



THE NATIONAL 3 PEAKS CHALLENGE

Are you ready for the 3 highest peaks in the UK -all over 3000ft - in three glorious days? This one of the most well-known challenges in the UK mountains; over rocky and rough terrain in places.

With over 3064m of ascent over 3 magnificent mountain ranges, you'll be forgiven for wanting to be picked up by flying angels towards your last summit. Do not underestimate the preparation and stamina required for these multiple days; it will require much training on similar, mountainous ground and the ability to get up and do it again the next day! Visit our website for a 10-week printable training plan.

For our 3 Day itinerary, we will start in Scotland, tackling Ben Nevis before travelling to the Lake District for a well earned rest before Scafell Pike on Day 2. Your second day of walking will find you completing Scafell Pike before travelling to your final mountain - Snowdon. The exact path we take for each summit will depend on weather conditions. There will be highs and more highs over rugged moorland, heaped boulders and narrow ridges.

YOUR ITINERARY

We recommend you journey to the area the day before, to make the most of your first walking day and make sure you're fresh and prepared.

Day 1

0730 Meet your Leaders in Glen Nevis
0800 Latest walk start on the Pony Track
1200 Arrival at Ben Nevis summit
1230 Departure from summit
1530 Expected arrival time back in Glen Nevis.
1600 Finish walking and transport to the Lake District
2230 Arrive and check in to accommodation

Day 2

0830 Meet your Leaders at Wasdale Head
0900 Latest walk start time
1300 Expected arrival at Scafell Pike summit
1330 Departure from Scafell Pike summit
1700 Finish walking and transport to Snowdonia
2200 Arrive and check in to accommodation

Day 3

0830 Meet your Leaders in Llanberis
0900 Latest walk start time
1300 Expected arrival at Snowdon summit
1330 Departure from Snowdon summit
1700 Challenge complete!

This itinerary will be followed as faithfully as possible, but alterations may occur due to adverse weather conditions.



ROUTE

Distance and times are approximate as these will change depending on the pace of your group on the day. 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.

FOOD

Breakfast will be provided by your accommodation (please check). You need to carry at least 2 litres of water, plus juice drinks each day. Please bring your own lunch and always pack a variety of foods – both savoury and sweet that will sustain you during the day, each day – remember you're walking the next day too! Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over a number of hours (and days). Please contact us if you need further advice on nutrition for your day.

TRANSPORT & ACCOMMODATION

Transport and accommodation details will be provided separately. Transport to/from the event is to be organised by yourselves.

HEALTH & FITNESS

To enjoy and succeed in these events you need to be in good physical condition and able to withstand sustained activity over several hours and days, including steep ascents and descents. We recommend you partake in active walking/running/swimming/cycling at least 3 times a week to fully enjoy this challenge. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do! 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!

As these are multi-day challenges, please do train for this by completing a number of double or triple days of walking for similar time frames as you will with each challenge so you're ready mentally as well as physically!

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 (provided separately for these multi-day challenges) – 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.



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.

Remember you will be completing a mountain on each of the 3 days so fresh clothes for each day would be recommended.

EQUIPMENT

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

FOOD / DRINK

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch x3		
Snacks / extra juice drinks (for 3 days + travel time between peaks)		
Plastic bag to take your rubbish home x3		

ADDITIONAL ITEMS

Item required	Got	Packed
Personal toiletries		
Quick dry towel for hostels		
Ears plugs + Eye mask (for hostels and travel)		
Casual clothes for travel and evenings		
Warm gloves (+ spare pair)		

CLOTHING (FOR WALKING)

Item required	Got	Packed
Base layer or T-shirt (not cotton) x3		
Walking trousers (not jeans) x3		
Fleece jacket or top x3		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat (+ spare should one get wet)		
Warm gloves (+ spare pair)		

FOOTWEAR

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks x3 + spare pair x3		
Footwear (+ Slippers) for the evenings		
Footwear to travel in		

Accommodation & Travel

You'll be staying in hostel dorm-room style accommodation and travelling on the minibus so bear this in mind when packing (please don't overpack as this will reduce your leg room).

You'll need to bring everything you'll want and need for 4 nights away, travelling between mountain ranges.