

three peaks challenge, q&a



how big is the group?

The group size will be in self contained groups of 10 people, each with a professional driver and a mountain leader. A maximum of 3 groups will be on the mountain at any one time due to the wilderness environment in which the expedition takes place, and the unique mountain accommodation used during the trek.

what's the luggage allowance?

As no formal clothes are needed, your bag should be kept to the absolute minimum – details on what to pack are provided in your kit list. You will leave your main bag on the minibus while you trek on each peak. Room on the minibus is at a premium so the less taken the better.

What are the timings for joining and leaving the group?

You will need to be at Glasgow Airport arrivals hall by 10am on Friday morning to join the challenge. You will leave Snowdonia after breakfast on Sunday, arriving at Manchester Airport around midday so you should plan on booking afternoon departures for your return journey home.

what will the accommodation be like?

You will spend one night in B&B accommodation in Snowdonia at the end of your challenge. Accommodation is provided in twin rooms with en-suite facilities. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

what if I need accommodation in Glasgow the night before the challenge?

If you are travelling from a distance to join the challenge at 10am on Friday in the arrivals hall at Glasgow Airport you may wish to stay overnight in Glasgow the night before (Thursday night). This will also give you a rest before the challenge begins. If you would like to book accommodation, we recommend the Travelodge at Glasgow Airport which is on site and affords easy access to the terminal building where you will meet the rest of the group.

will my valuables be safe?

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Any valuables such as drivers license and money should be kept on you at all times. The drivers will stay with the vehicles and any valuables and equipment not needed for treks can be left safely with the vehicles.

who will be leading the group?

We employ experienced and fully qualified mountain expedition leaders to accompany and lead you on all 3 mountains. The mountain leaders are first aid qualified and have extensive experience in leading expeditions

throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times and will be in radio communication with the vehicle drivers at the base of each peak.

how fit do I need to be?

Comprehensive and thorough training and a very good level of mountain walking fitness is definitely required, as this is not for the faint-hearted. The Three Peaks Challenge is a long, sustained event over 24 hours and requires a good level of fitness. Trekking fitness is specific to trekking but a general overall fitness is a good start. The ideal training for mountain walking is getting out there and actually walking in the hills. However, if you do not have the luxury of living in the hills or time to go out, then the stairs at home (or an office block of flats with lots of stairs) are a great place to start training. Most training should be part of an ongoing lifestyle but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up as suggested. For the most comprehensive information about training, see your [Charity Challenge Fitness Training notes](#) on our main website. However, for an idea, step training advice is given below. Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.

- Start with 3 x 10minute steady walks weekly, increasing each month by 5 minutes.
- Walk up and down stairs, at a steady pace, until you feel comfortably out of breath. Repeat daily and increase the number of repetitions. (After the second month, you should wear a small lightly packed day sack. This should then move onto the full Three Peaks challenge day sack in the 3rd month of training).

There is no substitute for walking in the hills so try to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest but preferably from week 1. The more you exercise before the expedition, the more you will get out of it.

what type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers, for your challenge. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks that do not blister. Wearing your boots and socks during your training period on and off the hills will inform you of whether they are suitable for the challenge.

what happens if I fall ill, can't keep up or there is an emergency?

The expedition leader will have mobile phones that work at all times during your trek and they will also be in radio communication with the vehicle drivers in case the emergency services need to be contacted. The event is not a run race and there can always be a large discrepancy in people's walking abilities, which are catered for.

how many breaks will be taken during the trek and for how long?

The timing of breaks is quite liberal and there will be constant breaks for 10 minutes of every hour when ascending and descending in order to maintain a healthy and steady pace. The exact times and places of your breaks will very much depend on the weather and the well-being of your group.

what food and drink is provided?

We will provide a cold breakfast of fruit and snack bars along with a cold lunch of potato salad, pasta salad, tuna and snack bars for example on route. You will need to bring money to buy food at the Ben Nevis Inn, at the foot of Ben Nevis, at the start of the challenge and any normal snacks for munching whilst on the mountains. Bottled water will be provided throughout so that you can refill your drinking bottles for each challenge and for the journeys in between. There will be a celebratory meal at the end of your challenge which is included. Cooked breakfast in the hotel the following morning is also included.

when and where can we have our meals?

Dinner should be eaten before starting the walk up Ben Nevis at the Ben Nevis Inn. We will serve breakfast at the base of Scafell Pike and lunch on route to Snowdonia. This will then be followed by your celebratory evening meal at your hotel and cooked breakfast in the morning.

what if I can't keep up, fall ill or there is an emergency?

The expedition leader will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within 24hrs. If we find you are unable to trek at all, then we can transport you from one location to the next via the support vehicle. The support vehicle will always be at the base of each peak and can be used in the event of an emergency. Mobile phones have general cover and all leaders carry walkie talkies and radios.

what is included in the cost of the expedition?

The following items are included in your expedition: an expedition leader and full support team, relevant back-up vehicles and driver, group first aid supplies, hotel accommodation at Snowdonia with celebratory meal and breakfast at the end of the challenge, breakfast and lunch on the challenge, water whilst trekking, airport pick up at Glasgow before the challenge and drop off at Manchester Airport of one of the local train stations the morning after the challenge, a Charity Challenge T-Shirt and discount from Nomad Travellers Stores for personal equipment.

what is not included in the cost of the expedition?

The following items are not included in your expedition and will be at your own expense: activities not mentioned in the itinerary, personal spending money, snacks on the mountains, any drinks you may want over and above what is provided in the way of water, flights to Glasgow and from Manchester.

what shall I do about spending money?

You will need money for snacks and hot drinks you wish to purchase throughout the challenge. You will also need some money for your drinks in the hotel at the end of your challenge. There is a café on the summit of Snowdon where you can purchase t-shirts, food and drink etc. We would advise you take an average amount of £50.00 excluding your joining and returning home travel costs.

what is the weather likely to be like?

Your challenge can take place between early May – late August (excluding last week of June and first week of July in keeping with the voluntary code of practice for the Three Peaks Challenge). As you know, the weather in the UK can be highly unpredictable at any time of year; however from May – August there will be more hours of light. Please ensure you bring clothing for warm sunny walking weather and sudden wind and downpours should they occur. The summit of Ben Nevis can have snow in June!

what do you do to protect the environment?

We are keeping to a small group so that we limit the impact we have on the surrounding environment. We will ensure that all rubbish is disposed of responsibly. We follow the local guidelines on cultural and environmental protection and respect. Also see Responsible Tourism notes.

can you recommend any literature about the region?

"The National 3 Peaks Walk" – The Authoritative Guide on the 3 Peaks Challenge by Brian Smailes.

NB: The information provided above was correct at the time of going to print.