



ONCE UPON A SMILE MOEL EILIO DAY

RAW Adventures are all about exploring and discovering the UK, especially Eryri*Snowdonia.

Whether you are visiting Eryri for the first time, or have enjoyed some mountain walking already, we want to help you to further discover the special qualities of Snowdonia National Park; Eryri.

Here at RAW Adventures, we love to weave our way across quieter slopes and cwms discovering new views and experiences. And we can share these explorations with you: trust our personal and professional experience and you won't be disappointed.

In keeping with our respect for where we live and work, we would like to share our 'back garden' with you; always remembering to look after ourselves, each other and the local communities and environment we move through.

YOUR ITINERARY

We recommend you journey to the area the day before, to make the most of your walking day and make sure you're fresh and prepared. Basing yourself in Llanberis for this event is the best place for ease of access to the start point and a choices of accommodation.

MOEL EILIO

Saturday 15th August 2026

09:40 Meet your Mountain Leader at the Dolbadarn Castle Parc Padarn Car Park, Llanberis, What3words ///glorified.gripes.bring

09:45 Group safety briefing and kit check

10:00 Latest walk start time

13:00 Expected arrival at Moel Eilio summit

13:30 Departure from Moel Eilio summit

16:00 Latest arrival back in Llanberis – ask your Mountain Leader for options in the village for post-walk drink/food



FOOD

Ensure you eat a good meal at least 1 hour before your walk and drink plenty. You need to carry at **least 1.5 litres** of water, *plus* juice/hot drinks. Bring your own lunch and pack both savoury and sweet foods. Choose complex carbohydrates and whole foods instead of overly sweet items. E.g. malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, pork pies or sausage rolls will last well on the hill and sustain you for hours. Ensure you pack a separate drink for the journey to and from the start point as well as the recommended amount for your walk.

The summit Visitor Centre and cafe are not guaranteed to be open during the summer (being weather dependent) and it is completely closed from Oct – April over winter.

TRANSPORT & ACCOMMODATION

Transport and **accommodation** are not included in this event unless otherwise stated. Use postcode LL55 4TY to plan your trip.

There is plenty of parking available in Llanberis village, the meeting point is usually in a car park. Other places include; opposite the Snowdon Mountain Railway station, The National Slate Museum, and Electric Mountain (LL55 4UR). All car parks are pay and display and charges vary from £6/day upwards.

FAQS

Visit our **FAQs** if you have any more questions

HEALTH & FITNESS

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming/cycling at least 3 time a week to fully enjoy this mountain walk. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – Eryri (Snowdonia) is not flat! Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed.

WEATHER & SAFETY

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. Please ensure you have all the required equipment as specified in the Kit List – this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well-experienced and qualified Mountain Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

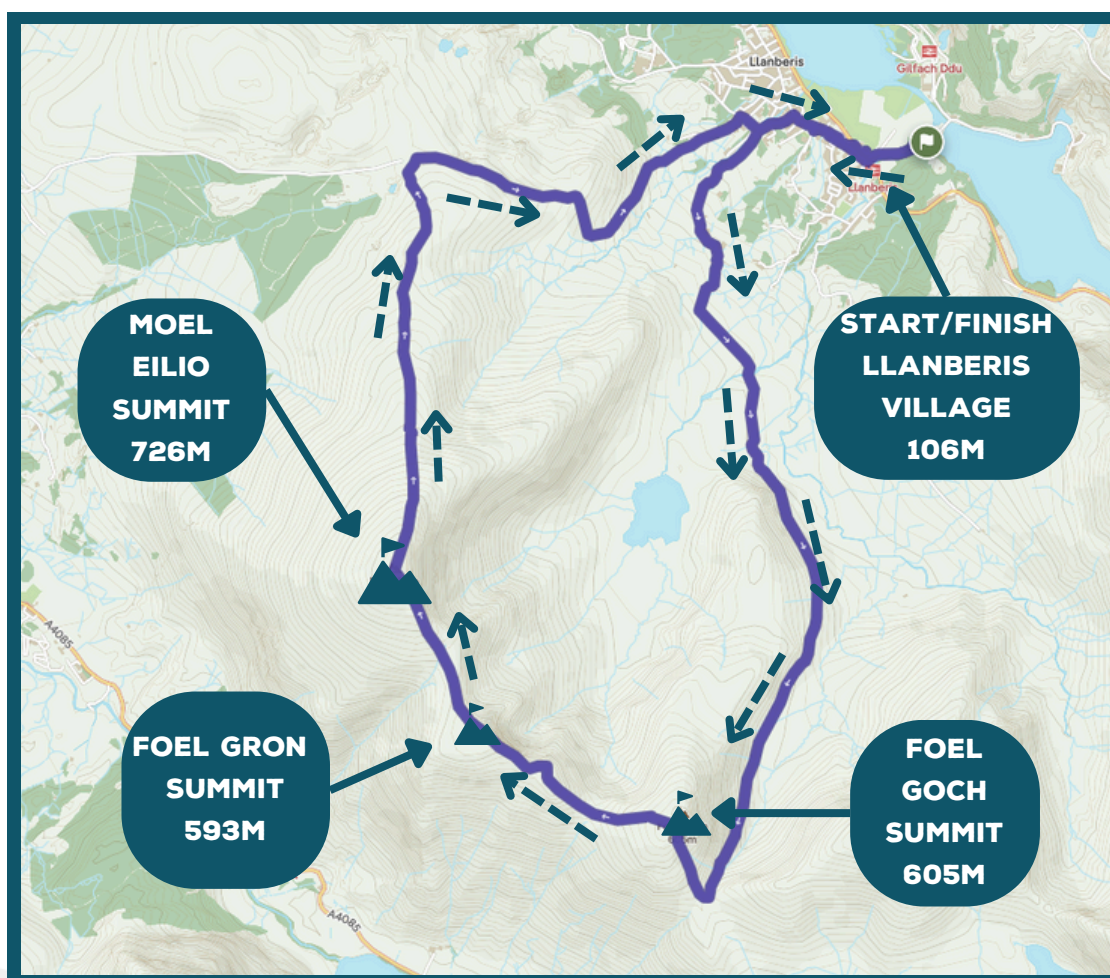
MOEL EILIO

A wonderful, airy hill walk above Llanberis, offering magnificent views over to the Snowdon massif and Glyderau range on the opposite side of the valley. This undulating circuit is mostly grassy underfoot with good paths in and out of Llanberis village. It's a high parade above the valley below and can often catch South Westerly winds on breezy days – you'll feel like you're higher than you are with all that open space and fresh air! The Moel Eilio range is a line of hills ('moel' meaning 'bald hill') that have been historically used for farming and access between the valleys of Llanberis and Cwellyn on its southerly side. A rewarding excursion on quieter hills, with expansive views from the summit, including to the Wicklow Mountains in Ireland on a clear day!

Circular: Starting/ending in Llanberis

Distance: 15km/9 miles round trip

Total Ascent: 764 metres/2506 feet



Distance and times are approximate as these will change depending on the pace of your group. Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leader who will always make choices with the safety of the group as a top priority.

Kit list

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles (optional) highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal medicine/blister protection/ painkillers/plasters		
Headtorch and spare batteries		

Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans or cotton)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

Footwear

Item required	Got	Packed
Sturdy, comfy walking boots/shoes with good tread		
Comfortable walking socks + spare pair		

Leave in your car/accom

Item required	Got	Packed
A full change of clothes including shoes		
More food and drink		

