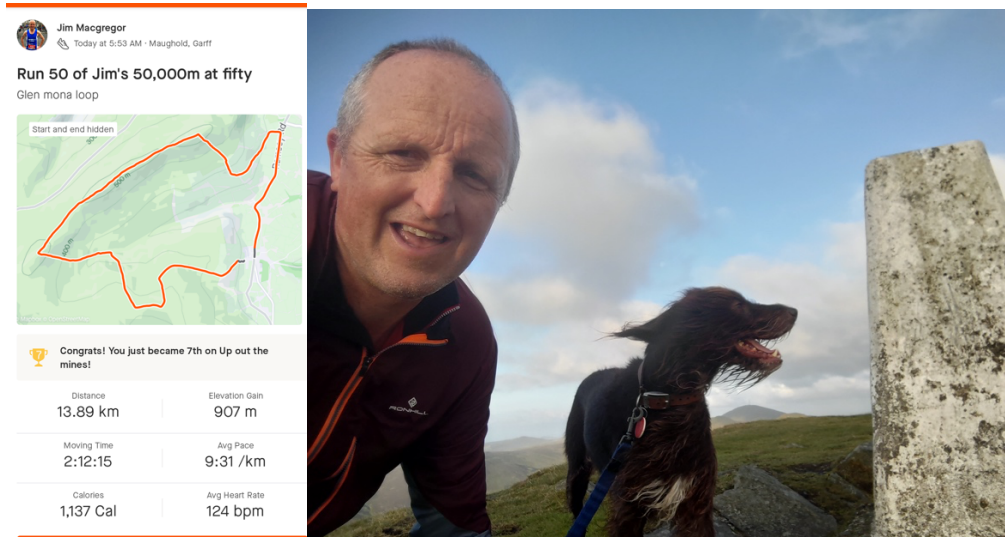


Walk 50 – Friday 4th August 907m climbed, cumulative 52,047m



Back on the island and thought I would tackle a climb a day early as the weather is forecast to be awful tomorrow. Straight up North Barrule and then a loop around the Glen Mona Valley. Nice to be back but the ground is incredibly wet after the wettest July on record. Also the top was so windy it was actually tricky to even stand up.

Walk 51,52,53 – Tuesday 8th - Wednesday 9th August 3018m climbed, cumulative 55,065m

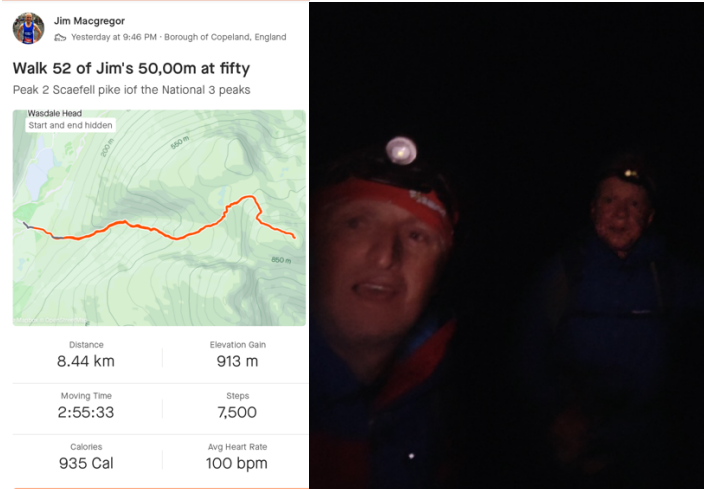
Having previously done the National 3 peaks challenge and just missing out on doing it just under the 24 hours I thought I would have another go but this time tackling Ben Nevis first. It was also a great chance to catch up with family. In the team we had Will who was going to be completing the challenge with me and whatever he says he is a fit hill walker! Also being a navigator for the search dogs gave it an extra SARDA feel. We also had my son driving. Having done support in the past it is not to be underestimated and he did an amazing job and actually the challenge would not have been completed without him.

We set off on the Monday and stayed with my sister 2 hours away from Fort William. This was a great stepping stone and very relaxed evening catching up. We woke early and set off at 8.00am all prepared for the task ahead.



There are various routes up Ben Nevis but the easiest is from the Glen up the “tourist path”. I understand why Lochaber Mountain rescue team are not keen on the name as it encourages people up there who are not best prepared or kitted out. In fact we saw one family in crocs and the one daughter even had a dressing gown on! The path takes you steeply up to the first Col and then you hit the dreaded zig zags. I had allocated to allow 6 hours for this climb up and down but we actually took 4.5 which is always good as you don’t know when you might need the extra time. We both felt good after it and prepared our bags for Scafell Pike so we could get straight out when we arrived.

The drive down was great until we hit Tarbet and around Loch Lomond. We did divert via Hellensbrough but by then we knew we had lost a bit of time. Again another delay not factored in was waiting at a service station for McDonalds! (healthy athletes diet again)



Arriving at Wast Water in the lakes we had taken the decision to do this route which is an hour more driving but an hour less walking. By now it was dark and being the middle mountain is always more of a challenge. It is fair to say Will struggled on this but still we only

took 3.5 hours to complete although this now meant we were 45mins behind schedule. The walk itself was fine and we saw the moon rise near the top in its blood orange which was a bit special. I also saw two mice up there presumably with rich pickings from peoples packed lunches. When doing the challenge you sometimes meet the same people. This time it was an organised group of about 20 who all had numbers on their arms. They were again about 45mins in front of us and as we were descending we saw their minibus lights heading down the valley. More about them later. The drive out is interesting and long but at around 1.00am it is amazing the amount of wildlife you see. Spookiest was seeing an owl on the road devouring a pigeon.

 **Jim Macgregor**
Today at 5:24 AM · Snowdonia National Park, Wales

Walk 53 of Jim's 50,000m at fifty
Peak 3, Snowdon
All 3 done in 23 hours




Distance 12.48 km Elevation Gain 762 m
Moving Time 3:42:13 Steps 11,094
Calories 1,144 Cal Avg Heart Rate 96 bpm



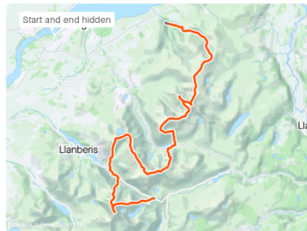
Well my son pushed on with his excellent driving and we made it to Pen Y Pass for 5.15am only 4 hours later. This gave us a nice cushion of 5 hours to complete Snowdon up and down. The other advantage was that it was now first light so no need for head torches on this one. Will was going to see how it goes and said he would complete it but I should push on. Well we started as a team and so would finish as a team and Will very quickly got 2nd wind. We reached the summit in 2.5 hours (for the first time in poor visibility). We were really lucky with the weather as I cant imaging anything more demoralising than getting soaked on the first hill. We climbed via the Pyg track but decided to descend on the Miners track. We were discussing that we expected to see the team of 20 again as we had been 45mins behind them on the last 2 mountains. We passed them on the descent and so somehow had managed to gain an hour on them. For some reason they didn't seem so chirpy when we saw them this time. After a great breakfast at Siabod Café we headed to my mums for a bit of recuperation.

We completed the challenge in 23 hours from the start of Ben Nevis to getting back to the car below Snowdon. Felt really good but also shattered. Maybe one to have another crack at sometime! Tips for doing this is plan very carefully, train, learn the routes and have a great support behind you.

Hike 54 – Tuesday 15th August 3605m climbed, cumulative 58,670m

 Jim Macgregor
Yesterday at 5:10 AM · Snowdonia National Park, Wales

Hike 54 of Jim's 50,000m at fifty
Welsh 3000.s. Highest peaks all over 3000ft



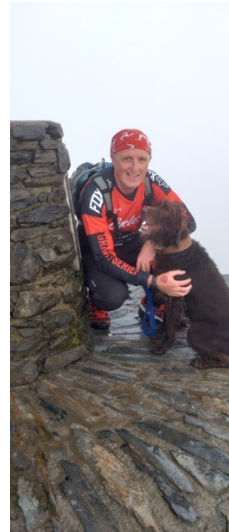
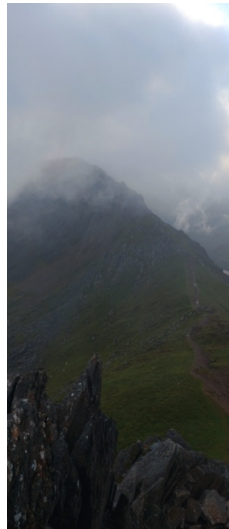
Distance
49.54 km

Elevation Gain
3,605 m

Moving Time
12:33:48

Avg Speed
3.9 km/h

Max Speed
9.9 km/h



Well almost straight after the National 3 Peaks I am back in Wales to tackle the Welsh 3000's. These are all the summits in Wales over 3000ft (15 or 16 of them) and all are within 24 miles of each other from summit to summit.

This was a challenge I have done previously on one of the hottest days of the year although this time was a little cooler. As on the previous occasions I was tackling it with Rich Beech who is an ex handler from SARDA Wales and long standing Mountain rescue team member of Llanberis. He taught me a great deal about dogs and it is always a pleasure to spend time with him.

Setting the alarm for 4.15am is quite a start but allowed us, with the kind offer of a lift up to Pen y Pass. This after leaving my van in Nant Peris so that Ruby could do the first 3 with us on Snowdon. All seemed like a good plan and having also stashed water in Ogwen Valley the two main climbs were then covered.

Starting at 5.00am has advantages of it just becoming light along with few people around. Ruby, my search dog unfortunately developed epilepsy at 4 years old. With medication the fits have been controlled but they can be unpredictable. Well probably one of the worst places to have one was on the start of Crib Goch. This is a sharp Arete and not a great place to have a fitting dog. With the usual reassurance she got over it after 10mins and I gave her time for water and an energy bar.

We then preceded up Crib Goch and had covered the first 3 summits culminating in Snowdon after about 2 hours. We were having a discussion about a recent BBC programme on Snowdon and how some people had been queuing for 45mins on a bank holiday. No need today as this time of the morning very few people are up there! We then went down the Llanberis path to Clogwyn station and dropped over the ridge and down to Nant. Ruby settled down in the van to be picked up by Gwen and we had a feed and new supply of drinks. The weather was supposed to clear around 11.00am but climbing the next summit out of Nant the rain jackets had to come out and we were yet to see any visibility.

The ridge along to Y Garn and then then the Glyders and culminating with Tryfan is one of my favourites. The scenery with frost shattering and jagged rocks is very impressive. A few more walkers around now but with mostly a bit more experience than those who often summit

Snowdon. In fact a gentleman on Glyder Fach told us he had done the Welsh 3000's 30 years ago. He was certainly wearing lots of badges which lead to further discussions with me and Richard on what we will be doing or saying when we can no longer do these challenges! Probably telling lots of people how we once did it!



On Tryfan we finally saw a bit of sun and even a view with an impressive Hercules plane banking down Ogwen valley below us. We made good progress but it is a little sole destroying loosing all the height seeing what we have to climb up the final ridge of the Carnedd's. It was to be the final bit of sun until the last peak which lead to discussions about the accuracy of the weather. The last ridge is quite remote and very long and especially the walk out. We were temporarily followed by a Chinook helicopter and just kept knocking the summits off until we reached the final one of Foel-fras. Again we had sudden clearing of the clouds and great views of the North Wales coastline. The walk out is around 1.5 hours which takes some motivation when in your head you believe you have finished.

After a lift from Gwen and being reunited with Ruby we refuelled with the athletes diet of a Burger King. They did say this is a step up from the national 3 peaks and coming less than a week after it I certainly was feeling it. Advice if you are thinking of doing it: get planning, get fit and learn some of the routes such as off Tryfan!

Walk 55 – Wednesday 16th August 684m climbed, cumulative 59,354m

Jim Macgregor
 Today at 7:52 AM · Snowdonia National Park, Wales

Walk 55 of Jim's 50000m at fifty
 Bit of a shake down after yesterday, up and down Siabod

Distance	Elevation Gain
7.60 km	684 m
Moving Time	Steps
1:58:51	11,636
Calories	Avg Heart Rate
747 Cal	108 bpm



Woke up at 4.15am in my van. Forgot to switch off the alarm from yesterday! Actually feeling pretty good and the weather was amazing so decided to tackle Siabod before driving down to my mums. The last time I did this was when I was 18 and took part in a fell race from the campsite straight up and down to the summit. Back then I did it in about an hour but no

chance of that today! We set off from by Plas y Brennin training centre and the path starts off through the forest and goes in a straight line straight up to the top. Views are amazing and my advice for any hill walkers is start exploring away from Snowdon. This mountain is only about 2 miles away and I only saw a handful of people up and down. We made good progress (even with heavy legs) and were blessed with amazing views from the top. No hanging around though as with little wind = masses of midges and no way was a wanting to get bitten alive. Had enough of that on Skye!
Really chuffed having climbed it I was then heading back in my van just after 10am ready for a bit of a rest.



Llynnau Mymbyr looking to the forest and then the summit of Moel Siabod.