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UK 3 PEAKS CHALLENGE

This challenge involves climbing the three highest mountains in Scotland, England and Wales within 24 hours. The trek covers 40kms and involves 2984m of ascent and descent. Despite its growing popularity, you shouldn't under estimate the difficulty of this challenge.

SCOTLAND - BEN NEVIS (1344M) – 15KMS

The first peak, Ben Nevis, is the highest mountain in the UK, standing at 1,344m. With spectacular views as you trek into the sunset, it is a stunning way to start the challenge.

The trek begins on the main path from Glen Nevis. The path was originally built to service a meteorological observatory of which the remains still stand at the summit. The walk to the summit takes approximately 4hrs and involves 1,370m of ascent. On summiting you will have the chance to enjoy the breathtaking views of the Scottish Highlands.

The walk back down should take approximately 2hrs. On descending Ben Nevis we will join up with our awaiting minibus where we will be driven through the night towards the Lake District. We will have a short break on route to pick up some snacks and fuel.



ENGLAND - SCAFELL PIKE (978M) – 11KMS

Our second summit of the 3 peaks challenge, Scafell Pike, is the highest mountain in England standing at 978m.

The ascent begins from Wasdale Head, a tranquil part of the Lake District, also known as the birth place of British climbing. The challenge here is trekking by the light of head torches.

Once on the summit of England's highest mountain for sunrise we are rewarded with views stretching as far as Scotland and the Isle of Man. We soon begin our descent and our sights are fixed firmly on our last summit.

The ascent and descent should take approximately 4.5hrs

Once back at our vehicles it is time to relax as our driver transfers us to Snowdonia passing through some of the most stunning scenery in the UK. We will stop en-route for lunch.

WALES - SNOWDON (1,085M) - 14KM

Our final challenge takes on the highest mountain in Wales, Snowdon or Yr Wyddfa in Welsh, standing at 1085m. Snowdonia is unique for its bio-diversity of plants and wildlife and with breath taking views from the summit is a great end to the last of your 3 peaks.

Our ascent route will be on the Pyg track which rewards us with those classic Snowdon views. The ascent should take approximately 2hrs. Once on the summit we will have time for a photo and enjoy the views before starting our decent down the Llanberis path. The descent should take approximately 2hrs.

Upon completion of your challenge you will be transferred to your accommodation in Snowdonia for an evening of rest and celebration.

INCLUDED IN THE PRICE OF THE TRIP

Organisation of event
Qualified UK Mountain Leaders
Minibus & driver
Support vehicle
1 night's accommodation including breakfast

Option 1: Meet the Minibus in Snowdonia before departure or arrange to be picked up if you live en route.

Option 2: Fly to Glasgow airport where you will be met by your Leader and transport and taken to the start of your challenge.

Bespoke

If you're looking to organise your own challenge we can provide a qualified mountain leader to assist. Please contact us for a price and further details.



NOT INCLUDED IN THE PRICE OF THE TRIP

All drinks, food (except evening meal & breakfast in hostel) and personal expenses.

WEATHER & SAFETY

The weather in the mountains can change very quickly, what can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions.

We will be crossing terrain varying from moorland to loose rocky ground. Our route will be ascending and descending a great deal and therefore a good level of fitness is required.

The Leader reserves the right to change the itinerary at any time should the conditions require it. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

HEALTH

All our guides are first aid trained and carry fully equipped medical kits for serious medical emergencies.

ACCOMMODATION

Our accommodation will be in a hostel, but should you prefer to stay in a hotel please let us know.

There is a great choice of accommodation in Snowdonia, from luxury welsh cottages to bunkhouses which can be booked according to your requirements.

HOW TO BOOK YOUR TRIP

Please complete the booking and medical forms attached and return them along with a deposit of £75.00 per person. This deposit is non-refundable and non-transferable. On receiving your booking we will confirm your reservation and send you a receipt for the deposit. The full balance is required to be paid no less than 4 weeks before departure. Payment can be made by cheque, payable to 'Adventurous Ewe' or by bank transfer to the following account:

NatWest Bank
Account Number: 27103757
Sort Code: 52-21-43

DATES FOR 2012

May 18-20	July 13-15
May 25-27	July 20-22
June 02 -04	July 27-29
June 15-17	August 10-12
June 22-24	August 17-19
July 06-08	August 24-26
	Sept 01-03

TOTAL COST £315.00PP

