

Snowdon to Pumlumon ACTUAL (2)

<b>SNOWDON TO PUMLUMON</b>											
A CHALLENGE LINKING THE THREE CHIEF MOUNTAINS OF WALES					Accomplished solo by Yiannis Tridimas on 24/25 May 2003						
T O P	OBJECTIVES	SPOTHEIGHT (m)	ASCENT (m)	DISTANCE (km)	CUMULATIVE ASCENT(m)	CUMULATIVE DISTANCE(km)	SCHEDULE SPLIT	SCHEDULE CLOCK	ACTUAL SPLIT	ACTUAL CLOCK	NOTES
	Pen-y-pass	359						12:00		12:00	
1	<b>Snowdon</b>	1085	726	5.5	726	5.5	01:00	13:00	01:00	13:00	Pen-y-pass to Nant-y-moch: 27:09
	Nant Gwynant (A498)			6.0	726	11.5	00:50	13:50	00:49	13:49	Snowdon to Pumlumon: 25:28
2	Cnicht	689	632	5.5	1358	17.0	01:10	15:00	01:08	14:57	
3	Moelwyn Mawr	770	370	3.5	1728	20.5	00:50	15:50	00:55	15:52	<u>Rating:</u> A hard challenge with mainly big climbs and some long runnable distances in between
	A 496 (694436)			5.0	1728	25.5	00:40	16:30	00:39	16:31	
4	Manod Mawr	661	575	4.0	2303	29.5	01:10	17:40	01:03	17:34	
	A 4212 (800384)			11.5	2303	41.0	01:50	19:30	02:00	19:34	Approximately 20 minutes was spent in picking up and consuming food and drink at four road crossings
5	Arenig Fawr	854	684	3.5	2987	44.5	01:00	20:30	00:56	20:30	
	Pont Rhyd-Sarn, A494 (859287)			10.5	2987	55.0	01:30	22:00	01:38	22:08	
6	Aran Fawddwy	905	780	7.5	3767	62.5	02:10	00:10	02:18	00:26	
7	Glasgwm	779	215	4.0	3982	66.5	01:10	01:20	01:14	01:40	<u>Weather</u>
	A 470 (825163)			4.5	3982	71.0	00:45	02:05	00:53	02:33	Very wet around Snowdon
8	Maen Du	674	524	1.5	4506	72.5	00:50	02:55	00:55	03:28	Showers throughout Saturday and
9	Waun - oer	670	200	4.5	4706	77.0	01:05	04:00	01:11	04:39	overnight.
	A 487 (757139)			3.5	4706	80.5	00:45	04:45	00:40	05:19	Mist on most tops
10	<b>Cadair Idris (Pen y Gadair)</b>	893	620	5.0	5326	85.5	01:40	06:25	01:34	06:53	Sunshine on Sunday, hot at times
	B 4405 (730113)			4.0	5326	89.5	01:00	07:25	00:45	07:38	
11	Tarren y Gesail	666	600	7.5	5926	97.0	01:25	08:50	01:49	09:27	
	A 493 (741018)			5.5	5926	102.5	00:45	09:35	01:00	10:27	Transport to start and spot checks: Wayne Percival
12	<b>Pen Pumlumon Fawr</b>	752	950	19.5	6876	122.0	03:25	13:00	04:01	14:28	
	Nant-y-moch resr dam (756861)	350		4.0	6876	126.0	00:50	13:50	00:41	15:09	
	<b>TOTALS:</b>		<b>6876</b>	<b>126.0</b>				<b>25:50:00</b>		<b>27:09:00</b>	
		feet/miles:	22553	78							