



## **National Peak's Challenge**

*Information Pack*

## CHALLENGE OVERVIEW

Attempting the National 3 peaks is no easy push over! The challenge is to ascend and descend the 3 highest mountain tops in the UK, over a 24-hour period. Ben Nevis in Scotland our first peak, then onto Scafell Pike in England our second peak and then finishing on Snowdon in Wales. It involves approximately 37km of mountain walking and just over 3000 meters of ascent as well as 460 miles of driving. There are set times to finish each mountain top in order to be able to complete the challenge within the 24-hour time period.



## PREVIOUS EXPERIENCE

We always recommend that you take some time to do some training, after all the fitter you are the easier it will be for you. You need to be comfortable walking for 5-7 hours a day with around 1500m (4500ft) of ascent. Although each summit requires less walking than this, remember you will be doing three of them and with not a lot of sleep between them. You should also be confident walking on rough mountainous ground and expect to be walking in potentially (fingers crossed not) poor weather.

## WHAT'S NOT INCLUDED

- ✓ Personal clothing and equipment
- ✓ Food and drink
- ✓ Travel costs to Fort William and from Liverpool

## WHAT WE PROVIDE

- ✓ A guide to take you up and down each mountain.
- ✓ Transport from Glasgow station at the start to all 3 peaks then to Liverpool Station at the end.

### OUTLINE ITINERARY

An exact program is difficult to confirm as we operate according to the weather conditions and the progress of the group, but typically we would aim to do:

- **Sat - 10 am** - Pick up at Glasgow train station no later than 10am (pick up for Carlisle is possible at 7am)
- **Sat 13.30** -Start Ben Nevis
- **Sat 18.30** - Finish Ben Nevis and start the drive to Scafell Pike (six hour drive approx.)
- **Sun 00.30am** - Arrive and start climbing Scafell Pike (Wasdale Head)
- **Sunday 04.30** Finish Scafell Pike and start drive to Snowdon (five-hour drive approx.)
- **Sunday 09.30** - Arrive and start climbing Snowdon (Pen y Pass)
- **Sunday 13.30** – Finish Snowdon under 24 hours - Challenge complete 😊
- **Sunday 16.30** – Drop off at Liverpool train station

### GETTING TO GLASGOW TRAIN STATION PICK UP

Lake District Adventuring National 3 peaks crew will pick you up from Glasgow airport at 09.00 on the Saturday at Carlisle train station at 07.30.

The drive from Glasgow to Fort William takes just over 3 hours so you must arrive in good time. Please arrive well on time we will not be able to wait for delayed flights.

### GETTING HOME FROM LIVERPOOL LIMESTREET TRAIN STATION

We plan to finish the 3-peak's challenge at 13.30 on the Sunday, but of course it could be earlier or even later. We will drop you off at Liverpool train station at approx. 16.30 from here there are good connections to London, Birmingham and Manchester. Of course, you can get picked up at Snowdon. It is Likely that the mini bus will be traveling back to Kendal that evening, so we will gladly drop you off there if that helps.

## LEADER / GUIDE

A qualified and experience Mountain Leader (ML), who has expert knowledge and understanding of each mountain will guide you up and down every peak.

The guides job is to keep you all safe and make sure you get down from the mountain in one piece, their job is not to get you to the top. You do that bit; however, they are responsible for the safety of the whole group and their word is final. We ask that everyone respects that, if you choose not to take the advice of the guide you void all responsibility from Adventuring

We may not use the same leaders for all three mountains, as it may be logistically easier for us to use leaders who live close to each mountain. You will have at least 1 lead guide who will be with you for the whole challenge.



## WEATHER CONDITIONS

Let's face it we live in a wet country! So, to be ready for that, you must come prepared for whatever weather is forecast for that weekend.

Adventuring would not cancel a challenge except in extreme circumstances. Our guides will endeavor to make the best use of the conditions to give you an enjoyable and rewarding day out.

## DID NOT FINISH A PEAK

Once a year Adventuring puts on a specially discounted guided walk aimed at those who maybe didn't finish one of the peak's. This allows people the opportunity to finish the challenge without the time restrain or pressure. These dates are normally at the end of the year on a weekend.

## EQUIPMENT

All our leaders will carry an emergency shelter, comprehensive first aid kit, phone, sleeping bag, and navigational equipment.  
You will just need your personal equipment as below:

Item	Notes	✓ Packed
<b><u>To carry on person while walking</u></b>		
28 – 30 liter ruck sack ***	A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure its comfortable.	
Water proof bag	This is ideal to put all your gear into and keep it dry	
Spare warm layer ***	A good warm insulated spare jacket / Jumper	
Gloves and Hat ***	Pack 2 pairs of each in case 1 gets wet	
Waterproofs ***	Top and bottoms ensure they are waterproof	
Blister plasters & pain killers	Always handy to have	
Medication ***	Any medication that you are on please note we should be aware of this before the start of the challenge.	
Headtorch and spare battery's ***	A good place to put your torch is the top of your bag where it can be easily accessible	
Camera	For those awesome shots	
Snacks ***	See note on next page	
Water - min 2 liters ***	A hydration system such as a camel back is best and comes recommended. Water favoring such as Robinsons makes for a nice treat.	
Walking poles	Optional but they do help!	
<b><u>To wear</u></b>		
Walking boots	Starting the challenge is not the time to be breaking them in. If you do buy a new pair do a few walks in them first to ensure they don't rub and are comfortable.	
Walking top and bottoms	Lose outdoor pants and top work, best stay away from cotton.	
<b><u>To leave on the min bus</u></b>		
Change of clothes	Pack extra sock's and full set of clothes	
Towel		
Spare food and drink	See notes below	
Blow up pillow	To help you sleep	
Flip flops	To allow your feet to rest in between peaks	
Talcum powder	Helps with blisters and soothes your feet while resting.	
<b>*** These are the items that you MUST carry and before the start of each mountain top the guide will check</b>		

## NUTRITION AND REST

It is important that you are well 'fueled up' for this challenge. You should not 'stuff' yourself before climbing Ben Nevis. A day or so before the challenge start eating some carbohydrates such as pasta for dinner and drinking plenty of water. On the morning of the challenge think about what you're eating swap your full English for some porridge, banana and mixed fruits. Things like coffee will only dehydrate you so if you're going to have 1 drink some water after.

Ensure you carry plenty of snacks with you, have them to hand in your backpack. Things like trail mix, Haribo, mars bars and several ready-made sandwiches are all perfect for a day on the mountains. Things like energy bars work well but remember they only give you a short burst of energy and do not last long, our mantra is to eat little and often while you're on the mountains.

After Ben Nevis its worth having a packed meal ready in the vehicle – a pasta salad, or some sandwiches and some cake are good as well protein bars these all help to aid your body in recovering. Try to get some sleep on the journey south to the Lake District even an hour will make all the difference later. We always recommend taking your boots off and getting plenty of air to your feet, if you have blisters this is the time get them sorted. Your guide will wake you up at least half an hour before we get there. This gives you enough time to have another bite to eat, a drink and time to prepare your backpack for Scafell Pike. It will be dark by this time so remember to take your head torch.

You will probably be ready for breakfast when you get back down to Wasdale Head, so get some cereal bars and buttered hot-cross buns are good to have for this journey, again take your boots off and any wet clothes off you have. Another chance to get some sleep on the way to Wales, again your guide will wake you up 30 minutes before we arrive at Pen-y Pass. Eat some food, pack your bag and get ready for the final hurdle. Remember plenty of food and water for our final peak by now you will be running low on energy and this is where all that prep matters.

**Drinks.** Whatever you choose just ensure you stay hydrated. With the fickle British weather, it could be very hot or unpleasantly cold. Adjust your liquid intake to suit. Some people prefer to stick to water and obtain the required calories from the food, while others use energy drinks. If you intend to use energy drinks, make sure you have tried and tested the one you use – don't use it for the first time on the challenge!

**Top tip** – Spend some time doing some meal prep make some packed lunches for each leg, 1 for on the mountain and 1 for after .

## YOUR NATIONAL 3 PEAKS JOURNEY

### #1 BEN NEVIS

We will follow the main tourist route, commonly known as 'The Pony Track' up and down the mountain. It is a well-made path all the way. We start from Glen Nevis, climb up past Lochan Meall an t-Suidhe, and after a rising traverse wind our way up the zig zags to the summit plateau where the angle eases as we cross to the summit. We return by the same route.

*1350 meters of ascent and descent, 17km, time allotted to complete Ben Nevis - 5 hours*

### #2 SCAPELL PIKE

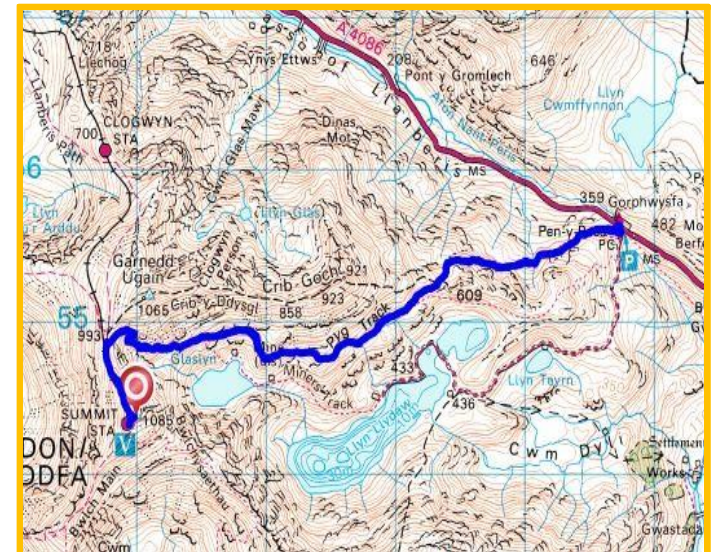
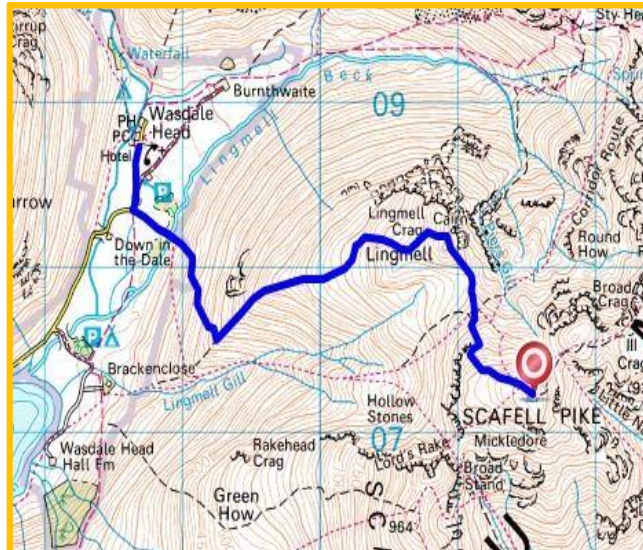
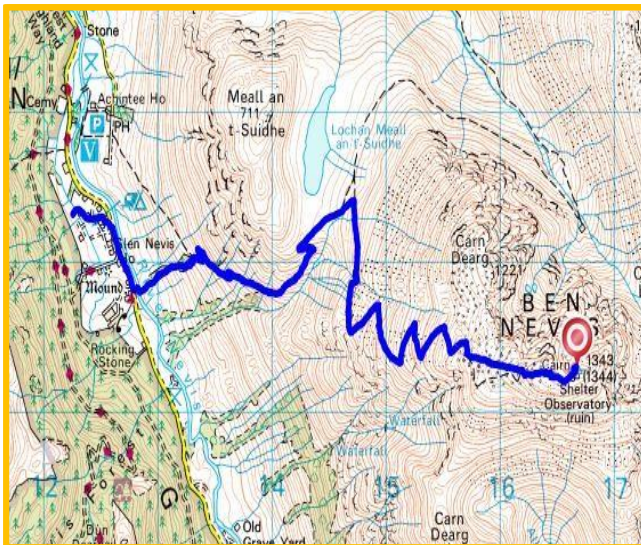
Starting from the nice new National Trust car park at Wasdale we will start from and return to her. Following the main route up past brown tongue and through the hollow stones before arriving on the Lingmell col where we will make a steep but short push to the summit.

*997 meters of ascent and descent, 15km, time allotted to complete Scafell Pike - 4 hours*

### #3 SNOWDON

We start as high as possible at Pen-y Pass. We follow the Pyg (Pen-y-Gwryd; nothing to do with the animal!) track over a shallow col and on up above Llyn Llydaw to emerge onto the summit ridge between Crib-y-Ddysgl and Snowdon. We return via the same route, or the slightly longer but easier Miner's Track.

*725 metres of ascent and descent, 11km, Time allotted to complete Snowdon - 4 hours*



Adventuring and the whole team would like to wish you every success on your national 3 peaks challenge. Very shortly you will be added to an event group on Facebook where you'll be able to contact our team share pictures and talk to other participants about the challenge. However, if you do have any questions all please feel free to contact the office at any time.

[Info@lakedistrictadventuring.co.uk](mailto:Info@lakedistrictadventuring.co.uk)

[www.lakedistrictadventuring.co.uk](http://www.lakedistrictadventuring.co.uk)

07502604166



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### **Participation Statement**

Mountain Adventure Lake District recognizes that climbing, hill walking 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.