

# ISG LTD NATIONAL 3 PEAKS CHALLENGE



## Highlights

- 2 boots. 3 peaks. 26 miles. 3064 metres of ascent. 24 hours
- Conquer the 3 highest mountains in the UK on this iconic British challenge
- Trek to the highest point in the UK, Ben Nevis in Scotland
- Summit Scafell Pike under a star filled sky and the glow of your head torch
- Witness the sunrise amongst the spectacular backdrop of The Lake District
- Complete this challenge on the famous Welsh summit of Snowdon all in 24 hours
- Stay in the historic town of Caernarfon and celebrate your 3 Peaks achievements in the shadows of Caernarfon Castle, a UNESCO World Heritage Site, and watch the sun set over the beautiful Menai Straits.



# 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 within 24 hours. The challenge covers 42kms and involves 3,064 metres of ascent. Despite the popularity of this trek, you shouldn't under estimate the toughness of this challenge.

You will 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**. A big win-win and thank ewe.

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

We look forward to welcoming you on this iconic British mountain challenge.





# TRIP SUMMARY



**Activity:** Mountain trekking  
**Duration:** 24 hours  
**Trekking time:** Approx 13 hours  
**Distance:** Approx 26 miles trekking  
**Ascent:** 3064 metres  
**Cost:** Deposit: £75 per person  
Package 2 (1 night accom) Remaining balance: £365 per person  
Total cost: £440 per person  
Single room supplement: £55 per person

**Group size:** 9 – 11 people  
**Level of difficulty:** ■ ■ ■ ■ ■  
**Tough**  
**Dates:** 18 – 21 May 2023

**Accommodation:** Saturday 20 May 2023  
Celtic Royal Hotel  
Bangor Road, Caernarfon, LL55 1AY



# ROUTE MAP

Get ready for an adventure



## FIRST 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

## SECOND MOUNTAIN:

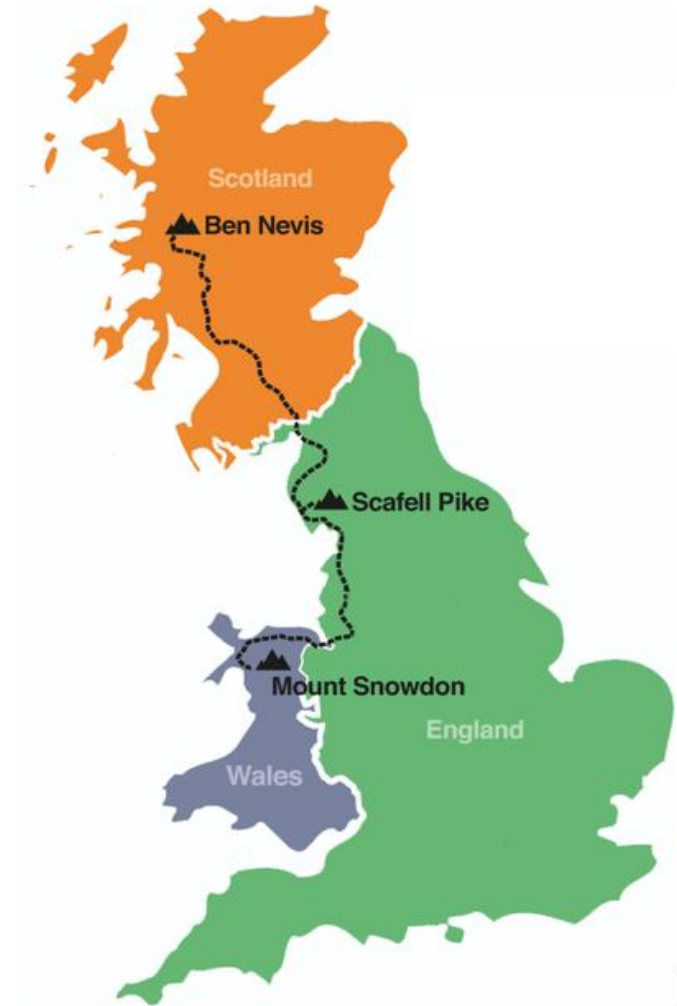
### Scafell Pike, England

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

## THIRD MOUNTAIN:

### Snowdon, North Wales

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



# NATIONAL 3 PEAKS TIMING SCHEDULE

**2 boots. 3 peaks. 26 miles. 3064 metres of ascent. 24 hours. 1 iconic UK mountain adventure!**

Please note that this is a guideline only and we ask for your flexibility on this due to factors outside our control which may affect your schedule such as traffic, weather, ability of the group, etc.

DATE	TIME	ACTIVITY
Thursday 18 May	14:00	Flight or train travel to Glasgow Private transfer to Fort William and overnight. Hotel and dinner at your own booking and expense.
Friday 19 May	11:00	Meet your Adventurous Ewe Team - Mountain Leader/s and driver/s and transfer from Fort William to Ben Nevis. Allow 20 mins
	11:30	Ben Nevis – 1,344 metres and 15kms Allow 5 – 5.5 hours
	16:30/17.00	Lite meal served
	17:15	Depart Ben Nevis
	Driving	Private minibus transfer to Wasdale Head, The Lake District, Cumbria, England Allow 5.5 – 6 hours driving
	22:30/23:00	Arrive Wasdale Head Lite pasta meal served
	Trekking	Scafell Pike ascent – 978 metres and 11kms Allow 3.5 – 4 hours
	02:30/03:00	Depart Scafell Pike
	Driving	Minibus transfer to Llanberis, Snowdonia National Park, North Wales Allow 4.5 – 5 hours driving
	07:30/08:00	Arrive Pen-Y-Pass
Saturday 20 May	Trekking	Snowdon ascent – 1,085 metres and 14kms Allow 4.5 – 5 hours
	13:00	Celebratory completion of the challenge
	Driving	Transfer to the Celtic Royal Hotel in Caernarfon.
Sunday 21 May	Return home	Make your own arrangements for your return journey home with a huge sense of pride having completed the National 3 Peaks Challenge.

The above 24 hour timing schedule sees the clock start at the base of Ben Nevis and then the clock finish at the base of Snowdon. However, we typically start the clock at the base of Ben Nevis and stop the clock at the summit of Snowdon to allow a bit more breathing space for elements which may affect the timing schedule ie. traffic, weather, etc.

# ITINERARY

**2 boots. 3 peaks. 26 miles. 3064 metres of ascent. 24 hours. 1 iconic UK mountain adventure!!**

## **DAY PRIOR - Thursday**

### **Arrival, trek preparation and accommodation (Fort William)**

Please make your own travel arrangements to arrive in Glasgow by 14:00. A private transfer will then be provided from Glasgow to Fort William where you will overnight ahead of your National 3 Peaks Challenge.

Please make your own accommodation and dinner arrangements in Fort William.

## **DAY 1 – Friday**

### **National 3 Peaks Challenge**

Private minibus transfer from Fort William to Ben Nevis.

#### **Scotland – Ben Nevis (1,344m) – 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 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.

On descending Ben Nevis, you will join up with your awaiting minibus where you will be driven through the evening towards the Lake District. You will have a short break on route to pick up some snacks and fuel. Minibus transfer to from Ben Nevis to Wasdale Head, The Lake District, Cumbria should take approximately 5.5 – 6 hours.

## **DAY 2 – Saturday**

### **National 3 Peaks Challenge continues**

#### **England – Scafell Pike (978m) – 11kms**

Your second summit of your National 3 Peaks challenge, Scafell Pike, is the highest mountain in England standing at 978m. The ascent begins just after midnight 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 your head torches.

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 mini bus 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 Wasdale Head to Pen-Y-Pass, Snowdonia National Park should take approximately 4.5 – 5 hours.

#### **Wales – Snowdon (1,085m) – 14km**

Your final summit takes on the highest mountain in Wales, Snowdon or Yr Wyddfa in Welsh, standing at 1,085m. Snowdonia is unique for its bio-diversity of plants and wildlife and with breath-taking views from the summit, it's a great end to your three peaks challenge. 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 via the Llanberis Path arriving in Llanberis. You will then be transferred to your hotel in Caernarfon where are free to make your own dinner arrangements and post trek celebrations.

## **DAY 3 – Sunday**

### **Breakfast and return home**

Make your own arrangements to return home full of a huge sense of pride having completed the National 3 Peaks Challenge.

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

# ACCOMMODATION

## Thursday 18 May

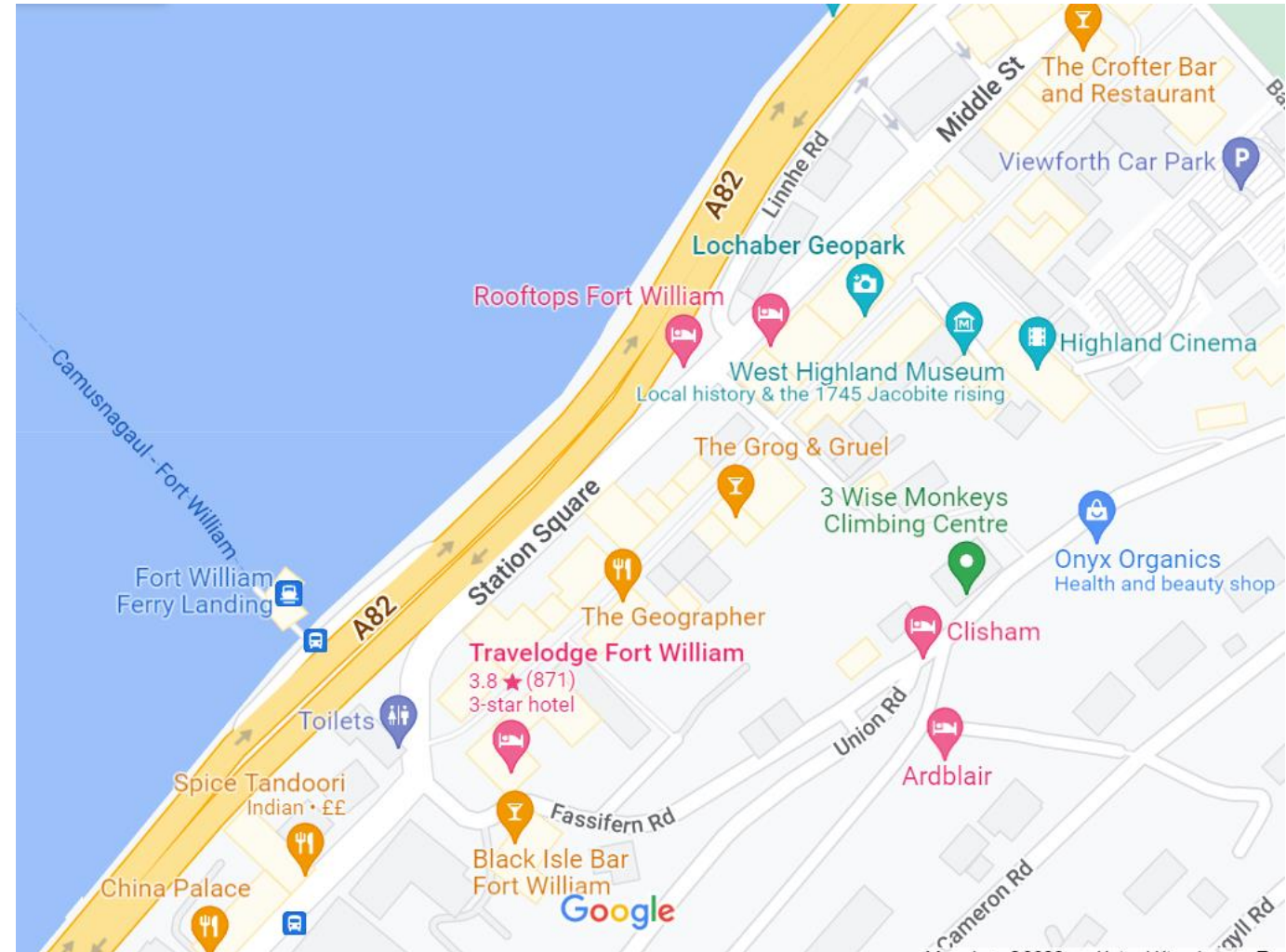
Please make your own accommodation and dinner bookings for Fort William.  
Please note, this is not part of the Adventurous Ewe travel package.

We recommend:

**Travelodge Fort William**

**Hotel address:**

High Street,  
Fort William,  
PH33 6DX





# ACCOMMODATION

## Celtic Royal Hotel, Caernarfon

**Saturday 20 May 2023**

**One night's bed & breakfast included in your travel package**

**Single room supplement charge of £55 per person per room.**

### Celtic Royal Hotel

Situated in the historic town of Caernarfon. The world famous UNESCO Heritage site of Caernarfon Castle is just a few hundred yards away. The Celtic Royal Hotel features an air conditioned gym. 16 – meter indoor heated swimming pool, sauna, bubble pool and steam room.

### Celtic Royal Hotel address:

Bangor Street, Caernarfon, North Wales LL55 1AY  
You are most welcome to have dinner at the hotel.

Other options for dinner in walking distance from the hotel are listed below. Please note, some of these venues may require you to make a reservation in advance.

[The Black Boy Inn](#) – great food and family run pub

[The Anglesey Arms](#) – great views on the harbour and watching the sunset over Menai Straits. If you wish to eat here, we recommend eating inside or you might be sharing your meal with the local seagulls

[Villa Marina](#) – great pizza & pasta restaurant with views over the harbour and castle

[Fu's](#) Caernarfon – maybe a great way to celebrate post adventure with a good ole Chinese food feast

### Sunday

The nearest train station is Bangor which is a 15 - 20 minute taxi journey from the hotel. There are direct trains from Bangor Gwynedd to London Euston (3hours 22 mins).





# ESSENTIAL INFO

The nuts & bolts of your adventure



01



## 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 will be accompanied by certified Adventurous Ewe Leader for the entire trek. Friendly with a huge level of care and a great sense of humour. Rest assured Leaders are fully qualified, experienced and REC Level 2 First Aid certified. 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 Leader will also be in radio communication with your vehicle driver and AE HQ throughout your trek.

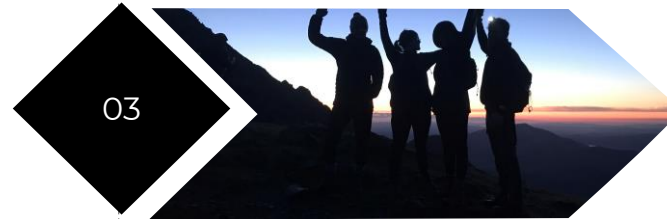
## Level of difficulty

The National 3 Peaks 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. Sleep deprivation also plays a part, affecting some people more than others, particularly with awkward sleeping conditions.

For more info on the routes themselves, please refer to 'Terrain' on page 11.



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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.

This is a private group trip of a team of 9 - 11 people from ISG Ltd.

You are most welcome to use this trip as a fundraiser for the charity of your choice.

## Training

A bespoke training programme will be provided when you join this trek to help you with your preparations and ensure you arrive at the start line knowing that you're ready to tackle the adventure ahead. The programme includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. 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 can be found on Page 20 of this brochure with an exclusive Adventurous Ewe discount code for independent outdoor retailers.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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## 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](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto: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

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### 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

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### Responsible Trip Management

Ethical and sustainable operations are at the heart of everything we do. The National 3 Peaks in 24 hours Challenge often comes under fire and often for the right reasons too, whether it's environmental impact, disruption to local residents, safety on roads, parking or supporting the local communities.

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, ensure trekkers do not litter and are quieter & respectful towards local residents at all times. 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. During the night trek of Scafell Pike, glow sticks and the like are banned from use as quite often these fall or are left behind on the mountain. 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.

# POSITIVES

## National 3 Peaks

- Our N3P's is conducted in a professional and safe manner and guided by experienced and qualified Mountain Leaders. This in turn provides work for Leaders and Drivers as we start to rebuild tourism in a positive way
- Encourages domestic tourism as opposed to international tourism therefore the tourist dollar stays in the UK. Plus there's less carbon emissions with no flight travel
- Our leaders engage with our small groups by means of explaining local flora and fauna, environmental info, local history etc. The trip is about the entire journey not just peak bagging and minibuss transfers
- We support the local communities wherever possible by ensuring food & drink items are purchased within the vicinity of each mountain range from local independent stores rather than large chains
- We operate a 'leave no trace' ethos and our Leaders always carry a spare bag to collect litter enroute
- The N3P's is all about shared travel and we use a private minibus. This reduces the need of more private vehicles covering the same mileage. Participants are encouraged to catch a train to the meeting point in Glasgow for the start of the trek and a train from Bangor for their return journey home
- We only operate small groups, therefore less impact on the environment, parking space issues, footfall, noise levels, etc. It's not a mass participation style event creating vast numbers of individual vehicles, carbon emissions and disruptions to local communities
- Being a tough and well-known challenge it gives people a goal to work towards in fitness and experiencing the outdoors which they will then hopefully continue exploring more British landscapes and therefore keeping the tourism world spinning and they themselves maintain healthy lifestyle.



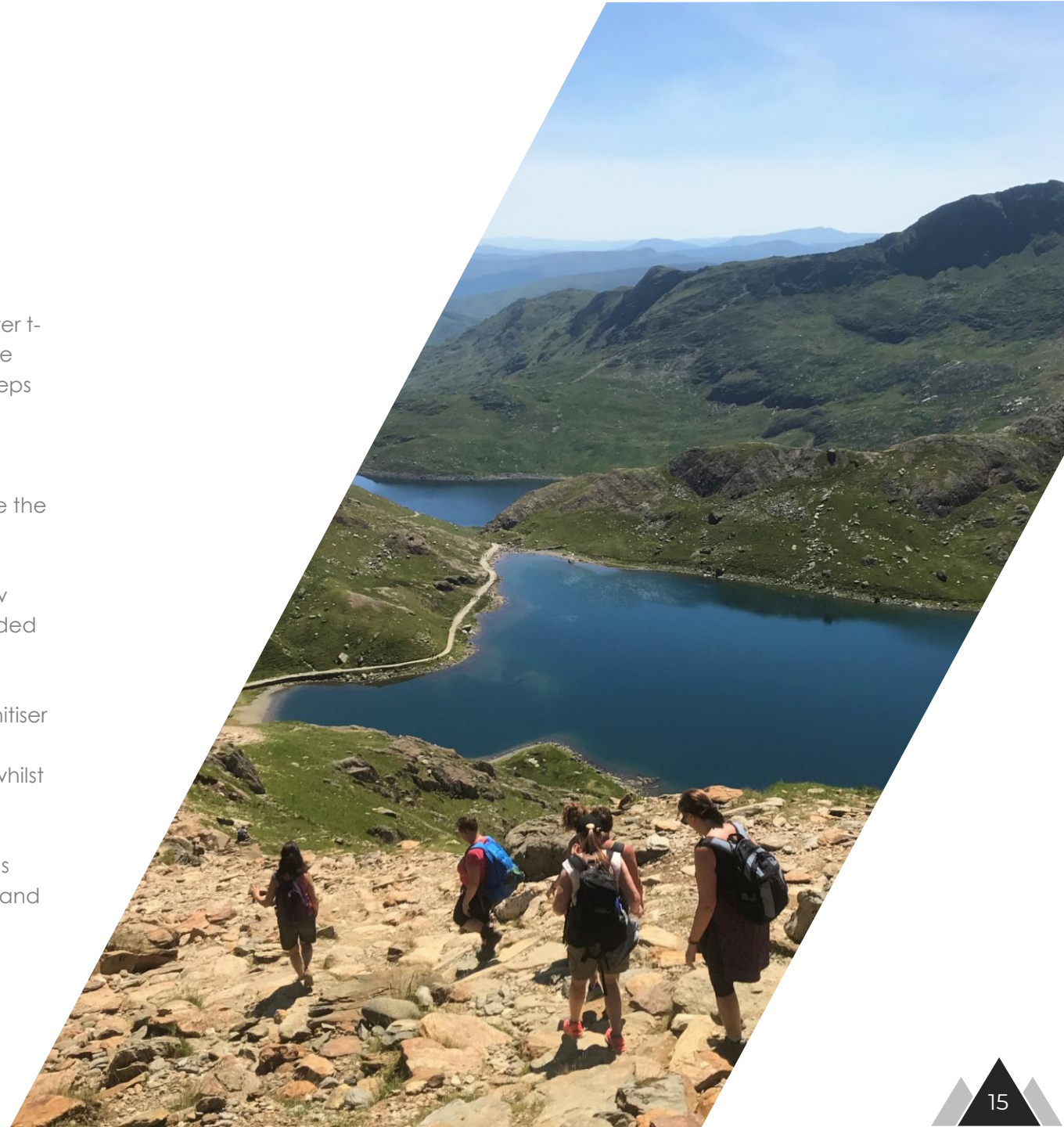


# TOP TIPS

## National 3 Peaks

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- 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
- Have a good head torch which produces a strong level of light to illuminate the terrain in front of you. Also ensure you have suitable spare batteries
- 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
- Ensure you have a good quality head torch and spare batteries
- Bring your own facemask (<https://www.virustaticshield.com/>) and hand sanitiser (essential)
- 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!**



# TOP TIPS

## Sleep advice

Sleep deprivation is another factor that will be encountered as part of your 24+ hour challenge which most may have not experienced. This combined with the physical element will most certainly test your mental strength. Getting some proper rest on a bumpy minibus is easier said than done. But there are a few things you can do to make the journey run smoothly and arrive at each mountain feeling a little refreshed.

**Bring your own sleeping bag and a small travel pillow** – get comfy

**Wrap up** - keep a warm jumper and/or big scarf handy throughout the journey. Even when you're feeling snug and warm, they can be bundled up to create comfy pillow. Comfy warm tracksuit pants are great to travel in.

**Bring snacks** - there are usually breaks along the way, but there's no guarantee that the roadside stop will have much in the way of variety. Buy isotonic drinks or bring electrolyte tablets or protein powder which can replenish electrolytes and aid recovery after one of your mountain summits.

**Pack ear-plugs & eye-mask** - you might be tired but the bus driver (quite rightly) wants to stay awake. You may hear music or the radio through the night. Add in the noise from squeaking brakes, ringing phones and your fellow travellers.

**Bring something to do** - the downside with travelling during the night is that it's usually too dark to admire the scenery. If you're having trouble sleeping have your phone or iPad readily uploaded with your favourite tunes or movie/s, use good headphones (noise-cancelling would be best) or pack a book (and a reading light).

**Window or aisle?** - some people feel they sleep better near the window; it means more ways to create a makeshift pillow. Others prefer the aisle because there's more space and a way to stretch out.

**Pack as if you're flying** - you'll probably have to stow your larger bag at the rear of the bus (if there's no room for it above you). If so, then make sure your daypack has what you need (eg, medication, snacks, etc.) - as if you're going to be on a plane.

### Naps

Even a 10-minute nap can greatly increase short-term alertness without causing grogginess or affecting night time sleep. In fact, a study in the research journal 'Sleep' concluded that a 10-minute nap actually produced the most benefits in terms of reduced sleepiness and improved cognitive performance.







# WHO IS ADVENTUREOUS EWE?

## Big adventures, small bootprints

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.

## 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](http://www.futureoftourism.org). #FutureofTourism



**TOURISM DECLARES  
CLIMATE EMERGENCY**



For more info please visit: <https://www.adventurousewe.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 fabewelous 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



Arbenigwyr ar ymweliad â'r Wyddfa  
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership





# COST

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**PACKAGE 2: Including one night's accommodation in Caernarfon the night after your 3 Peaks – single room basis**

<b>Deposit:</b>	£75 per person
<b>Remaining balance:</b>	£365 per person payable 5 weeks prior to start of trip
<b>Total cost:</b>	£440 per person
<b>Single room supplement:</b>	£55 per person

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## **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 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
- Trek Training guide
- Public liability insurance
- Risk assessment and emergency management planning.

#### During your trip:

- N3P briefing
- Qualified & Experienced Mountain Leader/s
- Professional group management
- Experienced N3P minibuss driver/s
- Minibus and fuel
- Light meal after completing Ben Nevis
- Light meal at Scafell Pike
- Snacks, water and hot drinks during your challenge
- Full back-up support including first-aid qualified staff and first-aid supplies
- Luggage transfers
- **Package 2:** one night's accommodation in the Celtic Royal Hotel, Caernarfon (single room supplement @ £55 per person)
- Transfer to your hotel on completion of the National 3 Peaks Challenge

### NOT INCLUDED

- Clothing and equipment detailed on your Kit List
- Travel to Fort William
- Accommodation and breakfast in Fort William
- Single room supplement for the Celtic Royal Hotel (£55pp)
- Return travel from home from your hotel in Caernarfon
- 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 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. We will be stopping for food along the way to Ben Nevis and supply you with a light pasta meal on completion of Ben Nevis. A lite breakfast will also be provided before your ascent of Scafell Pike. Please note this is a time critical challenge, it is your 24hours thus it is essential that you try and bring adequate food and energy drinks etc with you. Stopping off for toilet breaks is obviously allowed however please bear in mind that these can take 15 – 20 minutes off your time per stop.

## 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

Please note, we ask that you do not bring glow sticks or any other items that may be accidentally dropped or left on the mountain. You are welcome to wear face-paint or bright clothing for the night trekking to add a bit of fun if you wish.

## 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 a small rucksack. 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
- ❑ **Sleeping bag** – or blanket
- ❑ **Warm fleece** or jacket

## ADDITIONAL ITEMS

- ❑ **Antibacterial hand sanitiser**
- ❑ **Face mask** – we recommend <https://www.virustaticshield.com/>
- ❑ **Sunscreen and lip block** – SPF40 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 & eye mask**
- ❑ **Headphones** - noise cancelling headphones are ideal for minibus transfers
- ❑ **Ipad or similar** (with book, programmes or movies downloaded) for minibus transfers

# CONTACT US

For any further info or any questions,  
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@Adventurous Ewe





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

