

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

UK 3 PEAKS CHALLENGE TREK

BEN NEVIS, SCAFELL PIKE
AND MOUNT SNOWDON



01244 676 454

GLOBALADVENTURECHALLENGES.COM

KEY INFO

Duration: 3 days

Distance: 42 km 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 rugged beauty of the Glen Nevis Valley, to the forests and estuaries of the stunning Snowdonia National Park, join us for one almighty 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) aiming 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 essential to completing this fast-paced challenge. It's little wonder this challenge is the most highly-regarded trekking challenge in the UK.



GET SIGNED UP!

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



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 descend 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 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. 4.5 hours. 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.

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 Mt Snowdon - the highest mountain in England and Wales at 1,085m. 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. 42km

YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

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 will be transported to the accommodation via our support vehicles.)

Food Matters...

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 most dietary requirement as long as we know in advance - just fill out the appropriate section on your registration form.

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

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 support is there on the challenge?

There will be a strong support team with 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 extra support if needed. Mobile phones and radio aids will be used to ensure our safety and security at all times.

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!

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.

I'm interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee - all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

#BELIEVEYOU CAN

REGISTER ONLINE TODAY!

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