

The **3** PEAKS *challenge*

are you up for it?



Maximum
Adventure

3 Peaks Challenge

Introduction

The Three Peaks Challenge is an attempt to climb the highest peaks in Scotland, England and Wales 'in one go'. These peaks are Ben Nevis, Scafell Pike and Snowdon. We usually complete them in that order.

You will travel to your hotel on day one. There will be a briefing that evening and the event starts on the following morning and finishes on morning of day three.

The course is guided by qualified mountain leaders and our transport vehicles will be with you all the way.

Typical Itinerary

Day 1

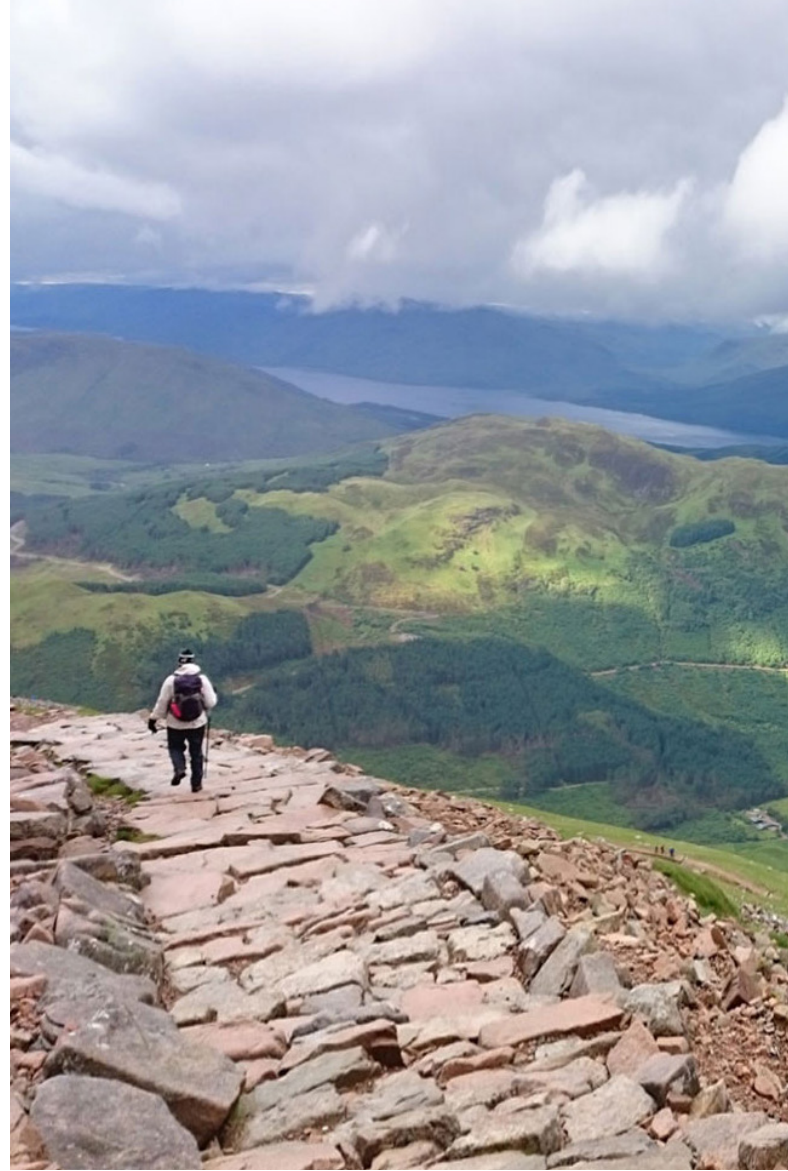
Pick up at Manchester Piccadilly train station at approximately 10 am and at Glasgow Airport at approximately 4 pm followed by transport to our accommodation in Fort William. Evening briefing session and kit check with our guides.

Day 2

Event starts early in the morning. Ascent of Ben Nevis. Transfer to the Lake District and late afternoon ascent of Scafell Pike then travel to Snowdonia.

Day 3

Early morning ascent of Snowdon. Return travel to agreed drop off points.



Please note: This itinerary is a guide only. It can be subject to change dependent upon viability, course members' fitness, weather conditions or for any other reason the organisers think necessary. Best efforts will be made to adhere to the original itinerary.

Facts at a Glance

Distance	42 Kilometers
Ascent	3,000 Metres
Time	24 Hours
Ben Nevis Summit	1,344 Metres
Scafell Pike Summit	977 Metres
Snowdon Summit	1,085 Metres

Requirements

To do this trip you need to have a reasonable level of fitness. This is a tiring challenge and even though no previous mountaineering experience is required you will have to climb three high mountains with little rest in between.

We recommend that you follow a fitness plan in preparation for your challenge, an example of one will be sent to you when you have confirmed your booking.

Although the fitness plan we will send to you has been devised by a fitness professional, this is only provided as a guide and you should seek professional advice before starting your own fitness regime.

Logistics

During each road based Three Peaks event our transport vehicle does a round trip from Manchester. This means we offer pick up points for you at the following locations:

- Anywhere on the M61, M6, M74 and A82 between Manchester and Fort William
- Manchester Piccadilly Station (*approx. 10am*)
- Glasgow International airport (*not Prestwick, approx. 4pm*)

If you are based in the South of the UK we recommend you fly to Glasgow International Airport and then catch the return train from Manchester. This saves you a lot of time in the vehicle.

Drop off points are:

- Anywhere on the A55 and M56 between Snowdonia and Manchester
- Manchester Airport
- Manchester Piccadilly Station

Pick up times are the day before the event and drop off is during the afternoon of the event finish. We aim to finish in Snowdon by mid afternoon on the last day of each event, and therefore your drop off should be no later than 7/8pm on the evening of day three. However, there are no guarantees as it depends on the speed of your group.

If you are making your own way to Fort William for the start of your challenge you should arrive during the afternoon/evening in time for the evening briefing and to be ready for the start of the challenge the next day.



Guides

Guiding will be by qualified mountain leaders at a ratio of 1 guide to 8 participants. Many of our leaders have many years experience of leading across the harshest terrain in the UK and they should add substantially to your experience.

What's Included

- Professional event organisation
- Qualified mountain leaders
- Transport between Manchester and Ben Nevis with a pick up at Glasgow Airport
- Transport between the 3 peaks
- Drop offs between Snowdonia and Manchester once the challenge has finished
- One nights twin room accommodation with breakfast (*Single rooms are available at a supplement of £45*)
- Group first aid kit with qualified first aiders

What's Not

- Travel to or from designated pick up and drop off points
- Beverages
- Personal bills
- Insurance (*for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects*)

This dossier is intended as a rough guide and for use with a Maximum Adventure trip only. It should not be used as a guide book. This trip involves travel to mountain areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to sort the particular participants, inclement weather or for any other reason deemed necessary.



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There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

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