

FURTHER INFORMATION

3 PEAKS CHALLENGE

With a target trekking time of 15 hours, we'll climb around 9,600 feet and have walked approx. 21 miles. It's no wonder this charity challenge is the most highly regarded trekking challenge in the UK!

A tough challenge, yes, but with our support and exceptional care and encouragement we can conquer this classic charity challenge. We'll be driving the team through the night, guiding each member up each mountain and even giving the occasional hug and high five when required.

“BELIEVE YOU CAN”



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INTRODUCTION

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

All participants booking a non-flight challenge with Global Adventure Challenges are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of GAC. This insurance has been arranged with MGA Cover Services Limited (registered address: Farren House The Street, Farren Court, Cowfold, West Sussex, RH13 8BP. Company registration number: 08444204. Authorised and regulated by the Financial Conduct Authority registration number: 597536) under a binding authority with the insurer CBL Insurance Europe Limited (registered address: 2nd Floor, 13-17 Dawson Street, Dublin 2, Ireland, who are authorised and regulated by the Financial Conduct Authority registration number: 203120).

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.



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ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours! We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from

other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

CHALLENGE GRADING

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 3 (Extreme).

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or ‘super fit’, however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give you an insight into the difficulty level associated with the challenge. You may find that an event rated ‘Challenging’, could have a ‘Tough’ section, or we may find that a ‘Tough’ challenge, may have a ‘Challenging’ section.



EXTREME

An ‘Extreme’ trek requires a high level of fitness and stamina. It will usually involve lots of ascending and descending during successive long days of walking. Weather conditions are likely to make walking more difficult.

Please note this challenge is extreme – participants must train beforehand. Unfortunately, if trekkers are deemed unfit to continue by the event manager you will be asked to remain in the support vehicle as to not detriment the challenge for the rest of the group due to the tight timeframes. Also, this itinerary is subject to change - the health and safety of participants is our number one priority so mountain weather conditions and group ability can impact and therefore not guarantee that you will be able to summit all the mountains. The event manager’s decision on whether the group can continue is final.



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RESPONSIBLE TOURISM

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you. We are passionate about the environment and our relationship with the local communities where our challenges take place and as a participant on one of our challenges it is expected that you share our passion and follow the guidelines below:

- Be courteous to the local community
- Be considerate of any local customs
- Keep noise to a minimum especially near dwellings
- Keep to the planned route and do not stray onto private property
- Leave no trace of your visit
- Take all litter away with you including fruit peelings and dispose of it appropriately
- Do not disturb wildlife or livestock

We believe that we all have a responsibility to help fight climate change and as a company, we are committed to offsetting as much of the carbon generated by our challenges as we possibly can. With this in mind, we have partnered with several organisations who are focussed on fighting

deforestation and climate change through tree planting, in order to offset the carbon footprint of our challenges.

As part of the inclusions in the cost of your challenge, we therefore guarantee that we will plant 1 tree per person through one of our partner organisations.

More information regarding our responsible tourism policy can be found on our website.

INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges, details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore, you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect to medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion



clauses limiting protection for the type of activities included in the challenge.

CHALLENGE INFORMATION

Taking on the National 3 Peaks is a serious undertaking and extremely physically and mentally demanding. You should before the challenge understand that you will be trekking up the 3 largest mountains in England, Scotland and Wales back to back with breaks in between being taken during travel in a minibus. The minibus is also the only opportunity for sleep during the overnight transfer between Scafell Pike and Snowdon. The aim of the challenge is to complete the walking elements of the challenge in 18 hours or less. More information on timings can be found on page 12.

To maximise the chances of success on the challenge keeping to timings is critical to maximise the time available for each summit attempt and therefore before the ascent and after the descent for each mountain there is little time to change into different clothes and repack rucksacks etc. With this in mind you should be prepared to spend very little time not walking up a mountain or in the minibus during the challenge!

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DIFFICULTY & TERRAIN

You will be trekking for a minimum 15 hours covering a total distance of approx 21 miles within a 30-hour period. We will trek on varied terrain which will be rocky and uneven underfoot, at times the footpaths will be mainly scree and loose rock. Some sections will also be completed during darkness.

This itinerary has been designed to maximise your chances of success, it is worth remembering it is not a 24-hour event nor is it a race and one top tip you should follow is to trek at a steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions.

Global Adventure Challenges reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

WEATHER

Although it is impossible to predict in advance what the weather in mountainous areas will be like for any particular day; it is hoped that the information provided in this section will give you an idea of how best to prepare yourself for your trek.

Before starting on any trek, the Event Manager will check the mountain weather forecast and make a final decision about the appropriateness of the route to be taken. The weather on higher ground, in particular at summits, will be dramatically different from the weather at sea level or from where you are staying, it can also change rapidly during the course of the day.

Temperatures at higher levels are much cooler. For every 100 metres that you climb, the temperature will drop by about 0.5°C. The average temperature on the summit will be less than 5°C, so if you start walking in a t-shirt, expect to feel a chill as you climb higher.

The wind will also play a part in reducing the temperature. Naturally, being on higher ground we will be exposed to the wind, so even when the sun is shining it can be a few degrees colder.

It goes without saying that rain on higher ground is a significant possibility, anything from showers to storms at any time of the year. So forgetting that waterproof is not a wise idea!

The information in the table below is provided as an overview to weather in the UK. Paired with the information in this section it should provide some indication of the conditions to expect on your challenge.

Month	Average Sunlight Hours	Average Temp °C		Average Wind Speed (mph)
		Min	Max	
May	6	8	17	9
June	7	12	20	8
July	6	14	22	8
Aug	6	13	21	8
Sept	5	11	19	9
Oct	5	7	15	10

The temperatures and wind speeds stated above are averages taken over a number of years and will differ between locations.



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PERSONAL CARE

First Aid

Global Adventure Challenges will provide first aid cover during the challenge. All Global Adventure Challenges first aiders are 16 hour Outdoor First Aid qualified.

Although we do provide first aid, we do require that all participants bring their own personal first aid kits so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them any prescription medication along with a personal supply of over the counter medication.

Health and Hygiene

Hygiene is very important to avoid stomach upsets – wash hands wherever possible, especially before eating, by using antibacterial hand gel.



NAVIGATION

When you register on the day, you will be supplied with a route guide in your trekking pack. It is important that you carry this with you during the trek so you can regularly check where you are on the route.

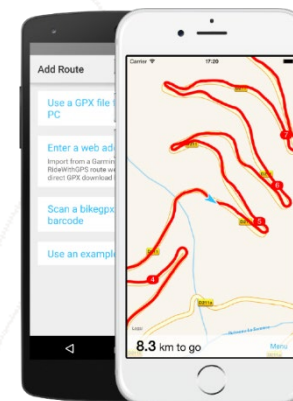
Walking guides will lead the group throughout your challenge. Dependent on group size, there may be multiple walking guides who will each take a group to ensure that the footpaths don't get overcrowded. This will also mean that we can accommodate different walking speeds in different groups. Don't worry if you feel you've ended up in a group that's too slow or fast, there will be an opportunity to change groups at appropriate points on the trek.

Depending on the group size, the walking guides may allow the group to spread out and then regroup at a nominated point. However, there are some sections on the challenge where the group will be instructed to remain together due to navigation being difficult and/or the terrain being particularly challenging.

GPX'S

If you have a Garmin or a GPX viewer app please contact the office as we can provide you with the GPX files for each day. GPX's will only be made available 2 weeks prior to departure to ensure that only the most accurate versions of the route are provided for the event.

All distances shown are approximate and are based on our mapping software, Memory Map. These may differ slightly to other software packages and data recorded on GPS devices.



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START VENUE

Registration

Registration takes place on the evening of day 1 and will be from 6:00pm to 6:30pm.

There will be an event registration desk located within the start venue which you will need to find to register. Details of the start venue will be communicated to you in the lead up to the challenge.

As part of registration you will be given your trekking pack which contains route information and emergency procedures along with an armband that must be worn during the challenge. You will be asked to re-confirm details such as contact number and next of kin details to ensure these are still accurate. During registration you will also be advised of when the event briefing will take place and what time the group will start trekking.



TRANSFERS

There will be a transfer service on Friday afternoon from Glasgow Central Train Station and Glasgow Airport to the hostel.

Please see the meeting points below:

Train station: Glasgow Central Train Station, Gordon Street, Glasgow, G1 3SL. A member of our event crew will be waiting by the Gordon Street entrance and the coach will be parked outside.

Airport: Glasgow Airport, Paisley, Renfrewshire, PA3 2SW. A member of our event crew will be waiting in Arrivals and will lead the group to the coach park.

The transfer will leave the train station at 2:15pm and then arrive at the airport at approximately 2:45pm. We aim to arrive at the hostel at approximately 6:00pm.

On arrival the event crew will load your luggage into the vehicle and transfer you to the hostel ready for event registration and our evening meal.

On the return journey, the transfer will leave Llanberis at approximately 3:00pm and arrive at Chester Train Station at approximately 5:00pm. Please do not make any onward travel arrangements until after 5:30pm and ensure that they are flexible.

It may be possible that the time of arrival to Chester Train Station is earlier if the group have made good progress during the challenge and therefore recommend that participants book open tickets for travel to avoid having to wait for onward travel in this instance.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.



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ACCOMMODATION

On night one of our challenge we will stay in a hostel. It will have dormitory style rooms allocated on a single sex basis.

Approximately 6 weeks before the challenge, we put together rooming lists, and partner you up with someone of the same sex and approximately the same age where we can. If you would like to share with someone you know on the challenge please let us know no later than 6 weeks prior to the departure date and we will endeavour to partner you up with that person for the duration of the challenge. If you have chosen to do this challenge with a group of friends or work colleagues please let us know who is in your group and where possible we will try to accommodate you together. Due to the complex nature of the challenge and group sizes, requests cannot be guaranteed or changed once they have been finalised.

Details of the accommodation you will be using will be supplied to you in the lead up to the challenge. You will find out who you will share your room with at event registration.

Night two will be spent travelling from Scafell Pike to Snowdon and therefore no accommodation is provided. A travel pillow and small blanket are

recommended in the kit list to help you get some sleep in the support vehicle.

TELEPHONE & WI-FI

Generally, the phone signal at the hostels we use is good. When trekking the signal will vary with the terrain.

Hostels generally have Wi-Fi, but there may be a small cost for this.

OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Travel insurance	£18.99*
Food and drink	£20 - £30
Spending money	Maximum £50

*if you take out the single trip policy through Global Adventure Challenges

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!



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FOOD, WATER & REFRESHMENT STOPS

Most dietary requirements can be catered for as long as we know in advance, so please ensure you contact the customer care team.

Snacks will be made available to you before each mountain ascent including crisps, flapjack, Haribo and similar. Water will be carried in the support vehicle so that you can fill up your bottle before starting the ascent of each mountain. It is recommended that you bring with you plenty of your snacks for during time spent in the support vehicle.

Friday Dinner (Included)

Dinner will be served in the hostel or at a local restaurant. Meals will normally be 2 courses. An example menu you could expect to have whilst on the challenge is:

Main – Burger and chips, lasagne, chicken curry
Dessert – Apple crumble, cheesecake

Saturday Breakfast (Included)

On Saturday a continental breakfast will be provided prior to setting off on your trek.

Saturday Lunch & Dinner and Sunday Breakfast (Not included)

You will need to purchase your own meals from lunch on Saturday through to breakfast on Sunday. Stops will be made at service stations between Ben Nevis and Snowdon on Saturday and in the early hours of Sunday morning so you can stock up on supplies.

Sunday Lunch (Included)

Following your successful summit of Snowdon we will have a celebratory lunch in Llanberis. An example of what you could expect to have whilst on the challenge is sandwiches and chips.

EVENT CREW

A support team from Global Adventure Challenges will be in attendance throughout the challenge. Each support vehicle will carry 8 - 15 participants. There will be walking guides allocated to lead the group during each stage of the challenge who will meet you prior to the ascent of each mountain. The following roles will be covered on your challenge:

Event Manager – They will oversee the entire challenge and all the behind the scenes responsibilities (this is a LONG list). This person will ensure you have the best possible time on your challenge,



Support Crew: This person will be allocated to driving a support vehicle and look after 8 – 15 participants during the challenge. Whilst their main role is driving they are also experienced leaders and so they will be there to offer advice, and importantly make sure a warm drink and a high five are waiting when you get back to the vehicle from each mountain!

Walking Guide – These people will lead participants along the route in one or more groups. They are experienced leaders who are familiar with the trekking terrain and just love the outdoors!

TIPPING

Tipping your guides/support crew is appropriate, customary and always appreciated. Your crew work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your support crew did to enhance your trip.

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TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com



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DAY	TRANSFERS	DIFFICULTY RATING	STATS (APPROX.)	TIMINGS	ITINERARY NOTES
Day 1: Glasgow to Fort William	Transfer from Glasgow Central Station or Glasgow Airport to Fort William (3 hours approx.)	N/A	N/A	Meet Glasgow Central Station: 2:00pm Meet Glasgow International Airport: 2:45pm Arrive Fort William: 6:00pm Evening Meal: 7:00pm	<ul style="list-style-type: none"> Meet at Glasgow Central Train Station/Glasgow International Airport for 3-hour transfer to Fort William. Evening meal and briefing.
Day 2: Trek Ben Nevis & Scafell Pike	Transfer from Fort William to Wasdale (6 hours approx.) plus stop time at a service station.	Extreme	Ben Nevis Total distance: 9 miles Total ascent: 4,304 ft. Total descent: 4,304 ft. Scafell Pike Total distance: 5 miles Total ascent: 2,949 ft. Total descent: 2,949 ft.	Ben Nevis trek start time: 6:00am Ben Nevis trek finish time: 1:00pm Transfer from Fort William to Wasdale time: 1:20pm – 7:50pm Scafell Pike trek start time: 8:10pm	<ul style="list-style-type: none"> Trek to the highest point in the UK – Ben Nevis Summit (4,413 ft). Experience the breath-taking views of the Scottish Munros. See remains of the meteorological observatory at the summit which operated there early in the twentieth century. Walk up onto Brown Tongue, a steep sided small valley leading up to a higher plateau beneath the dark crags of Scafell Pike and Scafell. A large circular summit cairn marks reaching our second peak of the challenge and the summit of the highest mountain in England – Scafell Pike.

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<p>Day 3: Trek Snowdon</p>	<p>Transfer from Wasdale to Pen-y-Pass (5 hours approx.)</p> <p>Transfer from Llanberis to Chester Train Station (1 hour 40 mins)</p>	<p>Extreme</p>	<p>Snowdon Total distance: 7 miles Total ascent: 2,329 ft. Total descent: 2,120 ft.</p>	<p>Scafell Pike trek finish time: 1:40am Transfer from Wasdale to Pen-y-Pass time: 2:00am – 7:00am Snowdon trek start time: 7:20am Snowdon trek finish time: 12:50pm Lunch: 1:00pm Transfer from Llanberis to Chester Train Station time: 3:30pm - 5:00pm</p>	<ul style="list-style-type: none"> ▪ Walk up the Pyg track during one of its quietest times to reach the summit of Snowdon. ▪ Take in the spectacular views of Llyn Llydaw and Llyn Glaslyn. ▪ Descend via the Llanberis path. ▪ Enjoy a celebratory lunch in Llanberis.
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NOTES

The timings in the table above are based on the maximum amount of time possible spent on each mountain. If the event crew do not believe you will make the cut off times you may be asked to make your way back down to the support vehicle with a member of the team before you reach the summit to enable to the rest of the group to complete the 3 Peaks challenge within the permitted time.

Target times to complete the National 3 Peaks in 15 hours are as follows:

Ben Nevis: 6 hours **Scafell Pike:** 4.5 hours **Snowdon:** 4.5 hours

The maximum time available for each mountain to allow for the itinerary to be completed and attempt each mountain is as follows:

Ben Nevis: 7 hours **Scafell Pike:** 5.5 hours **Snowdon:** 5.5 hours

