UK Three Peaks Challenge 2013

Described as one of the UK’s ultimate challenges, it will have you trekking to the top of the three highest peaks in England, Scotland and Wales, and all in 24 hours*!

Get on your walking boots and do good, feel great

Register now!
Registration fee £80
Minimum sponsorship amount £550
Climbing the three highest peaks in the home nations: Scotland, England and Wales.

Tackling Ben Nevis, Scafell and Snowdon and doing it in the space of 24 hrs*.

Now that is going to be challenging!

Walking a distance of 25 miles, driving a total of 480 miles and climbing approximately 3,000 vertical metres makes this a challenge to remember!

Why not give yourself a goal to train for this year and put yourself to the test by joining the Three Peaks Challenge 2013 for Mind with a group of like-minded adventurous individuals.

Itinerary
The following itinerary is based on running this activity over a long weekend. All timings are approximate and are subject to change.

Start – Friday
11.30am Meeting in Chester. Collection and transfer to Ben Nevis area for overnight accommodation

Saturday
06.00 Breakfast
07.30 Morning ascent of Ben Nevis
12.45 Return to minibus to transfer to Scafell Pike
18.45 Arrival at Seathwaite, ascent of Scafell Pike

Sunday
12.00 Return to minibus to transfer to Snowdon
04.00 Arrival at Snowdon
07.30 Descent from Snowdon

Challenge Complete!

08.20 Celebratory breakfast in Llanberis
13.00 Transfer to Chester train station for home

*Challenge timings
Please note – because of driving regulations there is a mandatory driver stop at services near the England Scotland Border. In addition, due to minibuses now being limited to 62 mph, we drive the shortest route to Scafell Pike to limit time on the road and therefore walk the Seathwaite route, which is slightly longer than the Wasdale route. We now allow 25.5 hours for the completion of the challenge in order to make it comparable to the previous 24 hours challenges – this extra 1.5 hours is not counted towards your overall total.
Mountain routes

Ben Nevis
Ascend from 20m to 1,344m – the highest mountain in Great Britain!
We take the route starting from Achintee on the east side of Glen Nevis, known as the Mountain Track / Tourist Track. It is wellmade and maintained throughout, and thanks to a series of zigzag paths, is not particularly steep after the initial first hour. The route has loose scree, rocks and pebbles, especially on the path’s upper reaches.
*Expected time: 5 – 6 hours.*

Scafell Pike
Ascend from 70m to 877m – the highest mountain in England.
We take the Seathwaite route, which is a shorter drive from Ben Nevis than other routes (Wasdale) but is a slightly longer, although less steep walk. The route will involve a fair bit of scrambling and clambering up and over boulders and has a lot of loose scree at the summit, so hiking poles are recommended. You will most likely be in the dark while climbing this mountain – so don’t forget your head torch!
*Expected time: 6 hours.*

Snowdon
Ascending from 359m to 1,067m – the highest mountain in Wales.
The most likely route we’ll take up Snowdon is the Pyg track. It starts off fairly steeply with some large steps to climb, passes over areas of large stone slabs and has more scrambling before reaching the summit. You will probably start up this mountain in the dark and be at the summit for sunrise. This is the only mountain with a cafe at the top, but unfortunately it will not be open when you arrive!
*Expected time: 4.5 hours.*

Fitness
The Three Peaks Challenge is a tough challenge, but with training is very achievable! You’ll need to ensure that you have a fair few long walks under your belt – at least 4 to 5 hours and preferably including some fairly undulating terrain too. You should be able to climb a hill of 300m (vertical ascent), and 2km in approximately 40 minutes. Preparing for your sleep deprivation might be more difficult – but willpower will come in handy!

Once registered, you will be sent a training plan and a medical form with your welcome pack which you will need to fill in and send back to us.

Kit list

**Warm Clothing:** medium–weight fleece, lightweight gloves, fleece hat.

**Trek Clothing:** long cotton trekking trousers, comfortable trekking shirts (long/short sleeved), walking boots (broken in with ankle protection), 2 x walking socks, 3 x liner socks, underwear, 1 change of casual evening wear.

**Waterproofs:** 1 outer fully waterproof jacket (gore–tex, e–vent), 1 pair outer waterproof bottoms.

**Trekking items:** head torch with spare batteries, walking poles, bladder system (water bottles), food.
Included in your trip
Challenge Pack: maps, instructions etc. Minibus transport – from Chester to Fort William, between peaks and back to Chester. Full pre-event consultation. Driver. 1 night’s accommodation (incl basic breakfast). Experienced qualified leader. Safety equipment. Qualified first-aider.

Excluded from your trip
Transport to Chester. Transport back from Chester. Meals while on the Challenge. Gear on kit list.

Transport / Transfer
The starting point for this event is Chester where you will meet the minibus for transport to Fort William, from here all your transportation for the event will be included.

The event finish point is Chester. It is up to each individual participant to organise their own transportation to both the start and end of the event.

Accommodation
Friday night – shared bunk accommodation.
Saturday night – the mobile palace on wheels! Or should that be one of the least smooth night sleep of your life! You will need a light sleeping bag.
Sunday night – not included, but accommodation in Chester can be arranged upon request.

Special Notes
Although every effort will be made to complete this event within a 24-hour window, certain factors remain outside of our control which may hinder completion including traffic on roads and weather. Also, as a team event, there may be situations where certain members of the party walk at different speeds. The speed at which the party progress remains the decision of the mountain leader/guide whose word on this matter is final. Should the event time run past 24 hours, we will still attempt to complete the trek of all 3 peaks should members of the group wish to do so providing they are in a fit shape. Again, the decision of completion is entirely down to the mountain leader/guide. There is a 30-hour time limit to complete the challenge in order for participants to make it back to Chester in time for their trains home.

Weather
Expect variable weather conditions. We will be trekking at dark, during the day, in Scotland, England and in Wales. So be prepared. We may encounter scorching temperatures but equally freezing cold or even snow (especially on Ben Nevis), so pack at both ends of the spectrum. Especially expect rain at some time... all three mountains are on the Western Seaboard and hence bear the brunt of prevailing weather systems coming in moisture laden from the Atlantic.

Safety Information
By nature all activities contain an element of risk. Your leader will be first aid qualified and will carry the appropriate safety kit for the activity, such as mountain safety shelters, walking rope and from time to time mobile radios. Safety equipment carried will be appropriate to trip. The leader’s primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

Register now:
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Mind.org.uk/threepeaks