

The challenge of a lifetime,
for the charity of your choice...

UK 3 Peaks challenge

Ben Nevis, Scafell Pike
and Mt Snowdon



01244 676 454

globaladventurechallenges.com

Key Information

Duration: 3 days

Trekking Distance: 42km (approx.)

Challenge Grade: Extreme 3

Location: Scotland, England, Wales

Challenge Highlights

- Summit the highest mountains in the UK
- Take on a classic trekking challenge
- Explore picturesque mountain ranges and discover stunning scenery
- See the sunset over Mickledore
- Tackle Scafell Pike at night

The Challenge

From the scenic Glen Nevis Valley to the picturesque Snowdonia National Park, join us for one all mighty trekking challenge as we take on the UK's giants on this classic 3 Peaks Challenge! We'll take on Ben Nevis (1,344m), Scafell Pike (978m) and Mount Snowdon (1,085m) and aim to summit all three in a total trekking time of 15 hours or less. You'll climb around 3,050 meters and have walked approx. 40km, so grit and determination are vital to completing this fast paced challenge. It's no wonder this challenge is the most highly regarded trekking challenge in the UK.

What's included

- All travel is in private buses – pick up from Glasgow, travel in between mountains and drop off in Chester
- Meals – dinner in Fort William Day 1, breakfast at accommodation at Fort William Day 2, breakfast in Llanberis Day 3
- Global Adventure Challenges Event Crew
- Comprehensive first aid /medical kit
- Complimentary energy bars, fruit, tea and coffee (and drinking water) at the foot of each mountain



Get Signed Up!

The sooner you register, the sooner you can start training and fundraising. Just head over to our website www.globaladventurechallenges.com to get signed up, and leave your footprints across the three highest peaks in the UK.



Are you tough enough to take on the UK's most iconic trekking challenge?

Day 1

Meet in Glasgow

We'll meet at Glasgow Central Station/ Glasgow International Airport at approximately 12pm for our pick up, then head north on our transfer to Fort William which is located in the stunning highlands of Scotland. Tonight we have an evening meal together as a group and a briefing about the exciting challenge ahead.

Day 2

Ben Nevis & Scafell Pike

After a hearty breakfast our challenge begins, first up the mighty Ben Nevis standing tall at 1,344m. We begin our trek taking the 'tourist path' which uses a zig zag technique to enable a steady climb up the mountain – the walk up should take approx. 3.5hrs, a great warm up to the challenge! As we trek to the summit we will stop for short breaks enabling us to take in the picturesque views of the breath-taking Scottish highlands. Once we reach the summit and take our celebration photos we begin our descent.

After we descent Ben Nevis we jump straight into the awaiting vehicles and head South to the Lake District to take on our second peak – Scafell Pike (978m).

We stop for dinner at Keswick en route then continue on to Wasdale Head; an untouched and tranquil part of the Lake District also renowned for being the birthplace of British climbing. We continue our trek in what remains of the daylight to witness a beautiful sunset with astonishing views of the surrounding area as we reach Mickledore and head towards the summit.

The ascent and descent of Scafell Pike should take approx. 4.5hours, glowing from our success we jump straight into the buses and head to our third and final peak – Mount Snowdon. Transfer time approx. 5 hours.

Trekking distance – approx. 30km

Day 3

Snowdon

It's an early start today as we begin our final summit trek from Pen -Y- Pass Youth Hostel at around 6am. We'll take the PYG track to ascend Snowdon 1,085m – the highest mountain in England and Wales. Once we summit Mt Snowdon our efforts will be rewarded with glorious views stretching as far as the eye can see.

We will return to the vehicles following the same route we used to ascend and transfer to Llanberis to enjoy a celebratory breakfast! After breakfast we take the transfer back to Chester train station for drop offs after a long, but very rewarding two days!

Trekking distance – approx. 10km

Your questions answered....

Is this challenge for me?

ABSOLUTELY! This trek is suitable for people of all abilities, with the correct training! Minimum age requirement is 18 years old (or if aged between 14 and 17 you must be accompanied by a parent or legal guardian). Whether you're looking to take part as an individual or as part of a team you will be amongst other like-minded people with team spirit flying high.

How fit do I need to be?

This trek has been graded as Extreme (3) on our challenge grade scale, and is designed to be challenging but achievable as long as you train correctly beforehand. The aim of the challenge is to summit all three peaks in a walking time of 15 hours (not including transfer times or food breaks) - the fitter you are the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website. We also run training weekends throughout the year, a fantastic opportunity to meet other participants and train together prior to the event.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty. 1 being the lowest challenge grade and 3 being the most challenging. (1= Challenging, 2 = Tough and 3 = Extreme)

Where will we stay?

The overnight accommodation will be in a Youth Hostel - remember this is a challenge! Washing facilities will be available at the accommodation.

Do I need specialist kit?

You will be provided with a full kit list in your welcome pack when you register. Usual items of kit are required such as broken in walking boots, walking poles and a head torch - other than this you do not need any specialist kit.

Do I have to carry my own luggage?

No, all you will need is a small day pack whilst trekking to carry items such as your phone, camera, sun-screen, energy snacks etc. Your luggage is transported to the accommodation via our support vehicles.

What will the food be like?

Dinner in Fort William Day 1, breakfast at accommodation at Fort William Day 2, breakfast in Llanberis Day 3 are included on this challenge. We cater for all dietary requirement as long as we know in advance - just fill out the appropriate section on your registration form.

What's not included?

- Personal trekking gear
- Meals - Lunch and dinner on Day 2, Lunch Day 3
- Personal insurance
- Alcoholic drinks
- Tips and gratuities

What happens if I get tired?

There will be regular rest stops for drinks and snacks - there is no problem if you need to take more. A guide will be bringing up the rear of the group ensuring no-one is left alone. Remember though, this challenge is not a race!

What support is there on the event?

There will be a strong support team with a professional Global Adventure Challenges Leader/s. Comprehensive medical kits will be taken. A support vehicle will be located at the foot of each mountain providing support if needed. Satellite/mobile telephones/radio aids will be used to ensure your safety and security at all times.

How do I go about raising the sponsorship?

Once you have signed up you'll receive a fundraising pack from your chosen charity to help you with your fundraising, you'll also receive a few tips and ideas from us to help you on your way.

Is my trip financially protected?

Global Adventure Challenges are committed to consumer financial protection and in accordance with Package Travel Regulations we ensure that monies paid for non-flight packages are also protected, as well as repatriation if required, arising from the cancellation or curtailment of your travel arrangements in the unlikely event of our insolvency. This cover has been arranged with MGA Cover Services Limited.

I'm interested - how do I sign up?

You can register online via our website www.globaladventurechallenges.com or fill in the enclosed registration form and return it to our offices as soon as possible as places are limited, and allocated on a first come first served basis. You are required to pay a registration fee at the time of booking onto your challenge. All costs and payment options are explained on the enclosed sheet and on our website. Once we receive your registration we'll send you a welcome pack full of helpful details and further information on what to expect in the lead up to and on your challenge of a lifetime. Also your chosen charity will also be in contact with you to discuss your fundraising.

Register Online Today!

www.globaladventurechallenges.com

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