OVERVIEW
Join up with an Adventure Peaks team to attempt to ascend the highest summit in Scotland, England and Wales within 24 hours. We sort out all the logistics — all you have to do is follow our guides up and down the mountains, relax in the vehicle on the journeys between the three ascents and get as fit as you can before the attempt!

There are various versions of the challenge. The one we attempt is to ascend and descend all three mountains, finishing the challenge upon returning to the car after climbing the last peak. This is the usual and perfectly valid form of the National challenge.

Participation Statement
Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary
Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.
CHALLENGE BACKGROUND
The National Three Peaks Challenge is a personal challenge – not a race. It is perfectly achievable for fit walkers with good stamina. It involves about 37km of walking, just over 3000m of ascent and descent and 460 miles of driving. The driving sections must be done within the speed limits. The challenge is to ascend Ben Nevis, Scafell Pike and Snowdon within 24 hours. The clock starts when you leave the car to start the ascent of Ben Nevis and the clock stops when you return to the car from the summit of Snowdon.

PREVIOUS EXPERIENCE
You should get a fit as you can before attempting this challenge. You need to be comfortable walking for 7-8 hours in a day with around 1500m (4500ft) of ascent. Although each summit requires less walking than this, remember you will be doing three of them in with not a lot of sleep between them. You should also be confident walking in poor weather and on rough ground. Make no mistake it is not easy to make it back to the minibus after Snowdon in time – it IS a challenge!

OUTLINE ITINERARY
An exact programme is difficult to confirm as we operate according to the weather, conditions and the progress of the group, but typically we would aim to do:

Sat 4pm Meet at Fort William station (Morrison’s car park)
Sat 5pm Start Ben Nevis (Youth hostel)
Sat 10pm Finish Ben Nevis and start drive to Scafell Pike (six hour drive).
Sun 4am Arrive and start climbing Scafell Pike (Wasdale Head)
Sun 8am Finish Scafell Pike and start drive to Snowdon (five hour drive).
Sun 1pm Arrive and start climbing Snowdon (Pen y Pass)
Sun 5pm Finish Snowdon, and complete challenge.
Sun 6pm Drop off at Bangor station.

GETTING TO FORT WILLIAM
You are welcome to join us in Ambleside at 0900 on the Saturday morning and travel up in the minibus.
Fort William is easily accessed by train. You may like to travel up there the night before. We will also gladly pick clients up from Glasgow airport at 1300 on the Saturday for no extra cost. The drive from Glasgow to Fort William takes just over two hours so you must arrive in good time. We will not be able to wait for delayed flights.

GETTING HOME FROM NORTH WALES
We plan to finish the challenge at 5pm on the Sunday, but of course it may well be earlier. We will drop you at Bangor station by 6pm, from where there are good train connections to London, Birmingham and Manchester. It is likely that our minibus will be travelling back to the Lake District that evening so we will gladly drop you off up the M6 if this helps.

LEADER / GUIDE
A qualified Mountain Leader, who has good knowledge of the route, will take you up each mountain. We may not use the same leader for all three mountains as it may be logistically easier for us to use leaders who live close to each mountain.

ALTERNATIVE DATES
We are happy to organise the challenge on any dates for private groups of 8 or more people. Please contact the office to discuss your requirements and for a personal quotation.

WEATHER CONDITIONS
You must come prepared for whatever weather is forecast for the weekend. We would not cancel the challenge except in extreme circumstances. Our instructors will endeavour to make the best use of the conditions to give you an enjoyable and rewarding day out.
EQUIPMENT
Our leader will carry an emergency shelter, comprehensive first aid kit, phone, sleeping bag, and navigational equipment. You will just need your personal equipment as below:

To carry with you
✓ Gloves
✓ Hat (covering ears)
✓ Waterproofs
✓ Backpack raincover
✓ Blister plasters
✓ Personal First aid kit
✓ Sunglasses
✓ Head torch
✓ Camera
✓ Survival blanket
✓ Snacks
✓ Drink (a hydration system is best)
✓ Walking poles (optional)

To wear
✓ Walking boots & socks
✓ Walking trousers / shorts
✓ Sports top (not cotton)
✓ Windproof jacket

To leave in the car
✓ Changes of clothes, socks especially
✓ Towel
✓ Food and drinks
✓ Neck pillow (used on flights)
✓ i-pod (to help you sleep)
✓ Flask (we can refill it for you)
✓ Sandals

A 15% discount is available on all equipment and clothing from the Adventure Peaks shop from the time of booking to one month after your course.

www.adventurepeaks.com/shop

NUTRITION AND REST
It is important that you are well fuelled up for this challenge. You should not stuff yourself before climbing Ben Nevis just eat your usual breakfast and maybe a bigger lunch than normal. There is nothing worse than setting off up a big mountain feeling over-full! Ensure you carry some high energy snack bars with you ready to hand in your backpack.

After Ben Nevis you should have a pack meal ready in the vehicle — a pasta salad, or some sandwiches and some cake is good. We prefer not to stop for meals as this can easily absorb time that may be valuable to us later on. Try to sleep on the journey south to the Lake District but wake up at least half an hour before you get there to have another bite to eat, a drink from your flask and to prepare your backpack for Scafell Pike. It will be a pre-dawn start remember, but should be light in mid-summer.

You will probably be ready for breakfast when you get back down to Wasdale Head, so some cereal bars and buttered hot-cross buns are good to have for this journey. Another chance to get some sleep on the way to Wales, again ensuring you start getting ready half an hour before arrival at Pen-y Pass. Hopefully the ascent of Snowdon will be a pleasant afternoon walk (on tired legs!) and if we are on time there will be no rush. Remember the high energy bars again as it is on this final ascent when the fuel tank may run low.

Drinks. Whatever you choose but just ensure you stay hydrated. With the fickle British weather it could be very hot or unpleasantly cold. Adjust your liquid intake to suit. Some people prefer to stick to water and obtain the required calories from the food, while others use energy drinks. If you intend to use energy drinks, make sure you have tried and tested the one you choose — don’t use it for the first time on the challenge!

WHAT WE PROVIDE
✓ A guide to take you up and down each mountain. We may use different guides on each ascent.
✓ Transport from Fort William station at the start to Bangor station at the end.
✓ A hot brew and/or soup after each mountain.
✓ Bacon butties after Scafell
✓ Bottled water (in our vehicle)

WHAT IS NOT INCLUDED
✗ Transport to Fort William and from Bangor.
✗ Personal clothing and equipment.
✗ Food and drinks other than those mentioned above.

INSURANCE
We recommend you have travel insurance to cover cancellation/curtailment. Search & rescue cover is not required as the UK has a dedicated voluntary Mountain Rescue Service.

MAPS
If you wish to look at the routes in advance then you will need the following maps:

1. Ordnance Survey Ben Nevis and Fort William Explorer map 392 at a scale of 1:25,000.
2. Ordnance Survey The English Lakes: South Western Area Explorer map OL2 at a scale of 1:25,000.
3. Ordnance Survey Snowdon / YrWyddfa Explorer map OL17 at a scale of 1:25,000
THE ASCENTS
These are our intended routes but may well change subject to the conditions and the guide’s preference.

1. BEN NEVIS
We will follow the main tourist route, commonly known as ‘The Pony Track’ up and down the mountain. It is a well made path all the way. We start from Glen Nevis, climb up past Lochan Meall an t-Siudhe, and after a rising traverse wind our way up the zig zags to the summit plateau where the angle eases as we cross to the summit. We return by the same route.
1350 metres of ascent and descent, 17km, 5 hours walking.

2. SCAFELL PIKE (not the route shown!)
Now that there is a nice new National Trust car park at Brackenclose we will start from and return to here, following the main route up Lingmell Gill.
1000 metres of ascent and descent, 15km, 4 hours walking.

3. SNOWDON
We start as high as possible at Pen-y Pass. We follow the Pyg (Pen-y-Gwryd; nothing to do with the animal!) track over a shallow col and on up above Llyn Llydaw to emerge onto the summit ridge between Crib-y-Ddysgl and Snowdon. We return via the same route, or the slightly longer but easier Miner’s Track.
725 metres of ascent and descent, 11km, 4 hours walking.