

GARMIN®

WEEKEND WARRIOR GUIDE



Whatever you do,
own it.





GARMIN WEEKEND WARRIOR GUIDE

There's no denying that spring is in the air. Longer days, warmer weather, and a hint of green appearing in the trees. It's an irresistible invitation to get outside and seize the day.

That's easier said than done when your 9-5 keeps you grounded most of the week. But the weekends? Those you can make your own. And if you're smart about it, squeezing every last drop of freedom into those two magical days can open up a whole new world of adventure. This is the Weekend Warrior approach to life.

With the right gear, spring is the ideal time of year to explore the British and Irish Isles. And there's so much opportunity for adventuring outdoors here, no matter what kind of activities you enjoy.

From climbing and kayaking to mountain biking and SUP, there are countless beautiful spaces to indulge your passion for fast-paced action. And if meditation is more your thing, an adventure on

foot is one of the easiest and most accessible ways to discover the best of what these isles have to offer.

In this guide, we've hand-picked six destinations in and around the UK that are primed for springtime exploration, so you can get out there and make the most of the next six weeks of spring.

Tight on time? That doesn't matter either. Each destination and activity has been carefully chosen so you can fit everything into just two days. It's time to take the smart approach to adventuring this spring. It's time to take back your weekends — and whatever you do, own it.

Emily-Jane Cave

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THE ANATOMY OF A...

GARMIN INSTINCT 2S SOLAR

RAISED RIM AND CASING

A toughened, fibre-reinforced polymer case and raised rim keep your watch protected in all the right areas and across all types of adventure conditions. Wear this rugged smartwatch anywhere.

WATCH FACE

Customise your watch face to suit your needs, whether you want to track your heart rate, step count, or find out when sunset is. Made using scratch-resistant Corning Gorilla Glass for added toughness and durability.

ABC BUTTON

Press to easily toggle through the key features of your smartwatch. Hold to view wind direction and access your 3-axis electronic compass.

LIGHTWEIGHT MATERIALS

Weighing just 52g, this watch is a 'go-anywhere' adventure accessory. And with a 10 ATM water rating, swimming, snorkeling, and diving aren't a problem either.



WRIST HEART-RATE SENSOR

Quickly find out how hard your heart is working during an activity. And get alerts if your heart rate is too high or too low when resting.

GPS BUTTON

Hold down the GPS button to view your coordinates and save your location. Push it to track an activity – whether you're out for a walk, heading up into the mountains, or about to plunge into the water.

BATTERY

Experience limitless adventures (on- or off-grid) with up to 70 hours of battery life in GPS mode and up to 28 days in smartwatch mode.

WATCH STRAP

Made from silicone, the flexible strap helps the watch stay in place and offers up supreme levels of comfort. QuickFit accessory bands also let you change up the colours to match your style.

ENGLAND: THE PEAK DISTRICT

EXPERIENCE AN EPIC SCRAMBLE ALONG THE DRAGON'S BACK



LET'S GO

When to go

The best weather is between May and September. But these are the busiest periods too.

Get there

By car: Park in East Sterndale. Arrive early to avoid disappointment.

By public transport: Bus 442 runs from Buxton. Get off at 'Main Road' in Earl Sterndale.

Sleep

Camping is available at Barkerfields Farm, while Stanton in Peak B&B claims to have one of the 'best views in the Peak District'.

Eat

For a traditional, heartfelt welcome and superb food, head to The Bulls Head in Monyash. And if the weather's good, a picnic out in the rolling hills is always a good option.

Explore

Chatsworth House and Gardens. Get to know one of England's favourite country houses and explore acres of glorious parkland at the same time.



A good middle ground between hiking and full-on climbing, scrambling injects an extra element of adventure into any weekender. And this unusual scramble up Parkhouse and Chrome Hill takes you

along the fancifully named 'dragon's back' of the Peak District. So called because, from a distance, the two peaks resemble the rippling spine of a mythical beast.

Scrambling to the top of one (or both) of these peaks offers up excellent views, a real challenge, and forms the backbone of a great weekender. It's Grade 2 scrambling on this route, so expect more technical, trickier sections, with some exposure and a reliance on hand-holds.

SETTING OFF

Begin at Earl Sterndale and find The Quiet Woman pub. Just to the right, you'll see a footpath signposted to Chrome Hill and Hollinsclough. Follow the footpath signs through the farmer's fields, which are easy enough to navigate.

Right at the top, you'll also find a gorgeous hidden little archway. The perfect place to take shelter and snap a few pictures.

Parkhouse Hill will then appear in front of you, so make your way down the slope and across the B5053. From there, you can immediately start scrambling your way to the summit. It's an effort to reach the top, but the views towards Chrome Hill (the dragon's back) are well worth it.

If you don't fancy a scramble straight away, head left onto the unnamed road. Once you get to a fork in that road, take another left and follow the sign towards Hollinsclough. When you reach Hollinsclough (about a 15-minute walk), turn right



at the T-Junction as you pass the last house and you'll see a footpath on the right that leads to the back of Chrome Hill.

THE DRAGON'S BACK

Climbing Chrome Hill isn't too tricky at first, but you'll soon find yourself using your hands as you make your way along the dragon's back.

Towards the top, the ground begins to level out along the ridge. And you'll be glad, because it offers plenty of time to concentrate on the surrounding views. Right at the top, you'll also find a gorgeous hidden little archway. The perfect place to take shelter and snap a few pictures.

At the summit of Chrome Hill, you can see almost the entirety of Parkhouse Hill. And if you've got the energy to scramble to the top of Parkhouse Hill too, you'll get another stunning vantage point. Views across Earl Sterndale and the rolling hills of the Peak District can be enjoyed from every angle.

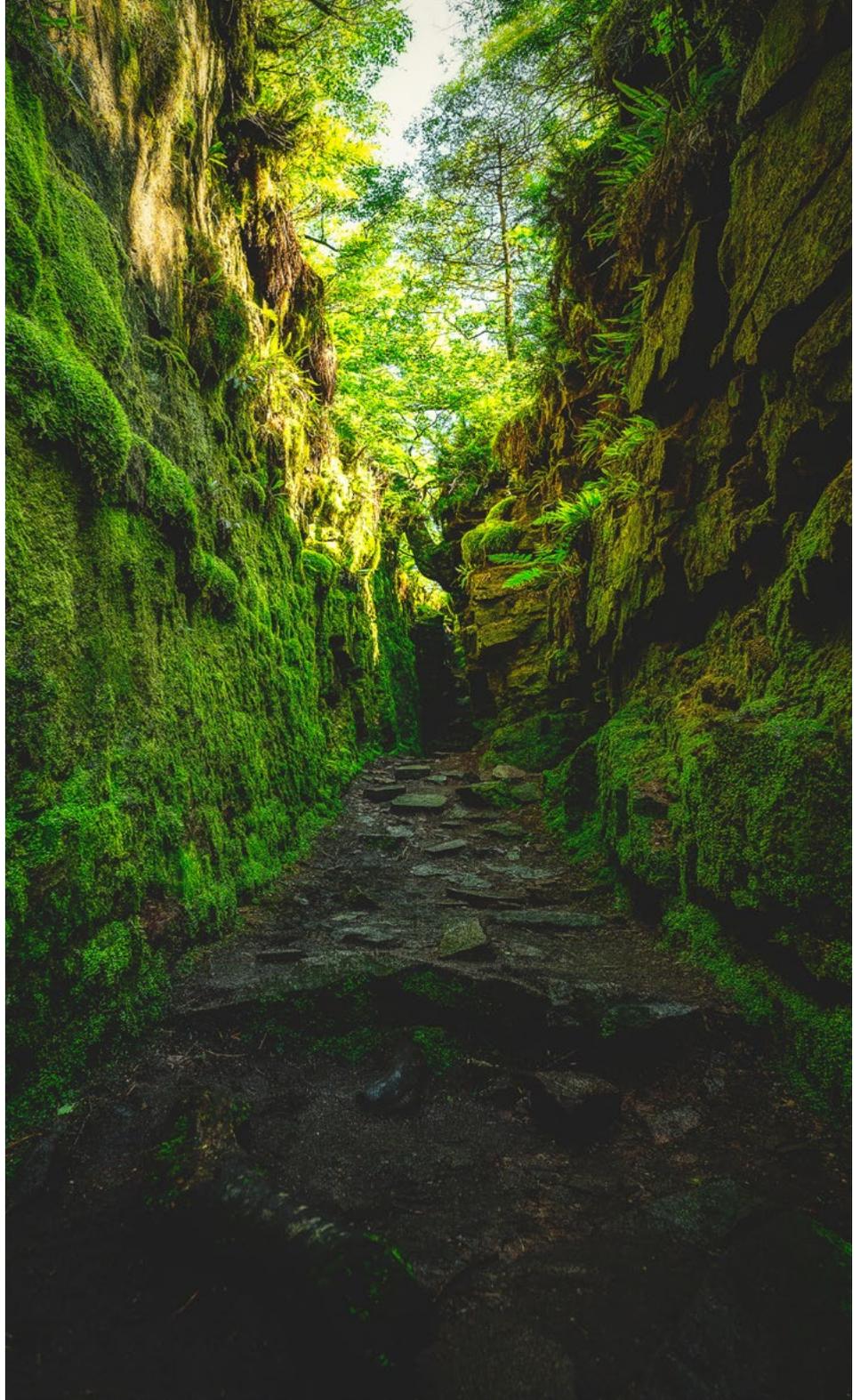
When you get back, that drink in The Quiet Woman will be well deserved!

Lud's Church is a dramatic limestone gorge. The vastness of its cavernous walls are impressive.

THE NEXT DAY

A trip to Lud's Church is sure to round off your weekender in the Peak District in style. Not quite what its name suggests, Lud's Church is a dramatic limestone gorge. The vastness of its cavernous walls are impressive. And if you're a fan of the BBC series *Merlin*, you might recognise it too.

You can even extend your weekend adventure to incorporate the nearby Roaches, a series of gritstone cliffs. Great views and interesting rock formations are both found here, so it's well worth a visit if you have the time. ■



GARMIN INSTINCT 2

The Garmin Instinct 2S Solar has been designed with every adventure in mind. It's both thermal and shock resistant, as well as being encased by what Garmin calls fibre-reinforced polymer, so any scrapes with rocks along the dragon's back are no problem at all.

USE THESE FEATURES

- **Tracback** helps you get back to your starting point with ease
- **Solar charging** prolongs battery life while you're on the go
- **Total Ascent** lets you know exactly how high you've scrambled





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OWN IT. INSTINCT® 2 SERIES

SOLAR POWERED RUGGED GPS SMARTWATCH



ENGLAND: THE SOUTH WEST COAST PATH

A COASTAL WEEKENDER TO SOOTHE THE SENSES AND STIR THE SOUL



LET'S GO

When to go

The best weekends to visit are in April–June and September–October. Avoid July and August where possible, as it can get very busy.

Get there

Sidmouth is accessible by rail, road, and bus. But getting back from Abbotsbury is trickier, so it might be worth booking a taxi service in advance to take you to Weymouth (and its many transport links).

Sleep

Stop over at Lyme Regis in style with a stay at Dorset House Boutique B&B. Or, feel like Del Boy with a room at The Nag's Head on the beachfront.

Eat

There are plenty of cafes and quaint shops along this route, so you're spoilt for choice when it comes to refreshment.

Explore

Abbotsbury is a stunning little village. So, if you've got an extra day to spare, why not extend your weekend and stay overnight. The pubs and B&Bs on offer are more than worth it.



For many, the Sidmouth to Abbotsbury stretch of the South West Coast Path is a fantastic setting for any weekend adventure. Big hills, quaint seaside towns, flat stretches of pebble beaches, and dunes can all be found along this excellent hike. These 37-mile stretch of the 630-mile route cover plenty of elevation, so expect your calf muscles to be tested.

SIDMOUTH TO LYME REGIS

Begin on Sidmouth's picturesque seafront. From here, the flat start quickly turns skyward, with a first 150m ascent within minutes. And you won't spend long catching your breath at the top either, as you'll do the exact same thing a further four times before you reach Branscombe. Fear not though, because the vistas afforded to intrepid walkers along this route are stunning and, as you'll find out, it's a quiet stretch too.

Just before you reach Beer and Seaton, the going gets easier. So, enjoy the respite and top up on water and goodies when passing through these beautiful little seafront villages. Leading out of Seaton, the path goes skyward once more. But this time, to just 140m.

The South West Coast Path then takes you along the Undercliffs National Nature Reserve, one of the most stunning and unique sections of the route. As you walk through the reserve (west to east) the rocks get younger, moving from the

late Triassic to early Jurassic periods. And after this bit of time travelling, you'll reach Lyme Regis, where day one ends. Time to put your feet up, replenish, and ready yourself for day two.

LYME REGIS TO ABBOTSBURY

Day two starts with one of the last big ascents — this time, 165m to one of the highest points along the path. Your hard work is rewarded at the top, though, with some of the best views anywhere in the UK. And the good news is, from here on out, the ascents and descents are far kinder.

You'll go through the beautiful beach hamlet of Eype, complete with its big cliffs, and then reach 'Broadchurch' — sorry, West Bay — around lunchtime. In West Bay, you'll find some great cafes along the waterfront that offer up much-needed refreshment.

It all becomes pretty flat after that, but this last stretch can still be tough going. As all seasoned walkers know, walking on pebbles isn't always fun, even if it's always a challenge...

After a couple of hours, you'll come to Abbotsbury and reach the end of your weekend walk. ■

The South West Coast Path then takes you along the Undercliffs National Nature Reserve, one of the most stunning and unique sections of the route.

GARMIN INSTINCT 2

Whenever you're out on the trail, the Garmin Instinct 2S Solar tracks everything from steps, distance travelled, and elevation. It also keeps track of your activity level to help you better understand when you're able to work hard and when you need to take a well-deserved rest.

USE THESE FEATURES

- **Distance Travelled** means you can revel in just how far your weekend walk takes you each day
- **Smart Notifications** keep you up to date with new notifications on your smartphone
- **Distance to Destination** lets you know how close you are to your destination goal





ENGLAND: THE LAKE DISTRICT

KESWICK PROVIDES THE IDEAL BASE FOR A VARIETY OF WEEKEND ADVENTURES

LET'S GO

When to go

The best weather in Keswick is between June and August. But these are also the busiest periods. If you like avoiding crowds, don't visit during school holidays.

Get there

By car: Keswick is handily situated on the A66, about 18 miles west of the M6 (Junction 40).

By public transport: There are good bus links between Keswick and Penrith (the nearest train station).

Sleep

Stay in luxury at The Skiddaw Hotel (on Keswick's Main Street) or camp at Castlerigg Hall Caravan and Camping Site.

Eat

Try The Dog & Gun in the centre of Keswick. If you're after a lighter bite, look out for Ginger and Pickles on Lake Road (be prepared to queue if it's busy).

Explore

Visit during the Keswick Mountain Festival, which takes place towards the end of May (2022's dates are 20-22 May).



The Lake District is England's largest National Park, home to the country's most impressive mountain ranges, and has a multitude of lakes, waters, meres, and tarns. Everything seems to be super scale and unlike anywhere else in the UK.

Whether you want to hill-walk, climb, or mountain-bike, the Lake District boasts spectacular views and challenges galore. It really is the ideal destination for your next weekender. And if you stay in the idyllic town of Keswick, it'll act as an excellent base for any of your adventures.

HILL-WALKING

With routes ranging from easy to challenging, the Lake District is perfect if hill-walking's your thing.

If you're looking for a more straightforward outing, try the summit of Red Screes from the Kirkstone Pass. At 453m up, it's the Lake District's highest pass that's open to traffic. More experienced hill-walkers are able to tackle one of the 214 Wainwright summits, or take on a challenging scramble like Sharp Edge on Blencathra or Jake's Rake on Pavey Ark.

All the Lake District's major peaks are within easy reach of Keswick. And the must-do hill-walk on your weekender is Skiddaw (931m), which dominates views from the town. It's the smallest, and probably the easiest, of the Lakeland 3,000-footers, but is still a challenging mountain.

GARMIN INSTINCT 2

Whether you're hiking, mountain biking, or climbing, the Garmin Instinct 2S Solar has got you covered. You'll have access to multiple global navigation satellite systems to keep you on the right trail. And with innovative Move IQ technology, your watch will track your activities in full, both on foot and on two wheels.

USE THESE FEATURES

- **Elevation Profile** helps you see how high you're climbing, biking, or hill-walking
- **Wrist-based Heart Rate** means you can easily gauge how hard you're working
- **Sunrise / Sunset Times** lets you know when you'll get the best light throughout the day

CLIMBING

When it comes to climbing, the Lake District is renowned. And the great news is if you're new to it, there are tons of local guides and companies with all the gear and know-how to give you a taste of climbing or bouldering outdoors. Experienced enough to go it alone? Try Gimmer Crag in the Langdale Valley or visit the detached pinnacle, Napes Needle on Great Gable, the birthplace of rock climbing as a sport in its own right.

You'll find lots of great climbing options near Keswick. But two must-do climbs are Little Chamonix on Shepherd's Crag and Corvus on Raven's Crag. And if the weather turns, there's always Keswick's Indoor Climbing Wall or the ever popular 'Go Ape' high ropes course at Whinlatter.

The must-do hill-walk on your weekender is Skiddaw, which dominates views from the town.

MOUNTAIN-BIKING

Mountain-bikers will have a great time exploring the endless opportunities for off-road cycling in the Lake District. The Grizedale and Whinlatter Forest Parks provide miles of tracks to follow, while the more adventurous may want to tackle routes up some of the higher peaks, like Honister, Hardknott, or Kirkstone.

For anyone after a real mountain-bike challenge, the Altura Trail has to be at the top of the list. It's a purpose-built, 12-mile red grade trail with over 9 miles of single track routes through the forest. If you're looking for an easier alternative, try cycling along the stunning Borrowdale Valley, then up the Honister Pass. Continue down through the Buttermere Valley, turning right at the village to come back over Newlands Hause and along the quiet Newlands Valley to Keswick. ■



SCOTLAND: FORT WILLIAM

SCRAMBLING, HIKING, MOUNTAIN BIKING, AND PARAGLIDING -
FORT WILLIAM IS AN ADVENTURER'S PARADISE





LET'S GO

When to go

Mountain biking, scrambling, and climbing are best enjoyed May-September; skiing and snowboarding December-April. Check the website before you go for up-to-date info on which bike trails and ski runs are open.

Get there

By car: Park at the top car park at Glen Nevis, just a short drive from Fort William

By train: Get the sleeper from London, which also stops at Crewe

By plane: Fort William is 1.5 hours' drive from Inverness airport.

By bus: Catch the Shiel Bus 41 from Fort William.

Sleep

Wild camping is possible in Lochaber. Be sure to check with the landowner first and leave no trace. Fort William makes a great weekend base. Here, you'll find everything from luxury hotels to cosy glamping lodges with hot tubs.

Eat

Situated at the base of Aonach Mor is the Nevis Range Pine-marten Cafe. At the top of the mountain, the Snowgoose restaurant and bar serves food with a view at 650m.

Explore

Take a relaxing trip aboard the Jacobite Steam Train, a 84-mile round trip through spectacular mountain scenery. Then stop off at the Ben Nevis Distillery – one of the oldest in Scotland – for a tour and a taste of its traditional Whisky.



Fort William in the Scottish Highlands, billed by many as the outdoor capital of the UK, is home to some seriously rad adventuring. Here, you'll find everything from mountain biking to paragliding, with some tasty hiking and climbing opportunities thrown in too.

The Nevis Range Mountain Resort is a great place to make the most of what Fort William has to offer. Whether you're a seasoned downhill pro or a biking novice, there's a superb mix of swoopy trails and rocky technical features. And if biking's not your thing, there are plenty of other activities on offer too, like hiking, climbing, and even skiing during the winter months.

MOUNTAIN-BIKING

There are 14 routes in total at the resort, all graded for difficulty from intermediate (blue) up to pro (orange). Each one offers riders a variety of different experiences and challenges and there's something to suit everyone.

Broomstick, a 7km blue trail, covers a great mix of forest road and single track making it ideal for families and beginners, while One Dot (orange) is a great chance for budding daredevils to try out some jumps and berms.

Blue Doon, reached by taking a gondola to the Nevis Range top station (643m), is one of the longest blue trails in the UK, while Top Chief, a black run (expert), promises drops, rock slabs, fast boardwalks, and thrills aplenty.

Also starting from the top of the gondola is the World Cup Downhill route, graded orange for extreme. It's seriously steep, with scary boardwalks, huge rocky sections and other unavoidable trail features like gap jumps, steps, drops, and berms. A full face helmet is a must on this trail.

If you fancy tackling Blue Doon, Top Chief, or the World Cup route, visit the resort between April and September when the gondola is open.

Catching a gondola in the UK is novel. At the top you'll find the Snowgoose restaurant, which wouldn't seem out of place in the Alps. It also gives you access to Sgurr Finnisg-aig and Meall Beag viewpoints where you can have a go at paragliding and hang-gliding among Britain's highest peaks.

The final part of the walk is glorious, down the path through An Steall gorge.

CLIMBING AND SCRAMBLING

Parking at the top car park at Glen Nevis, just a short drive from Fort William, will give you access to some of the fantastic climbing and scrambling in the area. Meall Cumhann (698m) is a popular grade two scramble with some technical sections, some exposure, and a reliance on hand-holds.

It's a brilliant day out. The walk-in is lovely, along an easy path with views of all sorts of waterfalls, before you leave the main track and cut left, crossing a small stream. If the mountain scenery looks familiar, it's because some of it formed the backdrop for the Quidditch scenes in the Harry Potter films.

The scrambling here is exciting and airy without being terrifying, with some great hand- and footholds. One section really gets the heart racing: a high, narrow ledge leading to more great climbing.

If you're new to scrambling, seek out a local guide (there are loads), who'll be happy to show you the ropes – quite literally. Some of the steeper sections are best tackled with the help of an expert, who will harness and rope you up for extra security as well as show you the best route to take.

HILL-WALKING

Reaching the top is only half the fun, because the walk down is stunning. You can take a direct route back to the carpark, or follow a gushing stream called the Water of Nevis and spot red deer in the distance. At the hut at An Steall there's a wire bridge across the river that is far more exciting than anything on a man-made zip wire course.

The final part of the walk is glorious, down the path through An Steall gorge – a fabulous 2-mile hike that's suitable for all abilities. ■



GARMIN INSTINCT 2

The Garmin Instinct 2S Solar packs a lot of punch into its neat, lightweight design giving you easy access to countless apps without adding extra bulk to your adventure. Whether you're climbing up or cruising down, the Instinct 2 fits snugly under gear without getting in the way, no matter how extreme the activity. (And at a mere 52g, it looks pretty stylish, too.)



USE THESE FEATURES

- **Multisport** means you can customise your activity settings for busy, multi-sport days
- **Body Battery** monitors your physical output to let you know when it's time to take a rest
- **Speed And Cadence Sensor Support** works with your bike's Garmin Speed and Cadence sensors to monitor both as you ride





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INSTINCT[®] 2 SERIES

SOLAR POWERED RUGGED GPS SMARTWATCH



IRELAND: SOUTHWEST COAST

A SEA KAYAKING RETREAT ON THE SOUTHWEST COAST OF IRELAND PROVIDES THE PERFECT BALANCE OF WET, WILD, AND WELLBEING ADVENTURE



LET'S GO

When to go

The best weather is between June and August. But these are the busiest periods too. Go late spring or early autumn to avoid the crowds.

Get there

By plane: a short flight from England to Shannon Airport followed by a two-hour car journey will get you to County Kerry and the small town of Kenmare.

Sleep

Treat yourself to a luxury five-star experience at the Park Hotel Kenmare or opt for one of the many excellent local B&Bs.

Eat

Push it up at multi-award winning restaurant No 35 Kenmare or sample local, freshly caught seafood courtesy of Wharton's Traditional Fish & Chips van.

Explore

There are dozens of trails criss-crossing the mountains of Glengarra Park. Once you've had your fill of paddling on the waters around Kenmare, be sure to take a dip in it for a truly beautiful wild swim.



stone's throw away and with a reputation for being beautifully quiet, Ireland is a fantastic option for a long weekend away.

The County Kerry town of Kenmare on the southwest coast boasts fine eateries, good pubs, and beautiful views over the bay. There are also plenty of places to hire guides and kayaks in the area, which is unsurprising given its spectacular coastline. Look to the horizon and you're likely to see rugged mountains or the unmistakable glistening light of sun bouncing off the sea.

If you're new to kayaking, hooking up with a local tour company is the best way to go. The weather can be changeable on the coast and with an experienced paddler in your party, you're sure to have a memorable experience for all the right reasons.

There are numerous sheltered bays that provide the perfect launch spot. One such point is just outside the village of Sneem. Look out for harbour seals relaxing on the rocks; a stealthy approach in your kayak may provide great photo ops.

Paddle between the two islands and soon you'll find yourself secluded from view by dense woodland, and up ahead, the open ocean. Though the waters around the inlets are usually calm and sedate, out there, things can be pretty choppy (and exciting). On rough days, expect some big ocean swells and wild waters, which make for a thrilling ride.

After a play in the waves, paddle further out before curving round towards Kenmare Bay. Look out for sea eagles as you head back inland. With their unmistakable black and white colouring and huge wingspans, these rare birds are a sight to behold. Enjoy paddling around the smaller islands and bridges, catching rolling swells, while keeping an eye out for more wildlife.

For a change of scenery on day two, head into the mountains south of Kenmare. Park up in Glengarra Park and launch yourself into the waters of Lough Inchiquin. Encircled by imposing mountains, the lake offers hours of solitude, with barely a soul in sight. At the head of the lake, a thin torrent of white water cascades down a cliff for some 50m, while a vibrant green forest stretches along the southern shore. ■

On rough days,
expect some big
ocean swells and wild
waters, which make
for a thrilling ride.



GARMIN INSTINCT 2

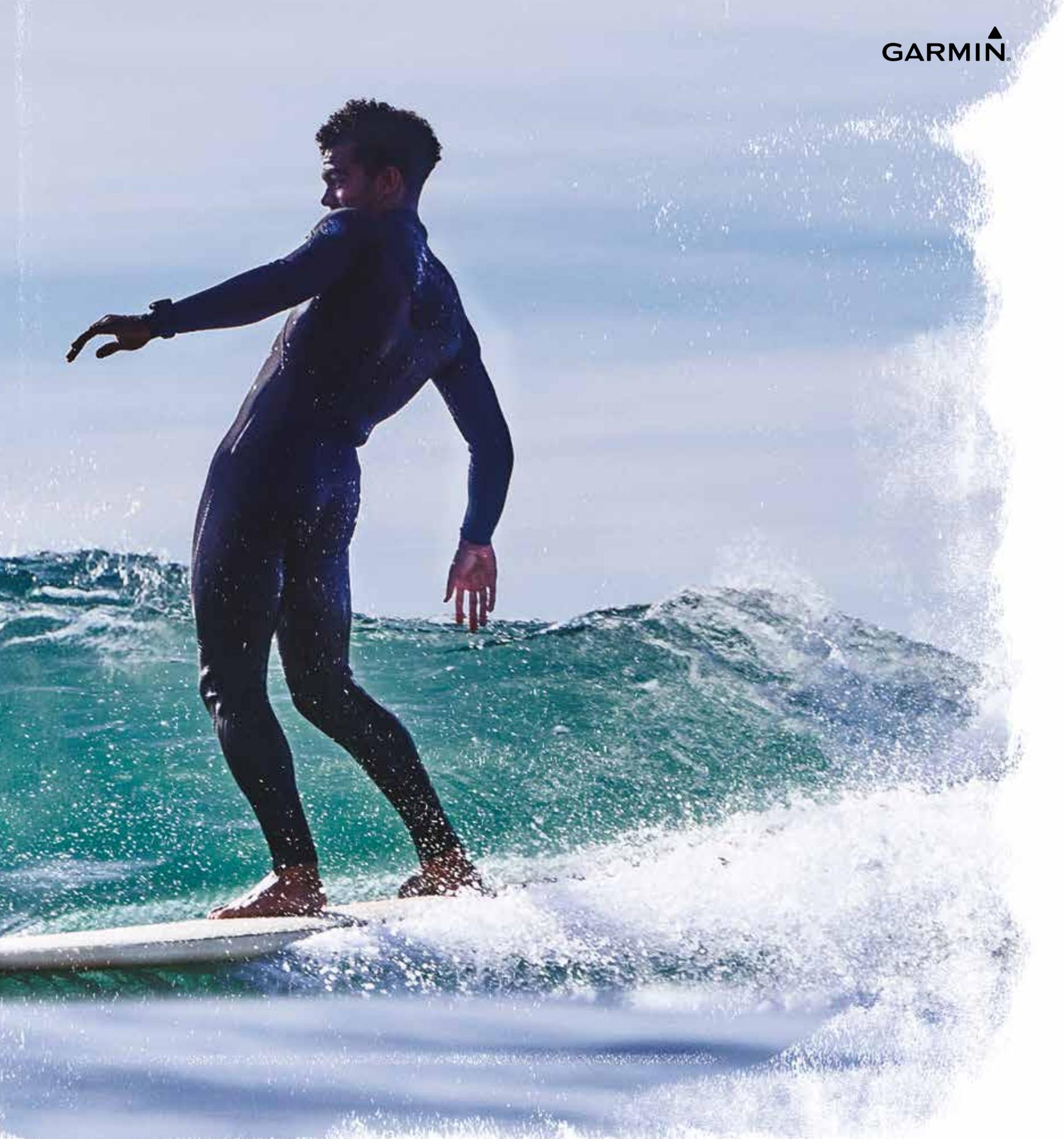
Whether you're on the water or in it, the Garmin Instinct 2 is designed to perform no matter how wet you get. From the comfortable silicone strap (available in various eye-catching colours including Electric Lime, Poppy, and Neo-Tropic) to the 10 ATM water rating that will see it operational down to 100m, this watch is ideal for water-loving adventurers.



USE THESE FEATURES

- **Storm Alert** gives you up-to-date notice of incoming weather while on or in the water
- **Open Water Swim Metrics** includes distance, pace, stroke count/rate, stroke distance, and swim efficiency
- **Underwater Wrist-Based Heart Rate** means you can easily gauge how hard you're working in the water





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SOLAR POWERED RUGGED GPS SMARTWATCH





WALES: SNOWDONIA

CHALLENGE YOURSELF TO RUN SNOWDONIA'S LLANBERIS SKYLINE IN A SINGLE DAY



LET'S GO

When to go

The best time to visit is May–September. The busiest months are July and August.

Get there

By car: Llanberis is on the A4086 Caernarfon to Betwys-y-Coed road.

By public transport: Llanberis is reachable by bus or train – but factor in a little extra time to get there.

Sleep

Erw Fair Guest House and Y Gwynedd Inn offer the ideal overnight stay, while Llanberis Touring Park is a good camping option.

Eat

Thousands of walkers, climbers, and runners visit The Peak Restaurant each year. Georgio's Ice Cream is well worth a trip too.

Explore

Put your feet up and enjoy a ride along the Llanberis Lake Railway. You can even stop off for a lakeside picnic at Cei Llydan.



Snowdonia National Park has captivated adventurers for a very long time. So, why not beef up your weekender challenge by running (or walking) the Llanberis skyline, taking in the stunning sights of Mount Snowdon and many of the summits that make up much of what surrounds Wales's highest peak.

THE LLANBERIS SKYLINE

Llanberis acts as basecamp for your weekend. It's a quaint little village with plenty to keep you busy. It's also home to lots of comfortable accommodation and great food – both of which you'll be thankful for after taking on the Llanberis skyline!

Start northeast of Llanberis and begin by zig-zagging through Dinorwig Slate Mine. From here, you'll get your first gorgeous vista: a view over Snowdonia to the sea.

As you reach Elidir Fawr (924m), turn south, taking in Mynydd Perfedd (812m) and Foel-Goch (831m) while looking down on beautiful rich green cwms. You'll then need to slog up the rocky path to Y Garn's (947m) cairn. To your left, the ridge falls away to a lake, with Tryfan's iconic shape forming on the horizon.

Follow the elusive Red Dot Path down to Pen-y-Pass, before setting off on the popular path to Snowdon's summit. You can even get off this well-trodden route by making for the Watkin Path to the top of Snowdon (1,085m). This beautiful, peaceful section of ridges offers incredible views

that are devoid of much traffic (apart from a few nonchalant sheep).

If you need a rest, Hafod Eryri (Snowdon's cafe) provides a warm welcome. But if you want to keep going, trot west to the start of the Ranger Path before turning off for another slog round Moel Cynghorian (674m).

By the time you reach Foel Goch (605m) and then Moel Eilio (726m), the end of the day will be approaching, offering up altogether new sights and sounds. Surrounded by beautiful red and orange lit mountain views, you'll soon be making your victory face in the shelter at the summit of Moel Eilio. After that, it's just a quick run back down in time for well-earned refreshments.

To your left, the ridge falls away to a lake, with Tryfan's iconic shape forming on the horizon.

EXPLORE LLANBERIS

On day two, you can enjoy slightly more sedate adventures. Why not recall Snowdonia's industrial heritage with the National Slate Museum? Or explore a thousand years of history with a visit to Dolbadarn Castle? You can even visit a replica sword – 'Llafn y Cewri' – that sits on the banks of the lake.

There's also the chance to explore craft shops or take part in watersports too. And if you're still itching to get out on another adventure, follow the self-guided Llanberis Heritage Trails or enjoy a circular walk around Llyn Padarn. ■

GARMIN INSTINCT 2

The Garmin Instinct 2S Solar doesn't put limits on your adventures. With a battery life of up to 28 days in smartwatch mode and 70 hours in GPS mode, it's sure to survive your weekend running or walking in Snowdonia – whether you go off-grid or not.

USE THESE FEATURES

- **Vertical Speed** means you can work out exactly how much up and down you've done
- **Sleep Score** helps you recharge for the next day's adventure
- **Recovery Time** lets you know when you're ready to get running up the mountain again





GARMIN INSTINCT 2S SOLAR

Smartwatches have become one of the world's hottest adventure trends. Let's face it: a device that does all the expected time and date stuff, but also counts your steps, tracks your heart rate, and even lets you retrace a route if you get lost is sure to be a winner.

Because of this, I've always wanted to take the plunge and get myself one. But with so many to choose from (Apple, Fitbit, and the like), I've reached a bit of an impasse. I just don't know where to look first.

So, when the opportunity came along to try out Garmin's Instinct 2S Solar, I jumped at the chance. A smartwatch that's both the ideal day-to-day companion and perfect for those who want to head out on an adventure. What's not to like?

Let's start with that distinctive design. The Garmin Instinct 2S Solar is all about big, bold adventures. And with a gorgeous high-contrast display and range of funky colours to choose from (like the Neo Tropic option pictured), it really is a watch you're able to make your own.

When I first put the watch on, I was seriously impressed by how lightweight it was. But don't let those mere 52g fool you, because the Garmin Instinct 2S Solar still packs plenty into its compact design.

Among the most innovative features is access to what Garmin calls Multi-GNSS support. This means whether you're hiking, mountain-biking, trail running, or skiing, the Instinct 2S Solar is sure to track your location, even in the most challenging of environments. And with the handy Tracback option, you can easily navigate back to the start of any adventures too.

I also liked the way the Instinct 2S Solar links up with the Garmin Connect app, letting you quickly see your health and activity stats. And don't worry if your weekender takes you off-grid either, because with up to 72 hours of battery life in GPS mode, the Instinct 2S Solar has got you covered there as well.

If you're looking for a smartwatch to keep up with your active lifestyle, you need to check out Garmin's Instinct 2S Solar.

From £299.99 | garmin.com



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