



National 3 Peaks Trip Information

Intro

The National 3 Peaks Challenge is a UK trekking challenge event that is made up of climbing the three highest peaks in England, Scotland and Wales within 24 hours. The 24 hours also includes the driving between peaks.

The event is more often than not completed to raise money for charity but it is also done for fun as well as the sense of accomplishment that comes from summiting the mountains within a set timeframe. The event is not for the faint hearted as requires both physical and mental strength especially as at least some time is normally spent in the dark on at least 1 of the mountains.

Not only is the challenge a great way to see the 3 highest peaks albeit at a bit of a whistle stop tour it can also provide some moments that may stay with you forever. Whatever the reason you choose to do the 3 Peaks we know you'll love the experience as it really is 1 of a kind.

Trek Facts

Highest Point: [Ben Nevis \(Scotland\), 1,345m](#)

Location: [UK \(Scotland, England and Wales\)](#)

Number of days trekking: 2

Accommodation: [1 nights B&B normally in Fort William](#)

Example Itinerary

Please note hiking times are estimates

Friday or Day 01: Pick up and Transfer to Hotel. Overnight in Fort William

10:30 Pick up in Warrington or Northwest agreed location (if needed)

15:00 Pick up Glasgow Central Station or/and Glasgow International Airport (if needed)

15:30 Transfer to Hotel/B&B

18:00 Arrive at hotel

20:00 Challenge Briefing and Q&A session

You will be picked up from your agreed meeting location and transported (normally by minibus) to the B&B for the night in Fort William. On arrival you will check in and be given the keys to your room. Rooms are normally allocated on a same sex twin room bases. Single supplements are available subject to availability and an additional charge. Please ask prior to departure.

Shortly after arriving your leader will host a short briefing and give you the opportunity to ask any



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questions and discuss any last minute bits. After the briefing the remainder of the evening is yours to explore Fort William and relax ahead of the challenge.

Meals Provided: [None](#)

Saturday or Day 02: Transfer to and trek Ben Nevis. Transfer to and trek Scafell Pike

07:00	Breakfast
08:00	Transfer to Ben Nevis start point
08:15	Final preparation
08:30	Start challenge (Begin Ben Nevis)
11:30	Summit Ben Nevis
13:30	Transfer to Wasdale Head (includes a 45 minute driver rest stop. VOSA legal requirement)
20:30	Begin Scafell Pike ascent
23:00	Summit Scafell Pike

After breakfast you will have a short period of time to finish packing and check out. Your main luggage will be loaded into the minibus that you will complete the challenge in and you will simply take your day sack to Ben Nevis. The transfer from your hotel to the start point will be provided by local taxi or minibus and normally takes around 5 to 10 minutes. Final preparations will be completed, pictures taken and you and your team will start the ascent of Ben Nevis.

The path rises initially relatively gently however does steepen the higher you get. The path is well maintained with a series of zigzags and steps so it is relatively easy to negotiate. Just after half way the path does become rockier but your guide will support with helping you through any sections you are unsure of. The final push to the summit onto the plateau gives rise to incredible views across the Highlands and out to the west coast of Scotland. On reaching the summit it will be time for pictures and a very quick snack before heading down. The route retraces your steps back to the start where you will find your minibus waiting for you.

On arrival at the bus you will be expected to get onboard almost immediately to begin the journey to Scafell Pike in the Lake District. The journey is around 6-6.5 hours and will include a 45 minute stop for the required legal driver rest. This stop is normally at a motorway service station where you will be able to get hot food, stretch your legs and sort your kit out should you wish ahead of arriving at Scafell Pike. After the driver rest the bus will continue to Wasdale Head.

Depending on the time of year and the pace of the group on Ben Nevis it could already be going dark as you start the ascent of Scafell Pike. Our guides are very experienced on the mountain and will support you throughout the ascent and descent. It can also be a magical evening if you are lucky enough to have a clear sky. Much like Ben Nevis the ascent follows managed paths and steps until around half way where the route becomes less obvious and a little rockier. The summit plateau will be reached within around 2 hours of leaving the bus and much like earlier, pictures, a snack and you'll be back on the way down. On reaching the bus you will board and start the journey to Snowdon in Wales.



Meals Provided: [Breakfast at the B7B in Fort William](#)

Sunday or Day 03: Transfer to and trek Snowdon. Transfer to drop off point

- 01:00 Transfer to Pen y pass
- 05:30 Begin Snowdon ascent
- 08:00 Summit Snowdon
- 09:30 Complete challenge at Pen y pass
- 10:00 Transfer to drop off point

The transfer to Pen y Pass, the start point for your ascent of Snowdon is approximately 4.5 hours drive. As the drive is through the night and you will have just completed your 2nd peak most people sleep for the duration of the transfer. The transfer includes a quick stop where we will change drivers. For legal reasons and to comply with DVSA and Tachograph regulations 2 drivers must be used for the event but they cannot be in the bus together.

On arrival at Pen y Pass you will ascend the PYG track to the summit of Wales' highest mountain. The path is much like those walked previously with sections of rock, manmade path and steps. As you ascend the path the lakes and surrounding mountains fall below and the view only gets better. All being well the sun will also be rising and you will get a glimpse of what first light looks like in the mountains. You'll reach the summit ridge and from here it is just 10 minutes to the summit where you can take pictures and celebrate albeit briefly as you still need to descend. The descent will be back via the PYG track although on occasion the decision can be made to descend via a different route. You will be advised of this if necessary.

Stop the clock! On arrival back at the bus you can note your time and see if you managed to do it in 24 hours. Not to worry if not, it's still a massive achievement even if you are a bit later.

Once sorted and ready to depart the bus will transfer you to your arranged drop off point for your onward journey home after an epic few days.

Meals Provided: [None](#)

Note: Hotels are arranged based on group size and availability. This exact information will be made available closer to the trek.

Fitness Level/Trip requirements

Although trekking the National 3 Peaks does not require any technical mountaineering ability it should be remembered that the highest point is 1,345m high and is a serious physical undertaking. You should be physically fit enough to be able to walk for at least 6 hours if not longer and at a consistent pace. Each summit for example will be physically and mentally challenging with a large ascent followed by a considerable descent also. With at least some time being spent in the dark you are likely to find yourself outside of your comfort zone at some point.



For most, the fitter you are the more you will enjoy your experience. Although it is difficult to train for trekking and mountain walking there are forms of exercise that will at least help you prepare. Our How to Train guide and ideas is below. Increasing your general fitness level from time of booking to departure would be of great benefit for the trip.

Guides

You will be led by a UK qualified Mountain Leader with experience of leading groups in the UK mountains and in particular on the National 3 Peaks Challenge. Our leaders are there to support and guide you throughout the event and will take responsibility for the navigation, safety and welfare of the group. Leaders are also first aid trained, carry a group first aid kit, group shelter and other emergency equipment.

Our leaders are there to support you as much as possible and will work to help you achieve your goals as long as it is safe to do so.

Accommodation

The package includes 1 night B&B accommodation (1 day before the challenge starts.) This will be provided in same sex twin rooms (please advise if you would prefer a double room). Single rooms are available however there may be an additional charge. Please ask for details. Check “*What’s included*” below for the full list of items included.

Transport

We often use a range of transport depending on the requirements needed, group size and other considerations. This can range from private taxi, minibus or coach. We work to ensure that vehicle standards are maintained within UK guidelines ensuring that vehicles used are fit for purpose and safe. This way your journey will be as comfortable as possible. If vehicles are not deemed fit for purpose alternative options will be sought.

All vehicles used whether our own or sub-contractors have the relevant operating licenses to ensure we comply with government guidelines. Vehicles are also fully insured and maintained to the necessary standards. Transport is a large part of the National 3 Peaks Challenge and we want to ensure that every part of the event is delivered safely and within the law.

Drivers of all of our vehicles and any sub-contractors used operate under current DVLA, DVSA and Tachograph guidelines meaning our events are delivered in such a way that we will not be required to work outside of such guidelines enabling us to stay safe and legal.



Delays

Although we hope you do not incur delays in your outbound and homebound journeys to and from the start/end points we can never rule them out. There are not necessarily any arrangements in place for such an issue but your trip guide and Mountaineerin Ltd will do everything possible to support you should this happen.

Health Considerations

If travelling to the UK for the challenge you may want to double check any health considerations that may need to be made. It is recommended that you visit your GP at least 2 months prior to your trip to discuss the current inoculations required and any other advice they might have. It may also be wise to discuss any previous illness/conditions you may have had to ensure travelling to the UK or participating in the trek will not compromise your current health.

Further information can be found at; <https://travelhealthpro.org.uk/country/234/united-kingdom>

What's included

The package includes:

- 1 night hotel in Fort William
- All transfers from initial pick up to final drop off
- Guides/Leaders and driver salaries
- Any meals stated in the itinerary
- Relevant staff and operator insurance
- First aid bag and emergency shelter
- UK mountain leader(s)
- Professional event organisation
- Certificate

What is NOT included?

- Flights or transport to and from initial pick up to final drop off
- Personal trip insurance
- Personal trekking equipment
- Drinks unless stated
- Personal snacks
- Meals unless stated



Kit

You do not need any specialist equipment for trekking the National 3 Peaks however specific mountain clothing would benefit you greatly rather than hoodies and sweatshirts for example. The best system for mountain walking anywhere is to have several layers that you can put on and take off as and when you get too hot or too cold. Each layer traps a certain amount of air, which over time, your body heats up therefore insulating your body.

Your kit will be put into 2 bags for the challenge, 1, which you will carry (your daysack) and 1, which will be left on the bus. You will carry all the items you need for each mountain in your daysack whereas everything else will stay on the bus, such as; extra/spare clothes, extra food and any other items you choose to bring with you.

A full complete kit list is provided below with both essential and optional items highlighted. If you have any questions about kit please do not hesitate to ask.

Insurance

Personal trip insurance is advised for a trip of this kind and you should be specific in telling your insurer about what you are doing. For example most insurers cover you as standard up to a certain height on well known trekking routes. The highest point of this trek is 1,345m high and you should check this kind of activity would be covered under a standard policy due to the increased risk. You should read any policy very carefully before committing to it and make sure it covers everything you expect it to. If you are unsure about any sections then contact the insurer for clarification prior to purchasing any policy.

Personal trip insurance is available from Travel & General and a quote can be obtained by following this link: <https://tagconnect.brokersure.com/step1?tr=mountaineerin>

Travel & General Insurances Services Limited (t&g) is a specialist intermediary focused on the travel industry. t&g have been providing travel bonds and travel insurance to travel organisers in the UK and Irish travel markets since 1983 and have gained a wealth of experience over the last thirty years making t&g an ideal insurance partner.

Note: You are welcome to choose whichever insurer suits your needs however it should include suitable cover for evacuation in case of emergency. We reserve the right to refuse any participant whom we do not feel has obtained suitable insurance or who is unwilling to share details of the policy.

Mountaineerin ltd is fully insured for all the activities and packages it offers. If you require any further information regarding out policy details please contact us.



Why book with us?

Mountaineerin Ltd is a growing outdoor company focusing on walking and trekking events. All of our staff are outdoor professionals who as well as working also regularly spend their personal time in the mountains walking, climbing, trekking and camping.

All of our events have been tried and tested by ourselves so we know how good they really are. This also means we can talk to you and advise you from our own experience. We aim to provide an excellent service at an affordable and competitive price without compromising on quality. The same member of our team will deal with your booking from start to finish and will be available to answer any questions you might have and support you in the build up to your trip.

British Standards – As a responsible tour operator we continually look at ways to improve how we operate in order to both improve the experience of our clients as well as look at increasing the safety aspect of all we do. Our overseas treks are now compliant with the British Standard 8848:2014

“How does the standard protect consumers? BS 8848 details good practice for venture providers to ensure the safety and well-being of everyone taking part. It shows organizations how to plan ventures, identify potential risks and manage them effectively. It also requires participants to be given clear information so that they can make informed decisions about risks to their own safety.” British Standard for adventurous activities outside the United Kingdom (BS 8848:2014)

For charity?

At Mountaineerin Ltd we simply provide the event organisation and delivery taking into careful consideration your requirements. Some people may choose to raise money for a specific charity. This is completely fine however you will need to arrange any sponsorship and donations yourself. We are more than happy to give you some ideas of how best to do this if you need some support.

Supporting Documents

Below you will find the supporting documents for your National 3 Peaks event. If you have any questions regarding any aspect of your event please do not hesitate to contact us. Documents include:

- Walking Equipment/Kit List
- Example itinerary – an event specific itinerary will be provide closer to your event.
- Challenge Fitness
- Food Management
- Minimising the Impact



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Walking Equipment – What to Bring

Below details the minimum items which are required for a mountain day. Additional items may be taken but all participants are expected to carry their own personal kit therefore keeping weight to a minimum is recommended.

Item	Notes
Walking Trousers	Lightweight and not denim/jeans.
T Shirt/Base Layer	Cotton is best avoided for better moisture management
Fleece/Jumper	A lightweight fleece such as micro fleece is best
Walking Socks	Thick walking socks
Hat	Temperatures can be up to 10 degrees lower on the summits
Gloves	Temperatures can be up to 10 degrees lower on the summits
Walking boots	Should be waterproof, have ankle support, fit properly, be worn in
Gaiters	Optional
Waterproof Trousers	Essential regardless of weather forecast
Waterproof Jacket	Essential regardless of weather forecast
Personal 1 st Aid Kit	Small 1 st aid kit to include blister plasters and any personal medication/inhalers etc.
Head Torch	To allow your hands to be free. Ensure batteries are new.
Rucksack (25L Max)	Small rucksack with 2 shoulder straps. Waist belts are beneficial for carrying the weight of the pack on the hips.
Food/Snacks	Walkers should eat little and often to maintain energy levels (cereal bars, nuts, bananas, pasta are all good examples)
Water	At least 1.5 litres per mountain. Any energy drinks taken should be in addition to water to avoid dehydration.
Walking Poles (Optional)	Walking poles have been proven to reduce pressure on the knees and can be of great benefit when descending.
Camera (Optional)	Optional but great to capture the moments.

Items to be left on the vehicle

Participants may wish to bring additional items to leave on the bus for the journey between the peaks. Please note that space is often limited and this should be considered when preparing kit.

Item	Notes
Pillow	To aid sleeping on the vehicle
Food	Additional food to eat in between mountains. Pasta, sandwiches, snacks etc.
Drinks	Alternative drinks to water for the journey
Clothes	Non walking clothes to change into for comfort during journeying
Ear plugs	To enable sleeping on the vehicle
Eye mask	To enable sleeping on the vehicle
Walking food x 3	Enough food should be taken for all 3 mountains
Water x 3 (1.5L)	Enough water should be taken for all 3 mountains. Don't rely on being able to fill your water up at the start of each mountain
Walking Clothes x 2	Additional walking clothes to change into if you get wet

The above list is not exhaustive and you may have additional items you may wish to bring with you.



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3 Peaks Challenge Example Itinerary

Friday

- 10:30 Pick up in Warrington or Northwest agreed location (if needed)
- 15:00 Pick up Glasgow Central Station or/and International Airport (if needed)
- 15:30 Transfer to Hotel/B&B
- 18:00 Arrive at hotel
- 20:00 Challenge Briefing and Q&A session

Saturday

- 07:00 Breakfast
- 08:00 Transfer to Ben Nevis start point
- 08:15 Final preparation
- 08:30 Start challenge (Begin Ben Nevis)
- 11:30 Summit Ben Nevis
- 13:30 Transfer to Wasdale Head (transfer includes a 45 minute maximum driver rest stop.
This is a VOSA legal requirement)
- 20:30 Begin Scafell Pike ascent
- 23:00 Summit Scafell Pike
- 01:00 Transfer to Pen y pass

Sunday

- 01:00 Transfer to Pen y pass
- 05:30 Begin Snowdon ascent
- 08:00 Summit Snowdon
- 09:30 Complete challenge at Pen y pass
- 10:00 Transfer to drop off point

The above itinerary once the challenge begins is fairly rigid. It will only change with varying walking times. There is also no allocated time for any activities at the start or end of the mountains in particular Scafell Pike. With around 10 hours allocated to driving the schedule for completing the challenge is very tight and the group will need to walk off the mountain straight into the mini bus.

The transfer from Fort William to Wasdale Head includes a legal 45 minute break for the driver. This break is non negotiable as drivers must comply with the legal requirements for driver hours. Previous groups often choose to deduct this mandatory break time from the time taken to complete the challenge. All other driver breaks will be taken whilst challengers are walking so should not impact the challenge time.

NOTE: No meals are provided for this event other than breakfast on Saturday.



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3 Peaks Challenge Fitness – How to Train

The 3 peaks challenge is a test of endurance and all round fitness. The very nature of the challenge also means that at some point you will be climbing at least 1 of the 3 mountains after having very little or no sleep. This means the challenge also requires a certain level of mental fitness with participants needing to remain focused and push themselves even when they feel they can't go on.

Most people who have a general level of fitness can complete the challenge however fitness levels can determine the time the challenge takes and also how much enjoyment can be taken from it. It has to be said that the fitter you and your group are, the quicker you will complete the challenge and the more enjoyment you'll get out of it.

If in preparing for a challenge you can become as hill fit as possible, this will help greatly. Also the longer you train for, the better prepared you will be for the challenge. It is often however difficult to fit in long training sessions or lots of small ones due to work and other commitments so often anything extra is a bonus.

Fitness programmes vary however as long as some form of training is completed this will be of benefit. Below are a couple of options for more intense training programmes in the weeks before the challenge.

	Week 1	Week 2	Week 3	Week 4
Monday	Rest	Rest	Rest	Rest
Tuesday	Run for 2 Miles	Run for 3 Miles	Run for 5 Miles	Rest
Wednesday	Rest	Rest	Rest	Rest
Thursday	Run for 3 Miles	Run for 4 Miles	Run for 6 Miles	Rest – Load up on carbs
Friday	Rest	Rest	Rest	Rest
Saturday	Training walk – 12 Miles	Training walk – 18 Miles	Simulated Challenge (Yorkshire 3 Peaks) – 25 Miles	Rest - Load up on carbs
Sunday	Warm down run 1 Mile	Warm down run 2 Miles	Warm down run 1 Mile	Three Peaks Challenge!

Note: This programme is particularly focused on running.

	Week 1	Week 2	Week 3	Week 4
Monday	30 Min Exercise	30 Min Exercise	Rest	30 Min Exercise
Tuesday	Rest	30 Min Exercise	30 Min Exercise	30 Min Exercise
Wednesday	30 Min Exercise	Rest	30 Min Exercise	30 Min Exercise
Thursday	Rest	30 Min Exercise	30 Min Exercise	30 Min Exercise
Friday	30 Min Exercise	Rest	30 Min Exercise	Rest
Saturday	Hill Walk (Mod)	Hill Walk (Mod)	Hill Walk (Mod)	Hill Walk (Hard)
Sunday	Hill Walk (Easy)	Hill Walk (Easy)	Hill Walk (Easy)	Rest

Note: This programme focuses on any form of cardiovascular exercise.



We appreciate that not everyone lives near or has time to get out on the hills prior to the challenge however in terms of training for a mountain challenge there is no substitute for walking or mountain walking. Even walking 15 miles around your local town would be of benefit.

The best forms of exercise in preparing for mountain challenges other than mountain walking are running, cycling and swimming. These forms of exercise are the best substitutions for hill walking and also exercise similar muscles groups to that of hill walking.

Mountaineerin Ltd also offer guided mountain days and Yorkshire 3 peaks challenges, which would be a great opportunity to see how your body will react to mountain walking.

Contact us to enquire or book a guided walk. (Walks to choose from include; Snowdon, Scafell Pike, most summits in England's national parks and the Yorkshire 3 Peaks.)

Please note that Mountaineerin Ltd would like to acknowledge that although mountain walking is the best form of training for a mountain challenge it should be completed responsibly. Mountain environments can change rapidly and pose risk to those unprepared and inexperienced in such conditions and terrain. When venturing into the mountains you should also have the correct equipment and have at least one person in your group who can navigate confidently in difficult conditions.



3 Peaks Food Management – What to Eat

Breakfast

Breakfast is going to be one of the most important meals during your 3 Peaks and as it will be before you have actually started the challenge so it is a good opportunity to make it a BIG breakfast.

A cooked breakfast can be a good start as usually contains a lot of protein and carbohydrates, which will give you energy throughout the day. Other good breakfast foods include; cereal, porridge, flapjacks and croissants/pastries. All of these items are high in energy and will give you a good start for your challenge.

It is also important to be fully hydrated at the start of your challenge to ensure the body can perform to its maximum ability. Being even slightly dehydrated can affect the body’s ability to complete tasks effectively. On any normal day the average adult should consume between 1.5 and 2 litres of water to maintain hydration.

Snack/Lunch

There is unlikely to be time for a long lunch during your walk on your challenge and this isn’t necessarily a bad thing. When taking part in prolonged physical activity it is better to eat little and often rather than all at once. Fill your pockets with snacks and eat them as you’re walking. Snacks could include:

Peanuts	Dried fruit	Energy bars
Fruit and nut mix	Granola bars	Cereal bars
Flapjacks	Snickers (Chocolate bars)	Sweets

Snacks should be a mixture and not all sweets for example to ensure your energy levels are maintained at a constant rather than fluctuating up and down.

If you do have an opportunity to stop for a short period of time other heavier food items can be great for boosting energy such as; fruit cake, malt loaf, scones and cakes.

On the bus

Eating on the move can be difficult and food often needs to be prepared prior to the event. It is however important that you get a good meal regardless to aid recovery of muscles and build energy for the next leg of your trip. Pasta, noodles, rice and foods high in carbohydrates are all good ideas for on the bus.

Additional foods to consider:

Bananas	Sandwiches	Jamaica Cake	Pate
Cashew nuts	Oat cakes	Wraps and Pitta bread	Crisps

Drinks

Drinking water is the most effective way of staying hydrated. You may choose to bring energy drinks with you however it should be noted that not all of these help rehydrate the body so should be taken in addition to water.



Minimising the Impact – Consider the Environment

The hills and mountains of the UK and the rest of the world are there for everyone to enjoy however challenges, the need to carry less and ignorance have led to some of our mountain environments becoming littered and instead of being Areas of Outstanding Natural Beauty are becoming rubbish dumps.

Everyone who enters the mountain environment should be aware of the impact that they are having and how this might impact on the land. When walking in the mountains nothing should be added and nothing taken, is it really too much to carry down an empty energy bar wrapper rather than leaving it on a nearby rock?

As a provider of the National 3 Peaks Challenge (often blamed for causing the biggest impact on the 3 highest UK peaks) and other events, we like to think that our clients can understand the need to help maintain the upkeep of the mountain environment by not littering and sticking to the paths so others in future can have just as much of a wonderful experience.

Some other things to consider:

- Paths help to manage erosion and keep it to a minimum. Stick to the path.
- It is a real achievement for plants, flowers and animals to flourish and survive in the mountain environment so leave them where they are. By all means take photos.
- Take all rubbish with you. Not only is it unsightly, it can harm local wildlife. Even a banana skin can take more than 2 years to biodegrade. Just pack it back in your bag and bin it later.
- If you really want to help, you can pick up a piece of litter that isn't yours and bin that too
- If the need arises to use the toilet, choose somewhere appropriate. For example not near a water source such as stream or river. You may also need to dig a small hole to bury your waste. **Note:** all toilet paper and sanitary towels etc should be carried out of the environment and put in a suitable bin when off the mountain.

As a company we try to ensure all of our clients are aware of the impact they are having and could potentially have if they are not aware of how fragile the mountain environment can be.

Where large groups are heading into the mountains we may opt to split the group into smaller groups just to reduce the impact on the mountain at once.

Most of all we want you to enjoy the mountains but we also want generations to come to enjoy them also so ask you to respect them.