

three peaks 24hr challenge, uk



Your Three Peaks Challenge takes on the highest mountains in Scotland, England and Wales all within 24hours. The trek covers 40kms and involves 2,984m of ascent and descent.

Your 24hour challenge begins in one of Scotland's most scenic areas; Glen Nevis Valley. From here you will climb Ben Nevis, the largest mountain in the UK, standing at 1,344m. Your first peak affords spectacular views as you trek into the sunset, then offering an immediate challenge as you trek into night by the light of the moon (and head torches). On descending Ben Nevis you will be driven through the night towards the beautiful Lake District.

Once you arrive in the Lakes you will begin to climb the second of your Three Peaks - Scafell Pike; the highest mountain in England standing at 978m. As you ascend through sunrise you can enjoy fantastic scenery looking down over the hills and lakes of the region.

Your final challenge takes on the highest mountain in Wales; Snowdon, standing at 1,085m. Snowdon, or Yr Wyddfa in Welsh, is a national treasure with its unique biodiversity of plants and wildlife and is a stunning end to the last of your Three Peaks.

Upon completion of your challenge you transfer to your accommodation in

Snowdonia for an evening of rest and celebrations!

Midday Friday

Collection from Glasgow airport and transfer (3.5hrs) to Ben Nevis. You will be met by your expedition leader and support team and be given a safety briefing on the challenge ahead as well as carrying out a pre-departure kit check. You will also be able to introduce yourself to the other people undertaking this fabulous challenge with you.



24 hours to go...

Ben Nevis, Scotland (1,344m) – 15kms

Your challenge begins in the afternoon in Glen Nevis Valley, one of Scotland's most beautiful Highland Glens. You will start your trek taking the mountain track away from your meeting point. This path, which uses a zig-zag technique to enable a steady climb up the mountain, was originally built to service a Meteorological Observatory of which the remains still stand at the summit. The walk up should take approximately 4hrs and involves 1,370m of ascent – a great way to get you warmed

up! Your trek to the summit will include short breaks, enabling you to view the breathtaking Scottish highlands from different perspectives. As you get nearer to the summit, the steepness will gradually increase until you reach the summit plateau. The path on the plateau eventually flattens out to make an enjoyable walk to the summit itself. On summiting, you will have the chance to enjoy the beautiful scenery whilst taking some unforgettable sunset photographs. The walk back down should take approximately 2hrs in order for you to complete Ben Nevis late in the evening. This is a challenging part of your trek as you may need to use your head torch, dependant upon the weather and time of year. Once at the foot of this splendid mountain you can look back up and take in the first summit of your Three Peaks Challenge.

18 hours to go...

You can now relax, re-hydrate and eat as the team drives you (approx 6hrs) south and into England's beautiful Lake District. You will have the opportunity to stop en route to grab a bite to eat and stock up on supplies if you should need this. You should also use this journey as an opportunity to sleep in preparation for your early start the next morning.



12 hours to go...

Scafell Pike, England (978m) – 11kms

Today your challenge begins very early in the morning starting from Wasdale Head; an untouched and tranquil part of the Lake District also renowned for being the birthplace of British climbing. Once again, you may need your head torch for the start of the trek up Scafell Pike. You will walk through sunrise with some astonishing views of the surrounding area as you reach Mickledore, stood directly between England's two highest mountains. You will then follow the path from Mickledore and head for the summit itself. The views from the summit of Scafell Pike on a clear day are one of the best to be had stretching as far as Scotland and out to the Isle of Man in the

Irish Sea. The ascent and descent should take approximately 4.5hrs.

7.5 hours to go...

On completion of your second peak you will return to your vehicles where you can once again relax as the driver transfers you (approx 4.5hrs) through some amazing scenery along West Water, through the South East Lake District and eventually onto North Wales and Snowdonia.

3 hours to go...

Snowdon, Wales (1,085m) - 14km

You will begin your final summit trek from Pen-Y-Pass. From Pen-y-Pass you will trek on the Pyg or Miners Track; this will allow you to summit before 1700hrs thus completing the challenge within 24hrs! Snowdon is the highest mountain in England and Wales at 1,085m and boasts glorious views in all directions. It also has everything from rare plants and insects to ruined mines and beautiful volcanic rock formations for you to enjoy along the way.

Challenge Celebration!

Once you have ascended Snowdon you will as ever have the chance to take in some breathtaking views and photographs before descending down the Miners' or Pyg Track back to your vehicles. You will then be driven to your hotel where you can enjoy a well earned drink and your celebration meal!

Snowdon departure

After having a full cooked breakfast your drivers can transport you to Manchester Airport or one of the local train stations for your relaxing journey home.

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

Optional pre-expedition accommodation

If you are travelling from a distance to join the challenge at midday Friday in Glasgow 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 this can be done so for approximately approx £60pp per night. Please contact Charity Challenge if you wish to request this.