TRIP NOTES

BELIEVE ACHIEVE INSPIRE

NATIONAL THREE PEAKS CHALLENGE UK

Fri 29 Jun - Sun 01 Jul 2018

In aid of Mind

29 Jun - 01 Jul 2018

3 DAYS | UK | TOUGH

Brace yourself for a fast-paced and physically challenging adventure, as you take on the three highest peaks in England, Scotland and Wales. Considered one of Britain's toughest outdoor challenges, the National 3 Peaks Challenge takes in the dizzy heights of Ben Nevis (1,344m), Scafell Pike (978m) and Snowdon (1,085m).

Over the course of two days, you will trek around 26 miles and ascend to a total height of almost 3,000m. This is a serious and tough challenge which requires a good level of fitness, as well as plenty of grit and determination. Ultimately, however, your hard work will be rewarded with spectacular views and a huge sense of achievement.

Please Note: We have listened to recent criticism regarding the impact that 24 Hour National 3 Peak challenges were having on the local areas. Our itinerary is designed to minimise these negative impacts. Whilst we aim to complete this challenge as fast as possible we will not do so to the detriment of local communities that this challenge passes through or with any reduction in the safety of the challenge. Please read our specific National 3 Peaks Responsible Tourism policy for more information.

- Take on the 3 highest mountains in the UK
- Be one of the first hikers of the day to take on Ben Nevis
- Tackle Scafell Pike at night
- Finish your challenge on Wales's infamous peak, Snowdon
- Aim to summit all three peaks in 24hrs!

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 29 Jun*

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Travel to Fort William

The day begins at 10.30am as the group finally meets at Chester train Station. Following a warm welcome, we head off by road to Fort William in Scotland. We will stop off in a local Scottish Highland town where you will have the opportunity to buy dinner, before we check-in to our hostel in Glen Nevis, Fort William, right at the base of Ben Nevis. We will conduct the challenge safety briefing and then it will be time to turn in for the night ahead of tomorrow's early start for our big adventure.

DAY 2 *Sat 30 Jun*

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Ben Nevis and Scafell Pike

It's a super early start (approx 5.30am), as we have a quick but hearty breakfast and head off to tackle the first of the three peaks.

Standing at the western end of the Grampian Mountains, Ben Nevis is the highest mountain in the British Isles and is formed from the collapsed dome of an ancient volcano. The trail up to the summit begins on the eastern side of Glen Nevis, from where we follow a steep path up to the saddle of Lochan Meall an t-Suidhe (570m). From here we then begin a zigzag ascent up the western flank of Ben Nevis to the summit. There are only ten miles to cover, but they will be challenging and will take some six hours to do. Be sure to stay mindful and aware at all times as the path is uneven and slippery in parts.

The pay-off at the top is immense. On a clear day, the views can stretch for 120 miles across the Torridon Hills, Ben Lomond and out towards County Antrim in Northern Ireland.

Please note: All groups must leave Glen Nevis by 1pm.

Once back at the bottom, we'll rest our feet as we transfer by minibus southwards towards Wasdale in the Lake District. We will stop at a service station en route for you to purchase a dinner of your choice before we arrive at Wasdale Head for our ascent of Scafell Pike (978m). Scafell Pike is the highest mountain in England and consists of a steep ascent involving some easy scrambling in places. After a quick celebration photo at the summit, we'll descend in darkness before trying to catch some sleep on the drive to Snowdonia.

Please note: All groups must leave Wasdale Head by midnight.

DAY 3 *Sun 01 Jul*

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Snowdon

Hopefully you will have had time to recharge for another early start. Time is at a premium, however, as the final peak still awaits us. Driving on to Pen y Pass at the high end of the Lanberis Pass, we follow a rocky trail along the Pyg Track to the top of Snowdonia National Park in Wales.

Teamwork and determination are all important as we forge our way onwards and upwards to conquer this final challenge. Snowdon and its surrounding peaks have been described as true examples of alpine typography and

from our elevated viewpoint you can take in the surrounding lakes and cwms and, weather permitting, some of the most extensive views in the British Isles. On a clear day you can see four kingdoms, 24 counties, 29 lakes and 17 islands!

Resting at the top for some group photos and impromptu celebrations, we head back to our minibus for the drive back to Chester.

Please note: All groups must leave Llanberis by 12pm.

There is no accommodation arranged for the final evening, so you may wish to consider booking an extra night's accommodation to rest after the challenge. If you are returning home by train please make sure you have booked an open ticket, as timings will depend very much on the group's speed and ability.

NB

Please Note: Whilst it is possible to complete our National Three Peaks Challenge in 24 hours, we cannot guarantee this. Our itinerary is designed to give everyone the best chance to complete the challenge whilst adhering to the governments stipulated driver hour regulations.

The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group, or other unforeseen circumstances. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that may occur. In all such circumstances though, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £75.00 when you book
Raise a minimum of £775.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Access to "ask the expert" re your kit requirements
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Travel to and from the challenge start/finish point

On your challenge

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- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Clothing and equipment listed on your Kit List

On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 7 weeks before departure (by 11/05/2018), and the remaining 20% within 4 weeks of completing the challenge (by 29/07/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Raising the sponsorship	Thank you so much for choosing for fundraise for Mind. We really appreciate your support. Should you need any further assistance or help with your fundraising then please contact the team at community@mind.org.uk and we will endeavour to get back to you as soon as we can!
Typical group size	The typical group size is 6 - 36 participants
Optional extras	Trek/bike training weekends* (*subject to availability)

Challenge Timings

Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.

We will meet at Chester railway station for registration and the welcome briefing at 10:30am, before heading up to Fort William to get some sleep ready for the next day's challenge.

Important: There are several crucial timings that must be adhered to in order to ensure that the challenge runs smoothly:

- On Ben Nevis we must leave from the car park at Glen Nevis by 1pm, and thus your leaders will manage the group to ensure that everyone returns to the bus by this time.
- On Scafell Pike we must leave the car park at Wasdale Head by midnight.
- On Snowdon we must be back at the minibuses and ready to leave Llanberis by 12pm.

These timings are designed to give everyone maximum time to complete each peak whilst also ensuring that the challenge runs smoothly and adheres to driver hours regulations. This gives you all plenty of time to completeall 3 peaks but your leaders will closely monitor the timings and may be required to turn people back who will struggle to hit these times.

Ben Nevis

On the first day of the challenge, the group will set out very early in the morning (approx. 6am) to climb Ben Nevis. It usually take between 6-7 hours walking for each mountain.

All participants must return to the buses and be ready to leave from Glen Nevis by 1pm.

Scafell Pike.

After Ben Nevis we will drive to Scafell Pike, stopping for dinner and our drivers mandatory stop. We will arrive in time to begin our summit bid by early evening. It usually takes 5 hours walking to reach the summit and back.

All participants must return to the buses and be ready to leave from Wasdlae Head by midnight.

Snowdon.

After descending back down from Scafell you will then have the opportunity to try and catch some sleep as we drive to Snowdon to begin our ascent by mid-morning. The challenge will conclude late afternoon/early evening by returning to Chester train station.

All participants must return to the buses and be ready to leave Llanberis by 12pm.

We aim to have all groups back to Chester train station between 2-4pm.

Please note, that whilst we do everything to stick to these timings, the National 3 Peaks timings can be very difficult to guarantee. Slow moving groups or traffic can have significant impact on timings timings.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport. If you think it will be pushing it for time for you to carry on your onward journey on the Sunday please consider staying an extra night in Chester. If you have a long drive after the challenge we would encourage you to stay an extra night. The Visit Cheshire website lists accommodation options in Chester.

Level of Difficulty

The National Three Peaks Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and who have taken part in a similar event previously and are prepared to put in the necessary training to push themselves on a more challenging trek.

You can tell your supporters that on your National 3 Peaks Challenge you will be:

- Trekking for around 18 hours during the challenge.
- Covering over 28 miles of undulating terrain. Over a full marathon distance, but with 3 hills!
- Ascending a total of 3000m in a single day. Almost the same amount of ascent as summiting Kilimanjaro!
- Summiting the 3 highest hills in the UK, Ben Nevis (1344m) Scafell Pike (977m) and Snowdon (1085m)

Why book with Charity Challenge

- *We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide*
- *Thorough safety management systems in place (Challenge Safe)*
- *Unlike other operators we include everything from accommodation, breakfast first thing in the morning, transfers to the start of the trek and back again and plenty of lunch and snacks whilst on the trek.*
- *The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.*
- *We also make sure we use a local leader for each mountain. Not only do they have local knowledge, but they will always be fresh to deal with any difficulties, making sure your safety is always looked after.*
- *We used high quality minibuses with plenty of room and professional drivers. This challenge involves a lot of time on the bus and we believe that having a little bit of extra comfort helps everyone to have the best chance to rest between each of the peaks.*
- *Bus transfer to/from Chester train station included in the cost. We make travelling to/from this challenge as easy as possible for you.*
- *Ethical consideration. We listened to recent feedback from the areas visited on the National Three Peaks and have altered our itinerary to minimise the negative impact we might have and to maximise the positive impacts.*
- *The highest quality National Three Peaks experience on the market!*

Training

The National 3 Peaks challenge involves early mornings, long days and sustained periods of ascents and descents. It is certainly not for the fainthearted, and it should ideally be undertaken by someone who has trained on similar terrain within the UK.

We want to give you the best opportunity to succeed with this particularly tough challenge, so have put together a few important points to be aware of in your training to give you an idea of the fitness required:

- Ben Nevis is approximately a 14km (8.7 mile) walk with 1,326m of ascent. To achieve the challenge in 24 hours, you will need to be able to complete the route in **6-7 hours**.
- Scafell Pike is approximately an 8km (5 mile) walk with 907m of ascent. To achieve the challenge in 24 hours, you will need to be able to compete the route in **5 hours**.
- Snowdon is approximately a 5.5km (3.4 mile) walk to the summit (and then a 7km walk down) with 780m of ascent. To complete the challenge in 24 hours, you will need to be able to reach the summit in **3 hours**. It is then usually a 3 hour walk down.
- Aim to maintain a **4kmph** pace in your training – this is the general pace required on the challenge to achieve each summit in time.

The National 3 Peaks Challenge is a real endurance event and you should gear your training towards being comfortable doing exercise for prolonged periods of time. Recovery times are also important to consider, and again you should structure your training so that you are comfortable exercising again after only a few hours rest.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain.

Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

For challenges that involve steep terrain such as hills or mountains or even the coast, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly

recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12 hour challenge!

For challenges taking place at night, practicing walking at night with your headtorch is also useful although not essential. You should only do this on routes you are very familiar with where there is no risk of getting lost or put in danger. This will prepare you for being comfortable with walking with reduced visibility and using your headtorch.

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

Group size

Our minimum group size for this challenge is 14 and the maximum is 42. You will be split into teams of 14 on Ben Nevis, based on pace and ability. Each group of 14 will have a mountain leader who stays with them for the duration of the challenge, plus an additional local mountain leader on each hill, and a professional driver.

On occasion, we may be able to run a challenge with less than 14 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

Group Management

This is a leader-led challenge and you will be accompanied by our challenge mountain leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges 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. We also make sure that we use a local leader on each mountain. These leaders not only have great local knowledge, but they will also join the group fresh. Having fresh leaders is vital to maintaining high standards of safety.

If you wish to walk together with friends, colleagues, family etc then this is no problem. Please just ensure that you all keep together we can ensure you all get allocated the same vehicle.

We operate our National Three Peaks Challenge as a team challenge. We encourage all participants to work together to complete the challenge. We believe that your experience is always enhanced by taking time to talk to your fellow challenger's and learn about their inspiring stories. Our challenges are not designed as a race, and the route will not be marked with arrows for you to follow. Your challenge leaders are ultimately responsible for your safety so we ask that you respect their decisions, which will have been made with the whole team in mind.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

For challenges taking place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast here. You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Scafell Pike). You can also check the

Mountain Weather Information Service forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes two day of hiking, with tough ascents and descents. The terrain will be varied and the ascents and descents exhausting at times, but the rewards and the views will be unforgettable.

What happens if we are delayed by traffic?

Our itinerary and timings takes into account the possibility of traffic delays, so by adhering to the cut-off times on Ben Nevis and Scafell we have flexibility to keep the challenge running even if we hit some traffic. However, on occasions we are faced with significant traffic delays of over an hour which can impede the amount of time you have on each mountain.

Between Ben Nevis and Scafell Pike: On this section of the itinerary we have the greatest amount of time pressure. If you have left Ben Nevis by 1pm and only made the designated drivers rest stop then there is plenty of time to overcome traffic and summit Scafell. However, if traffic delays do occur on this section then this does not alter the requirement for you to leave Wasdale Head by midnight. We are unable to alter this as it allows us to fully comply with driver hour regulations. It is important to stress that this is extremely rare, but in these scenarios Charity Challenge is not responsible for altering the itinerary or providing additional buses or drivers. We realise that this can mean that groups do not have time to summit Scafell Pike but adhering to driver hours and keeping you safe is our priority.

Between Scafell Pike and Snowdon: It is extremely unlikely that traffic delays will occur during this section as you complete this in the early hours of Sunday morning. However, should delays or diversions impact this section then we are still required to adhere to driver hours (please see below section).

Adhering to driver hours regulations

The DVSA provides guidelines and legislation that governs driver's hours during the National 3 Peaks. Many operators will find ways to 'beat' the rules as adhering to driver's hours is a hinderance to completing the challenge in under 24 hours. Charity Challenge are proud that we use only full-time, professional drivers and bus companies who adhere to driver's hours. We do this because we wish to be as safe as possible and we believe that asking a driver to drive a minibus for 24 hours with minimal breaks and sleeping in the bus is not conducive to keep our groups safe.

As a rough overview, drivers must stop for 30 minutes every 4.5 hours, and they must not spend more than 15 hours driving in a 24 hour period. For these reasons we build in a rest stop between Ben Nevis and Scafell and also change drivers between Scafell and Snowdon.

Google maps states that it is 5 hours 36 minutes to drive from Ben Nevis to Scafell Pike. Therefore we stop at a service station just north of Carlisle where you can purchase dinner. This stop allows the drive to conform to driver hour regulations, and allows you to have a proper meal and recharge your batteries before you start on Scafell. We have found that this stop has a huge impact on peoples ability to complete Scafell Pike, which is widely seen as the toughest of the 3 peaks due to it being undertaken at night.

Driver hours also stipulate that a driver can only drive for 15 hours before he has a mandatory 10 hour break. This means that our drivers start their clocks the moment they collect us at the foot of Ben Nevis, and that they must be at the driver change over point 15 hours later. Our driver will swap with a colleague near Chester. The implication that this has is that we must ensure that everyone is back at the bus after Scafell Pike with 3 hours left on our drivers clock. This gives you plenty of time on Scafell, but your leader will keep a close monitor on the timings and may be required to turn people back who will struggle to hit these times.

How do we manage the 24 hour aspect of this challenge?

This challenge is famously attempted within a 24 hour period. Charity Challenge view this time period as being from when you begin the trek on Ben Nevis, to when you then reach the summit of Snowdon.

However, it is important that whilst we shall attempt to facilitate you completed the challenge in this way there are a number of factors that often impact upon this timing.

- The ability of the group. We want all participants to complete the challenge, and have a great time doing this. To this end we run this challenge as a 'group challenge' and we encourage you all to help and support each other to complete the challenge together.
- The traffic on the roads. We will never ask our drivers to drive in an unsafe fashion, or to drive without the necessary rest periods.
- Obeying the law! Driver's hour regulations stipulate that drivers may only drive for 15 hours, and must take a 45 minute break every 4.5 hours. Many operators seek to find ways around these laws but we believe it is imperative for running this challenge safely.

Your safety will always be our number one priority, and we ask you to always respect any decisions our leaders make regarding group management during the challenge. They will manage group timings to give everyone the best chance of completing the challenge. This may mean that they occasionally have to turn a group back before the summit to give the group the best chance of completing the next summit and the challenge overall. Please respect their decision – it is to ensure we can stick to driver hours regulations and can keep the whole group safe.

For more information about how we manage the driver hours and the 'walking as a group' aspect of this challenge with regards to achieving the challenge in 24 hours please read our National 3 Peaks Responsible Tourism policy.

Getting to and from the Challenge

Challengers will be meeting at 10.30am at Chester train Station, which has regular train services across the UK. Here you'll meet up with the team before departing by road for Fort William in Scotland, where the group will be staying overnight in local accommodation.

If you would prefer to make your own way to the accommodation near Fort William, please email challenges@charitychallenge.com so we can make sure the event manager knows not to wait for you at Chester.

Accommodation

You will spend the first night in hostel style same sex dormitories in the Glen Nevis youth hostel in Fort William, Scotland. This hostel is at the very foot of Ben Nevis making our start on Saturday morning very easy.

On the Saturday night you will need to sleep on the bus between Scafell Pike and Snowdon.

Please note: We do not offer single room supplements on our UK challenges. Please contact

challenges@charitychallenge.com if you have any concerns regarding the accommodation.

Food & Drink

Whilst on the challenge we will provide the following meals:

- Breakfast on the first morning before Ben Nevis
- Packed lunch to take on Ben Nevis
- Packed lunch to take on Snowdon

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We will have water available for you to refill your bottles at the mini-bus after each mountain. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

Please note that dinner on both evenings is not included. On the drive from Chester to Fort William the bus will stop when we are north of Glasgow and you will have the opportunity to eat a proper meal at a local pub or cafe. Similarly on the drive south from Fort William the bus will stop at a service station before reaching Carlisle. You will have time to purchase a proper meal as this stop is part of the mandatory drivers rest.

Where we stop for dinner on the way up to Fort William and on the way down to Scafell Pike may change depending on traffic. Whilst most service stations offer an adequate selection of food for special dietary requirements, we recommend bringing some extra snacks of your own as well.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an EpiPen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals and checkpoint snacks are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

Clothing & Equipment

This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit

marked as essential. No spare kit will be provided on the challenge.

During this challenge you will be able to leave any change of clothes, or additional equipment, on the bus whilst you climb each peak. However, please keep additional clothing to an absolute minimum as space on the bus is limited.

Footwear

The most appropriate footwear for this challenge is a pair of walking boots.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

Waterproofs

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

Walking Poles

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on how to set them up for your height and the best way to use them.

Personal First Aid

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an EpiPen, please make sure you bring two and that your leaders know where they are kept.

Head Torch

As this challenge runs through the night it is vital that you bring with you a good quality head torch along with spare batteries. Good quality head torches can be expensive, so rather than buying one it is possible to hire a very good quality one from Outdoorhire for £6. (Please click here for more info)

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain or on the coastline can vary significantly from that in a valley or inland. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. For the National 3 Peaks, it will mean bringing kit for all weathers!

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor.

Please be aware that because of the environment that this challenge takes place in our

leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

Toilets

Toilet facilities are limited on this route. You will be made of aware of designated toilet points by your walking leaders.

Where public toilets are not available then toileting is available in the great outdoors!Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Money

During the trek there will be opportunities to purchase some extra snacks or a cup of tea, for which you shouldn't need more than £35 excluding your joining and returning home travel costs. You will be able to stop in service stations along the way if necessary, where credit or debit cards can also be used.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- This is a significant physical challenge over a prolonged period of time. Please make sure that your fitness level is suitable to meeting this challenge.
- This challenge involves walked at night. Please come prepared for this by bringing a headtorch with spare batteries.
- You will be climbing the 3 highest mountains in the UK and the weather between each mountain can vary enormously. Please come prepared with clothing and kit for all weather.
- Please make sure you always wear a seatbelt whilst travelling on the bus.

Emergencies

Your walk leader team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within this time period.

Please note: Should you require to be taken to hospital due to an accident on this challenge you will accompanied by a Charity Challenge leader. However, once you are discharged from hospital you will be responsible for the cost of transport back home. Charity Challenge will be able to help support you to organise this, but we are not responsible to organise or pay for this.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation, and you can read our cancellation policy in our terms and conditions by clicking here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Responsible Tourism

At Charity Challenge we are committed to managing our National 3 Peaks challenge in the most responsible way possible. Please read our National 3 Peaks Responsible Tourism Policy for more information.

Due to its enormous popularity National 3 Peaks challenges can have a negative impact on the environments they pass through due to the huge number of people who take part in these challenges. We do our best to limit these issues by attempting not to drive through rural villages in the middle of the night as much as possible.

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by: · Adopting a policy of 'leave no trace'.

You can read more about this here.

· Taking all litter off the trek with you, including fruit peels and skins.

· Using public toilets when available and taking any tissues from 'wild wees' home with you.

· Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.

· Only using the car park(s) designated for your event, and not parking on the local streets.

· Keeping noise to a minimum when passing houses in residential areas.

· Refraining from bringing glowsticks with you on our night challenges. This prevents them from becoming litter on the mountains when they are dropped.

· Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.

· Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.

· Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.

· Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

For more details about our responsible tourism policy then please click here

More information about acting responsibly on the National 3 Peaks challenge can be found on the Three Peaks Partnership website.

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This was the toughest physical endurance event I have ever done, but in the end it was well worth it and so satisfying to complete. The guides and organisation were brilliant and kept everyone going with their humour and knowledge of the area. It is something I would highly recommend.

Jon Goss

"

As tough as the challenge may be, we were lucky to have this opportunity.

Vina Patel

"

The 3 Peaks Challenge is a tough weekend which will test not only your physical capabilities but also your mental toughness. The aches and pains will fade fast but the memories and sense of achievement will last forever.

Derek Robinson

CHARITY CHALLENGE

Any more questions?

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