

National Three Peaks Challenge

Event Information

Walking the three highest Peaks in Britain in a 24 hour period is an exceptional achievement. Participants will climb Snowdon (1085m, 3560ft), Scafell Pike (978m, 3209ft) and Ben Nevis (1344m, 4408ft) and cover approximately 27 miles. The information contained in this document should provide your participants with an overview of the challenge and its requirements.

Itinerary

1. The teams will meet at a central location near Sheffield on Friday evening, the location and time is to be confirmed. From there the participants will be transported to Scotland. We can make special arrangements to pick people up en-route but this is only with prior agreement.

2. Teams will be transported to the accommodation in Scotland. Adventure Challenge Events (ACE) and the charity representatives will provide an initial welcome and challenge brief.

3. Teams will meet with their instructor and minibus driver at 7.00/8.00am (TBC) and travel to the start of the Ben Nevis climb, the start of the challenge.

4. Challenge start: 8.00 or 9.00am (TBC). All teams will depart and follow the same route on the mountain. Average time on Ben Nevis is 5 hours.

5. Teams depart for Wasdale with an average journey time of 5 hours.

6. Depart on ascent of Scafell Pike and return to Wasdale. Average time on Scafell Pike is 5 hours.

8. Depart for Snowdon. Average drive time is 4 hours.

9. Final ascent, average time is 4 hours.... Very tired legs to complete the final ascent of Snowdon!

10. The challenge will be finished when the team returns to the start point. This should be by 8.00/9.00am (TBC) Sunday morning to complete the challenge in 24 hours.

Celebratory breakfast in Llanberis then teams will then be transported back to the main meeting place in Sheffield.

Notes:

Total time based on average times shown in itinerary is 23 hours.

Total distance walked is approximately 27 miles.

Environmental Considerations

The popularity of the 3 peaks challenge can create an increased environmental stress on the beautiful national parks that are home to the three peaks. ACE follows the institute of fundraising's code of practice and has its own principles on best practice.

Operating in small teams with their own transport and instructor we reduce the impact of such large events. Initially the teams are walking together, however the teams soon spread out, limiting impact along the challenge.

All of our teams follow the same route and these are always over well paved footpaths, preventing any further footpath erosion. Our instructors are all mountain leaders with a love for the mountain environment. They need no encouragement to supervise their team to a high standard, including the removal of all litter, controlling impact in sensitive areas and sharing this knowledge and passion with their teams.

Fitness Considerations

Completing the challenge in 24 hours is no easy ambition, however with the right preparation, support and a heap load of determination the challenge is achievable to most. The fact that the challenge pushes people makes it an excellent charity challenge.

Participants should plan some form of pre-event training which should include walking, swimming or cycling. Teams should be made aware that they will be doing a significant amount of cardio vascular exercise in a 24 hour period.

ACE recommends that people with very little experience of training should seek expert advice to develop a suitable programme. Participants will find the challenge much more enjoyable if they arrive having done some form of preparation.

Some participants may decide to complete the Yorkshire 3 Peaks Challenge which is often used as a prelude to the major event. ACE can support participants in this challenge.

Training advice/schedule available on request

Medical Considerations

Participants must declare any medical conditions which may affect their safety and ability during the challenge. Participants will be asked to seek their doctors' approval where medical conditions exist.

Some participants may think it prudent to speak with a doctor prior to starting any fitness training in preparation.

Each team will have a qualified mountain leader, who will be a current and experienced first aider who will be able to deal with the common medical difficulties experienced during the challenge.

Equipment Considerations

There isn't any great requirement for participants to spend a great deal of money on equipment for the challenge. Participants should look to borrow certain items. Especially if they feel that their involvement with future walking events will be limited.

However a few items are very important to ensure that participants are able to complete the challenge safely and in comfort:

Note: Participants who arrive without these vital items may be prevented from going on the mountains in certain conditions.

Boots – if there is any one item which is essential it is a well fitting pair of walking boots. They should be in reasonable condition, with a good tread and provide ankle support. If participants buy or borrow boots, then please spend some time walking in the boots to ensure that they do not rub, causing the classic problem of blisters.

Rucksack – Participants do not require large and expensive rucksacks (An average size in 25/35 litres). The equipment required for each stage of the event should easily fit into a rucksack of this size.

Ideally rucksacks should provide ample shoulder padding with a padded waist belt. Please also protect your equipment from becoming wet, by using a rucksack liner or tough plastic bag.

Waterproof layers – Participants should be aware that the weather even in the better months can be wet and windy in the mountain environment. A windproof and waterproof jacket and trousers should be carried at each stage.

Warm layers – ACE recommend that all participants follow the principle of layering. A number of clothing layers is preferable to one substantial fleece or equivalent. Participants should carry, as a minimum, one layer of trousers/thermal shirt, with two additional layers for the upper body. This should include at least one light weight fleece. A warm hat and gloves are also essential kit in the rucksack. Spare clothing can be kept in the minibus dependent on the prevailing weather conditions and also spare socks if their feet become wet.

Further equipment in rucksack or minibus–

Food for Saturday lunch, evening meal and Sunday breakfast and lunch. (See notes below)

Head torch (with new batteries) **Essential item**

Whistle

Water containers (minimum 2 litres capacity) **(Extra water will be provided)**

Sun glasses

Sun block

Sun hat (weather dependent)

Flask (optional)

Spare clothing

Notes:

Participants should bring enough food as stated above and be prepared to eat whilst traveling and walking. This food should be in the form of light weight, easy to prepare/consume and of high calorific value. For example sandwiches, bananas, nuts, flapjack, pre-made pasta dishes, chocolate etc. Participants will be able to leave the bulk of food in the minibus whilst completing the challenge. Regular stops will also be made during the travel periods providing the opportunity to purchase food and drinks.

Included:

1. Qualified instructor per team.
2. Driver/support person.
3. All travel after pick-up, until return to pick-up point.
4. Accommodation on Friday night, including breakfast.
5. Facilities for hot drinks and water.

Please note:

The accommodation is in the form of shared hostel style and participants should expect to share rooms, possibly with the opposite sex. Please inform ACE if this presents any particular problems. Single occupancy will be available, however the person will be asked to pay a supplement.

Not included:

1. Participants will be required to purchase their own evening meal on Friday during the trip to Scotland.
2. Travel to and from the pick up location.
3. Travel from the challenge start (Fort William) and/or finish (Snowdonia) if participants travel direct.
4. Food for Saturday lunch, evening meal, Sunday breakfast and lunch.

ACE will endeavor to make the event safe and enjoyable for the participants. However, the conditions found on the mountains in the UK can be unpredictable so we therefore feel it prudent to make you aware of the following participation statement from the British Mountaineering Council;

"The BMC recognizes that climbing 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."

Important Note:

Charities and their participants should be completely aware that these challenges bring together a selection of people, from different charities, with different levels of ability and aims for the challenge. ACE and its staff will make every effort to manage these differences, however at times instructors may have to make difficult and unpopular decisions. These will always be made in the interest of safety, and to achieve a balance between, the maximum numbers of participants completing the challenge in the best time possible for that particular group, and an individuals needs.

Participants should read, and sign to accept the following which is written on the booking form:

Participation Statement:

ACE and its event instructors will make every reasonable effort to ensure that the maximum number of participants complete the challenge in the best time possible for that particular group (24 hours is often unachievable). Participants have to accept that they are booking onto an event which brings together a diverse group of people with different ability levels and aims for the challenge. Managing this is a difficult challenge for the instructors and participants must accept the instructor's decision and support any decisions made for the good of the group. For example, some participants may be asked to not attempt one of the mountains to allow the majority of the group to complete the challenge in the best time possible. In this situation a participant has to be willing to take responsibility if their fitness levels or injury prevent them from completing the challenge.

These events are well managed, with a high emphasis on safety and teamwork. Participants should understand the advantages and disadvantages of joining one of these events and sign this participation statement as seen on the booking form.

Note:

Further information will follow this general event introduction.