 4 hr 9-10 mi / 14.5-16 km 800-900 m | 6-7 kg	MOUNTAIN **Long hill day** 4.5 hr 10-11 mi / 16-18 km 900-1000 m | 7 kg	MOUNTAIN **Long hill day** 5 hr 11-12 mi / 18-19 km 1000-1100 m | 7-8 kg	MOUNTAIN **Long hill day** 5.5 hr 12-13 mi / 19-21 km 1100-1200 m | 8 kg
SUN	REST	EASY **Easy hills** 75 min 300-400 m | light pack	EASY **Easy walk** 60 min Recovery pace	REST

STRENGTH / EXPEDITION GUIDANCE

Continue Strength A/B with progressive resistance. Keep most aerobic work conversational. Long hill days are for efficient movement, fuelling, footwear and pack practice – not racing.

WEEKS 9–12 | SPECIFIC

LOAD CARRIAGE + TIRED LEGS

HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MON	STRENGTH **Muscular endurance** 45-50 min Step-ups + lunges	RECOVERY **Recovery** 35 min Very easy	STRENGTH **Muscular endurance** 45 min Moderate load	RECOVERY **Recovery** 35 min Very easy
TUE	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 45 min Step-ups + carries	EASY **Aerobic** 60 min Conversational	STRENGTH **Muscular endurance** 40-45 min Do not chase fatigue
WED	REST	REST	REST	REST
THU	STEADY **Loaded climb** 2 hr 700-800 m | 8-9 kg	EASY **Aerobic** 60 min Easy	HARD **Uphill intervals** 6 x 4 min Strong but controlled	STEADY **Loaded climb** 90 min 500-600 m | 10 kg
FRI	RECOVERY **Recovery** 30 min Very easy	REST	RECOVERY **Recovery** 30 min Very easy	REST
SAT	MOUNTAIN **Long mountain day** 6 hr 12-14 mi / 19-22.5 km 1200-1300 m | 8-9 kg	MOUNTAIN **Back-to-back Day 1** 4 hr 8-10 mi / 13-16 km 650-750 m | 9 kg	MOUNTAIN **Long mountain day** 6-7 hr 14-16 mi / 22.5-26 km 1300-1500 m | 9-10 kg	MOUNTAIN **Back-to-back Day 1** 5 hr 10-12 mi / 16-19 km 850-950 m | 10 kg
SUN	EASY **Easy walk** 75 min Tired-leg recovery	MOUNTAIN **Back-to-back Day 2** 5 hr 10-12 mi / 16-19 km 750-850 m | 9 kg	EASY **Easy walk** 60 min Recovery pace	MOUNTAIN **Back-to-back Day 2** 6 hr 12-14 mi / 19-22.5 km 950-1050 m | 10 kg

STRENGTH / EXPEDITION GUIDANCE

Shift gym work toward muscular endurance: weighted step-ups, walking lunges, calf work and loaded carries. Back-to-back days teach you to recover and perform again on tired legs.

WEEKS 13–16 | PEAK & TAPER

SIMULATION + FRESHNESS

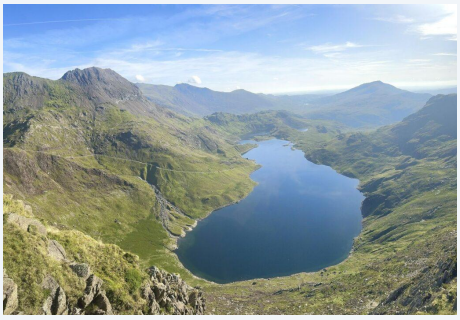
HARD | STEADY | STRENGTH | EASY | RECOVERY | MOUNTAIN

	WEEK 13	WEEK 14	WEEK 15	WEEK 16
MON	STRENGTH **Maintenance strength** 40 min Reduced volume	RECOVERY **Recovery** 35 min Very easy	REST	EASY **Easy walk** 40 min No fatigue
TUE	EASY **Aerobic** 50 min Easy	STRENGTH **Light strength** 35-40 min No max efforts	EASY **Aerobic** 45 min Conversational	MOBILITY **Mobility** 25-30 min Hips, calves, ankles
WED	REST	REST	STRENGTH **Light strength** 30-35 min Mobility + activation	REST
THU	STEADY **Loaded hills** 90 min 600-700 m | 10-12 kg	EASY **Aerobic** 45 min Easy	REST	EASY **Easy hills** 60-75 min 300-500 m | light pack
FRI	RECOVERY **Recovery** 30 min Very easy	REST	EASY **Easy hills** 60 min 250-350 m | 6-8 kg	REST
SAT	MOUNTAIN **Peak mountain day** 7-8 hr 16-18 mi / 26-29 km 1500-1800 m | 10-12 kg	MOUNTAIN **Simulation Day 1** 6 hr 12-14 mi / 19-22.5 km 950-1150 m | 10-12 kg	MOUNTAIN **Reduced hill day** 4-5 hr 9-11 mi / 14.5-18 km 700-900 m | 6-8 kg	EASY **Shake-out walk** 30 min Very easy
SUN	REST	MOUNTAIN **Simulation Day 2** 7 hr 14-16 mi / 22.5-26 km 1050-1350 m | 10-12 kg	REST	READY **Expedition ready** Arrive fresh

STRENGTH / EXPEDITION GUIDANCE

Weeks 13-14 are the peak specific block. Weeks 15-16 reduce volume so fitness is retained while fatigue falls. Do not add missed sessions or extra hard work during the taper.

LOGISTICS & MOUNTAIN RULES







PASSPORT, LUGGAGE & MONEY

Passport Validity
- Bring your passport for UK ferry travel.

Luggage
- Carry a 5kg day pack. Robust, broken-in boots only: no trainers on the hill.
- Bunkhouse dorms are shared by gender; no bedding or towels provided.

Currency & Financials
- Local currency: Pound Sterling (GBP).
- Bring sterling cash or a card for meals.

TRAVEL & MEETING POINT

Departure Point
- Irish Ferries, Terminal 1, Dublin Port.

Port Parking
- Long-term parking at Terminal 1 cannot be prebooked; pay on arrival (not included).

Mandatory Meeting Point
- Day 1: meet the bus at Dublin Port at 12:00am for the 01:15am ferry to Holyhead.

GUIDE AUTHORITY & RULES

Lead Guide Command
- Guide decisions on weather, pacing, route & turn-around times are FINAL.
- Team safety is the ultimate priority.

Zero Tolerance Policy
- NO illegal drugs or illicit substances.
- Violations result in immediate removal.

HAZARDS & EXPEDITION PROTOCOL

Objective Mountain Hazards
- Highly changeable Welsh weather, cold and wet ridges, light scrambling and sustained rocky terrain on steep ground.
- Immediate reporting of distress is mandatory.

Mandatory Safety Kit
- Head torch, first aid, blister kit, emergency bivvy bag and whistle.
- Fully charged phone in a waterproof pouch, and midge spray or net.

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Wales 7 Summits

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