

NATIONAL 3 PEAKS IN 3 DAYS CHALLENGE



Highlights

- 2 boots. 3 peaks. 26 miles. 3064 metres of ascent. 3 days!
- Conquer the 3 highest mountains in the UK on this iconic British challenge
- Experience the epic scenery of Ben Nevis, Scafell Pike and Snowdon in daylight hours
- Experienced and friendly mountain leaders and drivers to ensure you have a seamless journey
- Support local as you stay in local hotels and enjoy nearby cafes, pubs and restaurants
- You can book as an individual, as a group and/or in support of a charity of your choice
- Join the flock at Adventurous Ewe and experience the expertise of the team who have been running this event for over 10 years.
- We look forward to welcoming you to our beautiful homeland of Wales for the finish of this iconic mountain adventure.



WELCOME

Fàilte, Croeso

Overview

One of the most iconic trekking events in the UK, The National 3 Peaks Challenge involves climbing the three highest mountains in Scotland, England and Wales. Though this trip allows you to experience conquering these mountains during daylight hours as you take on one peak per day. It still remains a tough challenge however, you'll have the time to enjoy local cafes, pubs and restaurants and have more time to recover between each mountain. The challenge covers 42kms and involves 3,064 metres of ascent.

You'll be accompanied by a certified Adventurous Ewe Mountain Leader/s throughout the trek and transferred in your own private mini-bus by our experienced driver/s.

Trekking with Adventurous Ewe means you not only will you experience this iconic mountain with locally based Mountain Leaders, your summit achievements will be in support of the **Snowdonia Society** and **Cool Earth**.

If you have any questions please get in touch by email: info@adventurousewe.co.uk or call 01492 588 069.





TRIP SUMMARY



Activity: Mountain trekking
Duration: 3 days & 3 nights
Trekking time: Approx 15 – 17 hours
Distance: Approx 26 miles trekking
Ascent: 3064 metres
Cost: Deposit: £75 per person
Remaining balance: £770 per person

Group size: 8 – 12 people per minibus
Level of difficulty: ■ ■ ■ ■ ■
Tough
Dates: May through to September

ROUTE MAP

Get ready for an adventure



DAY 1 MOUNTAIN:

Ben Nevis, Scotland

1,344 metres – highest mountain in the British Isles
Western end of the Grampian Mountains in the Lochaber area of the Scottish Highlands

DAY 2 MOUNTAIN:

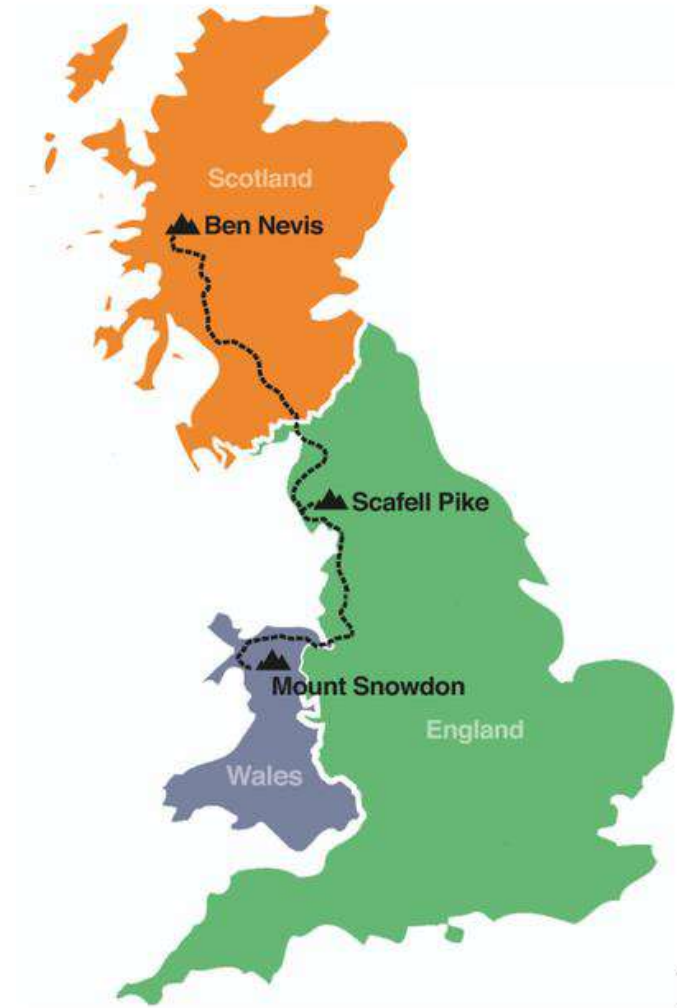
Scafell Pike, England

978 metres – highest mountain in England
Lake District National Park, in Cumbria, and is part of the Southern Fells

DAY 3 MOUNTAIN:

Snowdon, North Wales

1,085 metres – highest mountain in Wales and England
Snowdonia National Park in Gwynedd



ITINERARY

2 boots. 3 peaks. 26 miles. 3064 metres of ascent. 3 days!

DAY 1

Arrival, trek preparation and accommodation (Spean Bridge)

You have two options for travelling up to Spean Bridge, near Fort William.

1. You can leave your vehicle/s in Llanberis or catch a train to Bangor Train Station (this helps you with organising your return travel on finishing the trip in Llanberis Snowdonia). We'll collect you from either place in the morning for the transfer to Spean Bridge (approx. 8 hours) or
2. We can collect you from Glasgow Train Station or Glasgow Airport in the afternoon for the transfer to Spean Bridge (approx. 3 hours)

There will be a stop enroute so you can purchase any additional snacks you'll need for the next few days. A dinner reservation can be made at the hotel, please note, this is at your own expense.

Included:

| | |
|-------------------|---|
| Private transfer: | From Snowdonia or Glasgow to your hotel |
| Briefing: | Trek preparation briefing |
| Dinner: | Not included |
| Accommodation: | Hotel (twin share basis) |

DAY 2

Scotland – Ben Nevis (1,344m) – 15kms

Following an early breakfast at the hotel, you'll be transferred to the foot of the mighty Ben Nevis, the highest mountain in the UK standing at 1,344m. The trek begins on the main path from Glen Nevis, the Pony Path. 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 3 hours and involves 1,370m of ascent. On summiting you will have the chance to enjoy the breath-taking views of the Scottish Highlands. The walk back down should take approximately 2 – 2.5 hours.

It's then time to board your awaiting minibus to make your way to the beautiful Lake District. You will have a short break on route to pick up some snacks and fuel and you'll also have dinner enroute given the late arrival to your hotel in Keswick, Cumbria. The transfer should take approximately 5.5 – 6 hours.

Included:

| | |
|-------------------|------------------------------|
| Private transfer: | All transfers |
| Meals: | Breakfast and a packed lunch |
| Dinner: | Not included |
| Accommodation: | Hotel (twin share basis) |

DAY 3

England – Scafell Pike (978m) – 11kms

Following breakfast, it's time for your second summit of your National 3 Peaks challenge, Scafell Pike, which is the highest mountain in England standing at 978m. The ascent begins from Seathwaite, a small hamlet in the beautiful Borrowdale valley along the renowned Corridor Route. Once on the summit of England's highest mountain for sunrise you will be rewarded with views stretching as far as Scotland and the Isle of Man. With starting the descent, your sights are fixed firmly on your last summit. The ascent and descent of Scafell Pike should take approximately 4.5 hours.

Once back at your minibus it is time to relax as your driver transfers you to Snowdonia passing through some of the most stunning scenery in the UK. You will stop on route for some food. Minibus transfer from Seathwaite to Llanberis, Snowdonia National Park should take approximately 4.5 – 5 hours.

Included:

| | |
|-------------------|------------------------------|
| Private transfer: | All transfers |
| Meals: | Breakfast and a packed lunch |
| Dinner: | Not included |
| Accommodation: | Hotel (twin share basis) |

ITINERARY CONTINUED

2 boots. 3 peaks. 26 miles. 3064 metres of ascent. 3 days!

DAY 4

Wales – Snowdon (1,085m) – 14km

Following breakfast, it's time for your final summit, Snowdon or Yr Wyddfa in Welsh, the highest mountain in Wales standing at 1,085m. 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 three peaks.

Your ascent route will be via the Pyg track which rewards you with those classic Snowdon views. Your mid morning ascent should take approximately 2.5 – 3 hours. Once on the summit you will have time for a photo and enjoy the views before starting your decent down the Llanberis Path arriving in Llanberis for your National 3 Peaks celebrations.

Overnight accommodation can be arranged for you in Llanberis or you can make your own arrangements. Also, Adventurous Ewe can organise a return journey on the minibus to your groups final destination at an additional cost. Please feel free to speak to us for further information or to make bespoke arrangements for your group.

Included:

| | |
|-------------------|--|
| Private transfer: | Snowdon transfers and transfer to Bangor Train Station |
| Meals: | Breakfast and a packed lunch |
| Medals: | National 3 Peaks medal |
| Accommodation: | Not included |

Please note, Adventurous Ewe reserves the right to change the route or itinerary for safety reasons should local conditions dictate.



BACK TO EDIT TRIP | SHARE THIS TRIP | Viewing As Susan Blunt

Adventurous ewe | HELLO ADVENTUROUS EWE

Glasgow, UK | 3 DAYS | FRI 10 SEP 2021 - SUN 12 SEP (UTC+00:00)

MENU

- Highlights
- Itinerary
- People
- Invoice
- Tasks
- Documents
- Contact Us
- Load in App
- Facebook

SUSAN BLUNT | EDIT MY PROFILE

OVERVIEW

- A very warm welcome to the Her Spirit National 3 Peaks Challenge team
- As a team you'll take on the 3 highest mountains in the UK on this iconic British challenge
- 2 boots. 3 peaks. 26 miles. 3064 metres of ascent
- Experience Ben Nevis in the colours of an early Scottish morning
- Summit Scafell Pike under as the sky begins to sparkle under the night sky
- Witness the sunrise amidst the spectacular backdrop of Snowdonia
- Complete this challenge on the famous Welsh summit of Snowdon all in 24 hours
- It's a tough challenge however the team spirit, camaraderie and support will make this trek one to remember!

TRAVEL INFO

All your trip details and updates will be available through our free travel platform. You'll receive personalised log in details so you have access 24/7 to all your trip info. The travel app is free and easy to download. A'ppy days.



TRIP OVERVIEW

Summary of challenge



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list, emergency contact details and update your personal info – medical, dietary, allergies, etc.



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts bits for your
adventure



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The National 3 Peaks Challenge will require preparation as the event is designed to take you out of your every-day comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You'll be accompanied by certified Adventurous Ewe Leaders for the entire trek. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication with your vehicle driver and AE HQ throughout your adventure.

Level of difficulty

The National 3 Peaks in 3 Days Challenge is graded as '**Tough**'. Preparation is key to help you get the most enjoyment and reward from this adventure.

A good level of fitness, strength (both physical & mental), endurance and some gritty determination will help you conquer all three of the highest peaks in the UK.



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Group size

We pride ourselves in small group adventures to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trek is **8 people** and the maximum group size is **12 people per private minibus**. We can take up to **4 minibuses**. You will be split into groups of no more than 12 people per team for this trek.

You're most welcome to join this adventure as a group of friends, family, colleagues, a private group or as a solo traveller. You're also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of 8 or more people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A Training Programme will be provided when you join this expedition to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this trek together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown**, **The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.



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Ynigwyr ar ymweliad â'r Wyddfa
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership

Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this night trek, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



TERRAIN

National 3 Peaks

Ben Nevis, Scotland

After the initial steepness, the path does even out to a more moderate rocky ascent. You will reach a stunning loch and then it is on to a series of zig-zags. The upper section is rough and very stony; it is often snow covered and losing the line of the path easily leads onto dangerous terrain – hence the importance of your Mountain Leaders. On reaching the top of the Ben you will notice it is very flat, not the traditional mountain peak, and the actual highest point is the cairn. The view is extensive and covers much of the Highlands, but there is nothing more dramatic than peering down the north side, across or down the massive cliffs; do not approach if there is snow as there could be cornices of overhanging snow which could collapse. The descent is via the same path.

Scafell Pike, England

You'll take the shortest and most direct route to ascend the highest mountain in England. This is a steep hike which involves traversing over some rocky terrain. The summit is rocky and has a large circular stone cairn with steps to its flat top and nearby a stone Ordnance Survey trig point pillar. The views from Scafell Pike summit are incredible with almost every major Lakeland Fells within view. On a clear day the Isle of Man will be visible, lying in the Irish Sea to the west. The descent is via the same path.

Snowdon, Wales

Taking the classic Pyg Track for your ascent of Snowdon, this is the shortest route up the mountain with the least amount of vertical ascent. The route follows a well maintained path with a few rocky sections. Continuing along the trail it soon becomes more rugged and steep! The final sections follows a zigzag route steeply up the mountain. The track will emerge at the top and join the main Llanberis Path running alongside the Snowdon Mountain Railway. Follow the path heading south alongside the railway for the last gradual ascent to the summit. The route will meet a set of steps which will take you to the Snowdon summit marker. On a clear day the peak offers views of Snowdonia, Anglesey, Pembrokeshire and Ireland. Your descent will be via the Llanberis Path, which offers the most gradual descent, and finishes in Llanberis.

RESPONSIBLE TRIP MANAGEMENT

National 3 Peaks

Responsible Trip Management

Ethical and sustainable operations are at the heart of everything we do. The National 3 Peaks in 3 Days Challenge allows time to stay and support local hotels and enjoy local cafes, pubs and restaurants.

Here at Adventurous Ewe we strive to ensure all our events are delivered in a safe and ethical manner whilst also supporting local communities wherever we can and protecting the environment. Our Local Leaders accompany all teams on the mountain ensuring they stick to the paths to avoid land damage, for the team's safety and ensure no litter is left on the mountains. Our Leaders and crew often carry biodegradable rubbish sacks to collect litter on mountains in order to do our part in helping look after such a valuable environment. Our minibus drivers are experienced 3 Peaks drivers and will not break any traffic offences, even if the team is behind schedule. Safety is far more important.

We operate by our 'leave no trace ethos':

**Take nothing but photos,
Leave nothing but boot-prints,
Keep nothing but memories.**

As part of this we are aiming to ensure all our UK challenges are free from single use plastic. You can do your part by using refillable water bottles, such as [Water-to-Go Bottles](#), and flasks during your event.

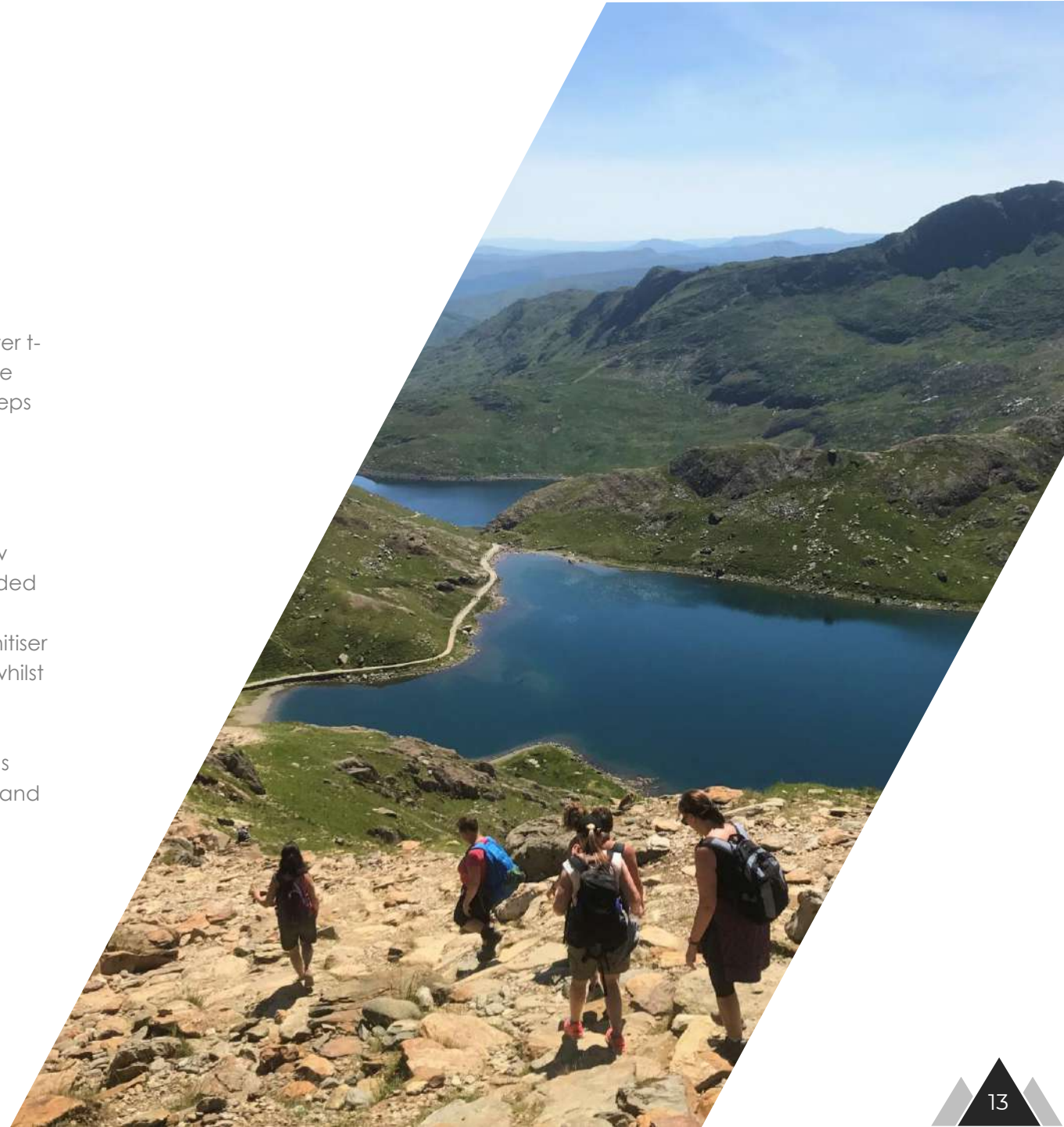
Giving Back Locally

As part of the Snowdonia National Park Authority Partneriaeth Yr Wyddfa Partnership, we are an accredited Snowdon Visit Specialist. We are also a corporate partner of the [Snowdonia Society](#) and help support their vital work who since 1967 continue to work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

TOP TIPS

National 3 Peaks

- Dress the part. and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Train in your walking kit in varying weather conditions so you know your kit is both suitable and comfortable for the trek
- Pack your kit inside a dry bag for the trek, just in case
- Ensure you have a waterproofs, a warm layer, beanie and gloves and know where these are in your rucksack so you can access them easily when needed
- Keep your pack as light as possible without scrimping on essential kit
- Bring your own facemask (<https://www.virustaticshield.com/>) and hand sanitiser
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Look after your feet – blister prevention
- Bring some of your favourite snacks and a treat for each summit. Remove as much packaging as you can before taking it on your trip (less litter to carry and less rubbish in the minibus)
- Have your snacks and sweets easily accessible ie. your pockets or if your daypack has storage in the waist-strap
- Bring your own water bottle and flask if you'd like to celebrate your summit success with a cuppa
- **Most importantly.....SMILE AND ENJOY THE ENTIRE JOURNEY!**



WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**



HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with UK government regulations.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

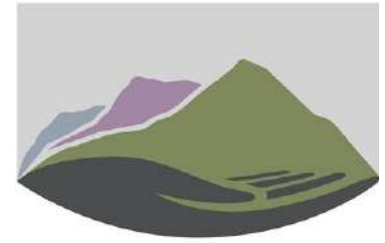
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventuroousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society





COST

| | |
|---------------------------|---|
| Deposit: | £75 per person, payable on booking |
| Remaining balance: | £770 per person |
| Total cost: | £845 per person |
| | For a group of 8 people |

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

Fundraising

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

NATIONAL 3 PEAKS IN 3 DAYS CHALLENGE

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your adventure weekend from Adventurous Ewe
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app
- Trek Training guide
- Public liability insurance
- Risk assessment and emergency management planning
- Monthly payment plan available.

During your trip:

- N3P briefing
- Qualified & Experienced Mountain Leader/s
- Professional group management
- Experienced N3P minibuss driver/s
- Private minibuss and fuel
- Luggage transfers
- 3 x nights bed & breakfast in local hotels
- 3 x packed lunches
- Snacks, water and hot drinks during your challenge
- Full back-up support including first-aid qualified staff and first-aid supplies

CAN BE ADDED AT AN ADDITIONAL COST

- Additional accommodation
- Transfer from the finish in Llanberis to your nominated location

NOT INCLUDED

- Clothing and equipment detailed on your Kit List
- Evening meals
- Return travel from Llanberis to home. Following the completion of your trek, the minibuss can take you to Bangor Railway Station which has good rail links to all parts of UK. We can also arrange a private coach transfer for the group either on the day of completing the challenge or the following day to a set destination
- Personal spending money
- Additional snacks and electrolytes
- Any costs incurred with leaving the trip early ie. accommodation, change in travel arrangements ie. train tickets, etc.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic event and an uncomfortable one. This is a list of recommended kit to take on your National 3 Peaks in 3 Days Challenge and you must be prepared for all types of weather conditions.

As we are travelling on a minibus and space is restricted, please ensure to bring only the kit that is listed to ensure as much comfort for the team as possible in the vehicle/s.

CLOTHING

- Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential. We recommend GoreTex or Paramo jackets
- Base layers** – preferably a synthetic wicking layer with a long-sleeved top
- Fleece** - wind-stopper or light weight down jacket
- Trekking trousers** - avoid cotton based trousers as they absorb moisture easily and thereby have a cooling effect
- Wicking t-shirt/s** – preferably merino wool based items which are biodegradable
- Headwear** - warm woolly hat and cap/sunhat for descent
- Buff or bandana** – for the cold or sun protection
- Gloves** – thin liner gloves and waterproof gloves are ideal
- Casual clothes** for travel

Two days prior to your departure, please check the mountain weather forecast to ensure you are prepared accordingly. Visit <https://www.mwis.org.uk/>

FOOTWEAR

- Hiking boots** – well-worn in with ankle support and waterproof
- Socks** – recommend merino wool hiking socks. Have spare socks for each mountain (preparation for wet weather)
- Trainers or flipflops** - to wear during minibus transfers

BAG

- Kit bag** – preferably no larger than 50 litres. This bag will be transferred in the minibus
- Rucksack** – comfortable 20 - 25 litre daypack with waist strap to carry your kit – waterproofs, warm layer, beanie, hat, gloves, snacks, water and personal items. A dry bag is recommended

EQUIPMENT

- Water bottle** – (essential) 2-3 litre capacity or a platypus / camelbak system
- Thermos** – (optional) if you wish to take a hot drink
- Head torch** & spare batteries
- Sunglasses** – strong UVA/UVB protection preferable
- Trekking pole(s)** - optional. Please train with these prior to your trek

MINIBUS TRANSFER

- Pillow** – or down jacket or scarf can be used
- Warm fleece** or jacket

ADDITIONAL ITEMS

- Antibacterial hand sanitiser**
- Face mask** – we recommend <https://www.virustaticshield.com/>
- Sunscreen and lip block** – SPF50 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable toilet roll & disposable bag (for toilet paper rubbish on the hike if needed) and toiletries for overnight accommodation
- Towel** – small travel towel
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, rehydration sachets and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NUTRITION

- Snacks** – ie. cliff bars, cereal bars, chocolate, nuts, dried fruit, jelly babies, dextro tables, crisps, etc. Plus something as a reward/treat for each summit
- Electrolytes & recovery drinks**

NICE TO HAVE

- Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle)
- Ear plugs** for the hotels

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe night trek we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069



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susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





Adventurous
ewe

We look forward to welcoming
you on such an iconic British
mountain adventure.

