

3 Peaks Challenge Information

Evening before the Challenge:

Our instructors will brief everyone about the event covering the following:

- Health and safety
- Weather conditions and appropriate clothing
- First aid and emergency procedures
- Navigation and group management
- Organising and distributing all equipment for the challenge

3 Challenges provide:

- Top quality walking boots (Zamberlan and Garmont)
- Goretex 'Paclite' Water proof jackets and trousers
- North Face Fleece jackets
- Fleece Hats & Gloves
- Petzl Tikka XP LED Head torches
- Lightweight flasks for hot drinks.
- Lightweight rucksacks with lightweight drybag
- OS Explorer laminated 1: 25000 maps
- Silva compasses and Gamin GPS
- Motorola Radios to enable communications with other groups

Accompanying Instructors will carry:

- Extensive first aid kit including spare L.E.D head torches
- Large dry bag contained spare warm clothes
- Group survival shelter
- Fibre pile sleeping bag, space blanket and survival bag
- Additional hot drinks, water, high energy foods etc
- Mobile phone and radios

Group size / Instructor Ratio's

Minimum group size: 8
Maximum group size: 40
Instructor ratio: 1:8



Glen Nevis with Ben Nevis behind

Challenge Programme / Timing schedules

The Three Peaks is timed from the commencement of the first leg of the Challenge and runs for a 24 hour period with completion at the time of arrival on the summit of the final leg.

Start / Finish times available as follows: 7.00am, 8.00am and 9.00am

3 Peaks Itinerary

South to North Route

Leg 1 – Snowdon 1085m

Start point: Pen-y-Pas Car Park

Start time: 9.00am

Route: Via Miners/Pyg track 12.16km return

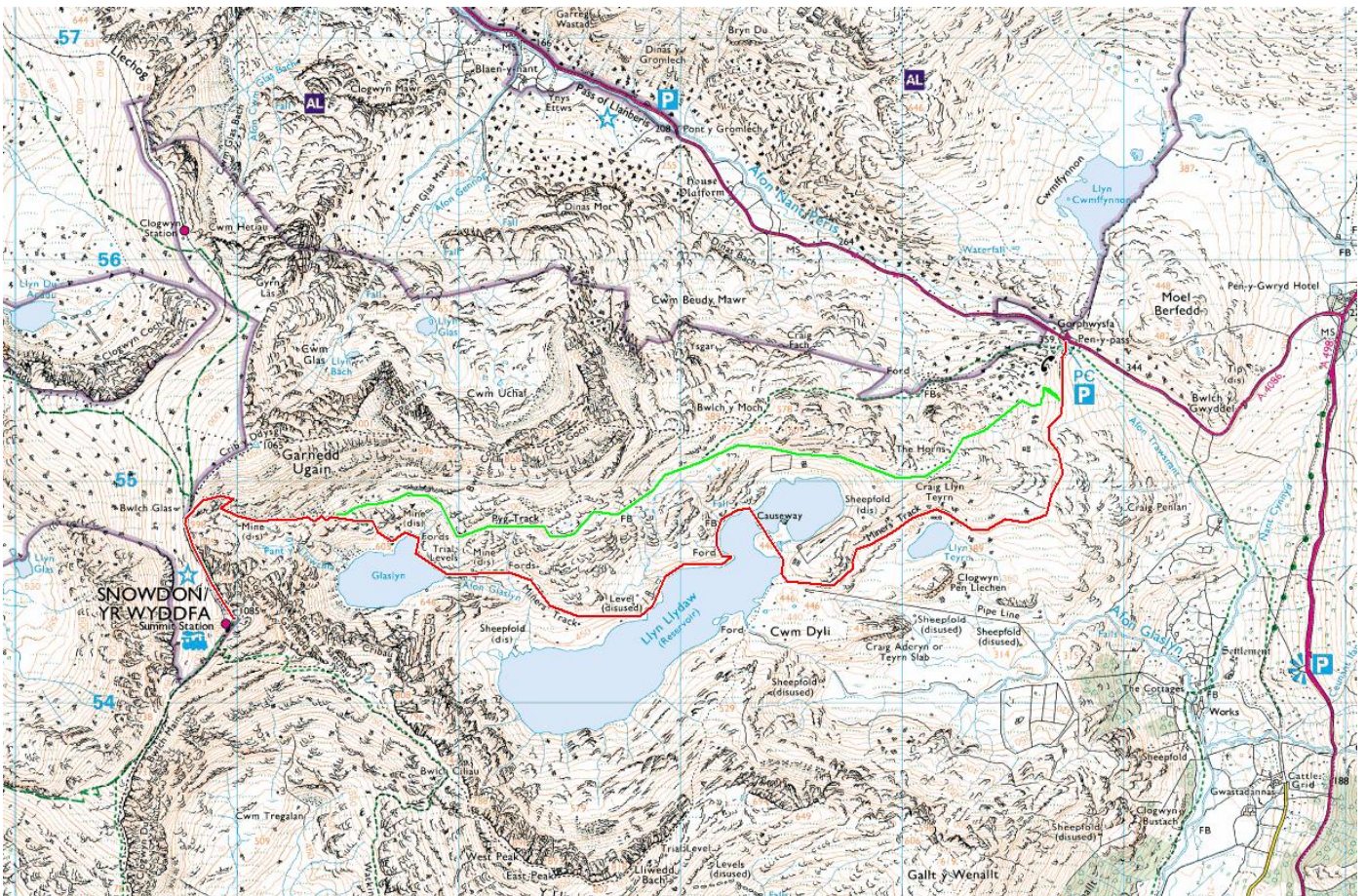
Target finish time: 12.30pm

Depart Pen-y-Pas: 1.00pm

Arrive Seathwaite: 5.30pm



Snowdon from Miner's Track below Glaslyn



Snowdon Route from Pen-y-Pas: Red route / Miners Track and Green route / Pyg Track

Leg 2 – Scafell Pike 978m

Start point: Seathwaite Farm

Start time: 5.30pm

Route: Via Corridor route 14.52km return

Target finish time: 10.30pm

Depart Seathwaite: 11.00pm

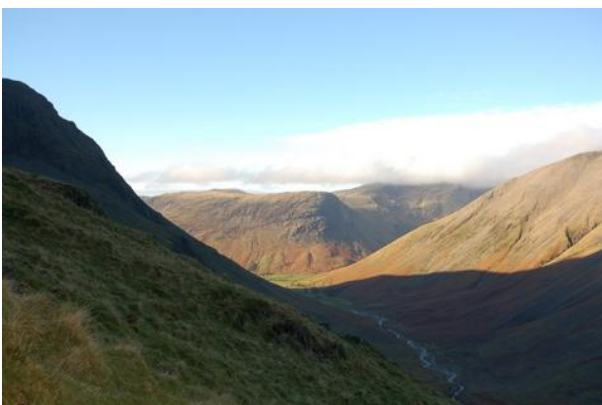
Arrive Ben Nevis: 4.30am



Stockley Bridge to Styhead Tarn



Scafell Pike - Corridor Route Map 1



Wasdale Head from upper Corridor Route



Great Gable from mid Corridor Route



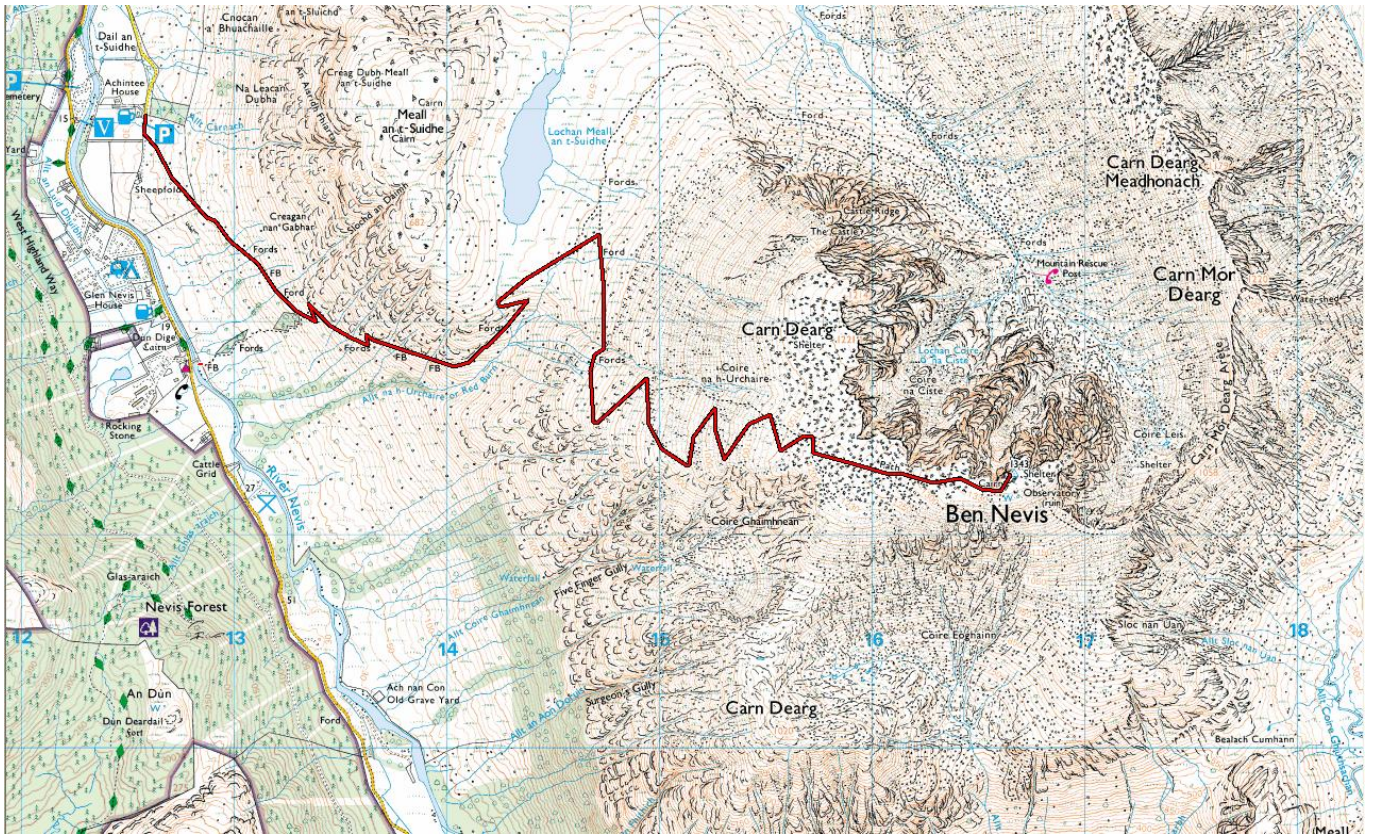
Scafell Pike - Corridor Route Map 2

Leg 3 – Ben Nevis 1343m

- Start point:** Glen Nevis - Achintee car park
- Start time:** 5.00am
- Route:** Via Glen Nevis 'Tourist Path' 14.94km return
- Target finish time:** 9.00am on Ben Nevis summit
- Depart Fort William:** Around 1.00pm
- Return journey:** Home by coach or transfer to Glasgow Airport



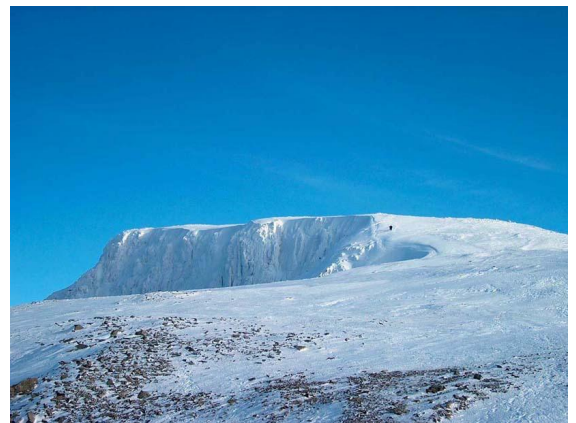
Spring time panorama looking across Loch Linnhe towards Ben Nevis and Fort William



Ben Nevis route from Glen Nevis



Ben Nevis from the shores of Loch Linnhe



Ben Nevis summit plateau in winter



Ben Nevis, Carn Mòr Dearg & Aonach Beag



Looking east across upper Glen Nevis

North to South Route

Leg 1 – Ben Nevis 1343m

Start point: Glen Nevis Achintee Car Park

Start time: 9.00am

Route: Glen Nevis 'Tourist Path' - 14.94km return

Target finish time: 2.00pm

Depart Glen Nevis: 2.30pm

Arrive Seathwaite: 8.00pm



Looking west from Ben Nevis summit plateau toward Loch Linnhe

Leg 2 – Scafell Pike 978m

Start point: Seathwaite Farm

Start time: 8.00pm

Route: Corridor Route - 14.52km return

Target finish time: 1.00am

Depart Seathwaite: 1.30am

Arrive Pen-y-Pas: 6.00am



Ben Nevis summit in winter

Leg 3 – Snowdon 1085m

Start point: Pen-y-Pas car park

Start time: 6.00am

Route: Via Miners track & Pyg Track -12.16km return

Target finish time: 9.00am on Snowdon summit

Depart Llanberis: Around 12.00 / 1.00pm

Return journey: Home by coach or transfer to Liverpool or Manchester

Airport for onward transfer to London or South

At the end of the challenge participants will be able to shower and change and enjoy a celebration drink before departing for home.

Total Walking Distance: 41.62km

Total Height Gain: 2897m

Weather

We reserve the right to cancel, prior to, or during any event, if in our opinion weather conditions in any way jeopardise the safety or well being of any individual or group.

Food and Drinks

As part of the event we will be providing all food and drinks during the day. Prior to the event we will provide you with dietary requirement forms so food can be organised according to any special diets. At the start of each leg we will have all drinks and snacks laid out so all clients can stock up. We will have hot soup and hot drinks ready at the end of each leg of the challenge.

Food/Drinks:

- Hot soup and bread
- Coffee, tea, hot lemon
- Mineral water & diluted orange
- Sandwiches – various
- Fruit
- High energy bars and gels
- Flapjack, cake, biscuits
- Jelly babies, chocolate bars.



Ben Nevis and Carn Mor Dearg Arete

The Challenge

The 3 Peaks Challenge can be undertaken using the following routes:

North to South

Start Point: Ben Nevis
Finish Point: Snowdon

Pre-Challenge accommodation: 1 night in Fort William at hotel DBB

South to North

Start Point: Snowdon
Finish Point: Ben Nevis

Pre-Challenge accommodation: 1 night in Llanberis at hotel DBB

Route Choice

Choice of route is dependant on both personal preference and location of the travelling group and geographical proximity to the challenge summits.

Many groups prefer to finish the challenge on the summit of Ben Nevis which is the highest of the 3 Peaks.

For groups travelling from the South of England, Midlands, Merseyside, Lancashire, Yorkshire and Humberside it is most practical to take a South to North route with coach transport provided throughout the challenge.

We also provide the most efficient and cost-effective transport for the return journey home and generally include return flights from Glasgow to London Heathrow for groups based in London and the South East.

For groups travelling from the North East / North West and Scotland it is more practical to take a North to South route with coach transport provided throughout the challenge

At end of challenge we will provide:

Summit Celebration

- Champagne celebration
- Group photographs/video footage



Snowdon under clouds in early winter

Challenge Finale

- Shower and change
- Pub lunch and drinks
- Departure timed to coincide with coach scheduling or flight connection
- On the return journey we will also be able to show CD/DVD Video footage of the Challenge using on-board monitor in the coach.

Evening Presentation

Throughout the challenge we will take photographs and compile selective video footage to capture the event culminating with the summit ascent on the final leg of the challenge.

This can be used to provide an optional multi-media presentation at your hotel in the evening showing CD and DVD Video highlights of the challenge.

However, this presentation will require an additional overnight stay prior to the onward journey home and will be incorporated into our quotation.

A copy CD/DVD will also be given to each participant at end of the Challenge in a presentation case. A great memento of your achievements!



It's how you get there.