

Three Peaks Trek | GAC Brochures

 gac-brochures.com/brochures/three-peaks-trek

22 miles

Approx. Distance

Extreme (3)

Challenge Grading

3 days

Challenge Duration

UK

Challenge Location

Challenge Highlights

Summit the highest mountains in the UK

Take on a classic trekking challenge

Explore picturesque mountain ranges and discover stunning scenery

Tackle Scafell Pike at night

The Challenge

From the rugged beauty of the Glen Nevis Valley, to the forests and estuaries of the stunning Snowdonia National Park, join us for one almighty trekking challenge as we take on the UK's giants on this classic 3 Peaks Challenge! We'll take on Ben Nevis (1,345m), Scafell Pike (978m) and Snowdon (1,085m) aiming to summit all three in a total trekking time of 15 hours

or less. You'll climb around 3,050 meters and have walked approx. 22 miles, so grit and determination are essential to completing this fast-paced challenge. It's little wonder this challenge is the most highly-regarded trekking challenge in the UK.

Challenge Itinerary

Day 1 - Meet in Glasgow

We'll meet at Glasgow Central Station/ Glasgow International Airport for our pick up, then head north on our transfer to Fort William which is located in the stunning highlands of Scotland. Tonight we have an evening meal together as a group and a briefing about the exciting challenge ahead.

Day 2 - Ben Nevis & Scafell Pike

After a hearty breakfast our challenge begins, first up the mighty Ben Nevis standing tall at 1,345m. We begin our trek taking the tourist path, which uses a zig zag technique to enable a steady climb up the mountain! As we trek to the summit we will stop for short breaks enabling us to take in the picturesque views of the breath-taking Scottish highlands. Once we reach the summit and take our celebration photos we begin our descent. After we descend Ben Nevis we jump straight into the awaiting vehicles and head South to the Lake District to take on our second peak –Scafell Pike (978m).

We stop for dinner en route then continue on to Wasdale Head; an untouched and tranquil part of the Lake District also renowned for being the birthplace of British climbing. We continue our trek in what remains of the daylight and head towards the summit.

Glowing from our success we jump straight into the buses and head to our third and final peak – Snowdon.

Day 3 - Snowdon

It's an early start today as we begin our final summit trek. We'll take the Pyg track to ascend Snowdon – the highest mountain in Wales at 1,085m. Once we summit Snowdon our efforts will be hopefully rewarded with glorious views stretching as far as the eye can see.

We will descend following the Llanberis route, before enjoying a celebratory lunch! We then take the transfer back to Chester train station for drop offs after a long, but very rewarding two days.

Trekking distance – approx. 22 miles

In order to fulfil the itinerary and complete all 3 mountains within the scope and limitations of the challenge itinerary including contracted staff working hours, there are strict cut off times in place. The maximum trekking times are Ben Nevis – 7 hours, Scafell Pike – 5.5 hours, Snowdon – 5.5 hours. Whilst we offer support and encouragement to all trekkers wanting to

complete the challenge, with regret, anyone failing to meet the interim cut off times in place will therefore exceed the maximum trekking time available and will be required to return with a guide to the waiting support team.

Challenge Inclusions

What's Included

- All travel is in private buses – pick up from Glasgow, travel in between mountains and drop off in Chester
- Meals – dinner in Fort William Day 1, breakfast at accommodation at Fort William Day 2, lunch in Llanberis Day 3
- Complimentary energy bars, fruit, tea and coffee (and drinking water) at the foot of each mountain
- Global Adventure Challenges Event Crew
- Global Adventure Challenges medical kit for the group
- Challenge Medal

What's Not Included

- Travel insurance
- Tips and gratuities
- Alcoholic drinks
- Personal trekking kit (trekking boots, poles, etc)
- **Please note that for bespoke challenges, inclusions and exclusions may differ**

Frequently Asked Questions

I'm interested... What do I do now?

You can register online below – payment of the registration fee is due at time of booking. All payment options and costs are explained below.

Once your registration is received we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

Is this trip for me?

Absolutely! The trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 14 – 17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

The aim of the challenge is to summit all three peaks in a walking time of 15 hours (not including transfer times or food breaks) – the fitter you are, the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website.

We also run training weekends throughout the year, a fantastic opportunity to meet other participants and train together prior to the event.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

Do I have to carry my own luggage?

No, all you will need is a small day pack whilst trekking to carry items such as your phone, camera, sunscreen, snacks etc. Your luggage will be transported via our support vehicles.

Food Matters...

Dinner in Fort William Day 1, breakfast at accommodation at Fort William Day 2, breakfast in Llanberis Day 3 are included on this challenge. We cater for most dietary requirement as long as we know in advance – just fill in the relevant section on your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leader/s. Comprehensive medical kits will be taken. A support vehicle will be located at the foot of each mountain providing extra support if needed. Mobile phones and radio aids will be used to ensure our safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no one is left alone. Remember though – this is a challenge, not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.