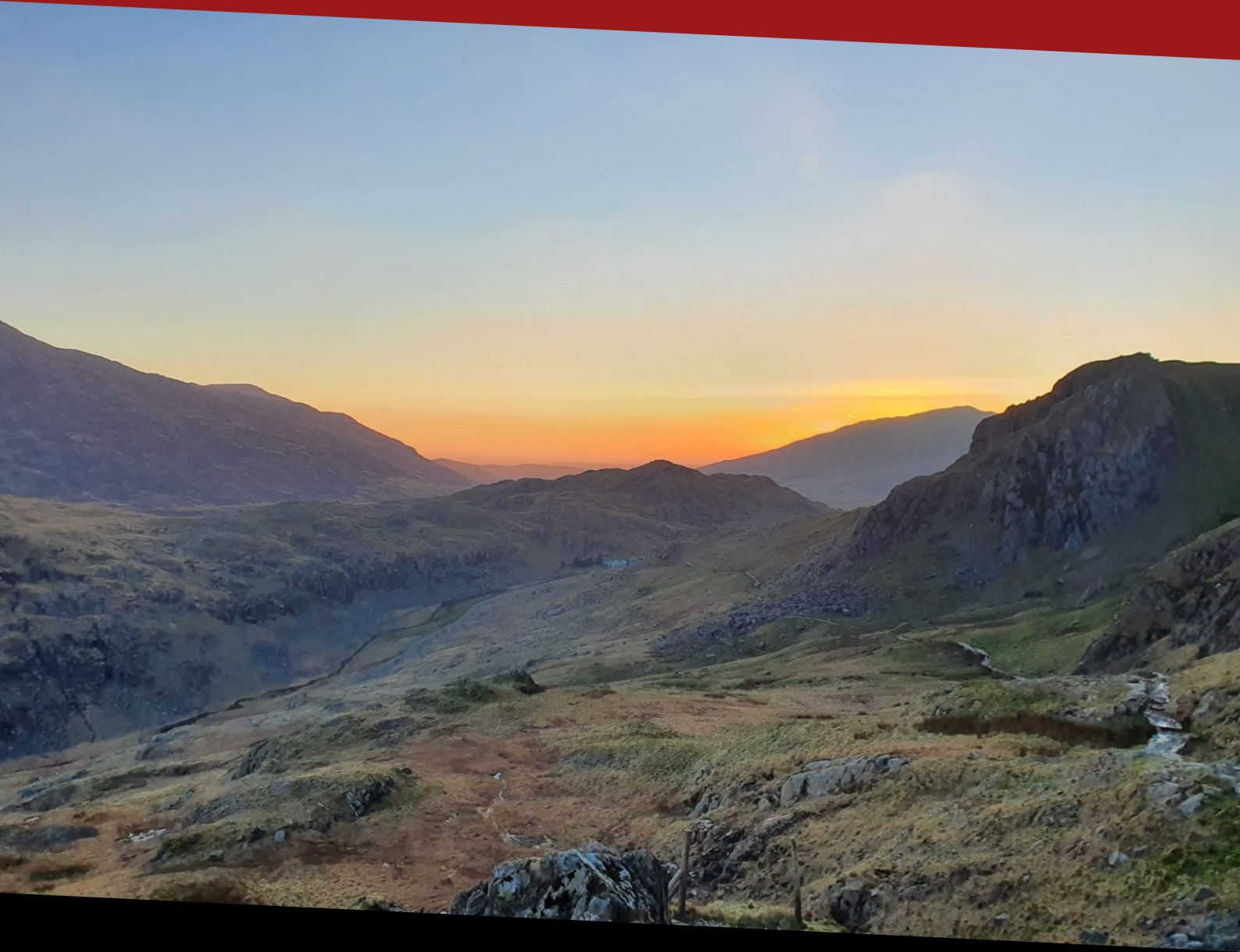


# UK 3 Peaks 3 Days

Europe | 1,344m



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# UK 3 Peaks 3 Days

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Bag the '3 Peaks' over 3 days, climbing the highest mountains in **Scotland, (Ben Nevis, 1344m)** **England (Scafell Pike, 978m)** and **Wales (Yr Wyddfa, 1085m)**. You'll get all the professional guidance you need for this challenge. We do the organisation, you focus on the exhilarating adventure!

Within 3 days, feast your eyes on some of the most dramatic and spectacular vistas of the United Kingdom – working your way across country and testing your mettle on these much-loved mountains. Many a trekker has this on their bucket list – join the action and experience it for yourself.

Your **3 Peaks Challenge** begins by travelling to Ben Nevis along the shores of **Loch Lomond** via **Fort William**. After an early breakfast, it's time for 'Big Ben', an

exhilarating first summit... On to **Wasdale Head**, Lake District, **birthplace of British climbing** in the **Lake District**, for the ascent of Scafell Pike. We'll reach the top with mesmerising views over the Isle of Man and Scotland. More scenic driving entails as we head to our final mountain of the challenge, to the impressive **Snowdonia** region. To summit your third and final peak: Yr Wyddfa – a stunning finale to your challenge. Once complete, a celebration meal awaits and a well-earnt celebration is in order!

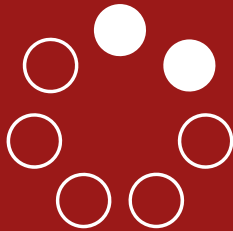
To claim the three highest points of the UK is an iconic challenge and one epic achievement. It's demanding, tough and challenging...but, most of all, it's immensely rewarding. An unforgettable multi-day trek that takes in the tallest peaks of the Kingdom.

This is a **RAW 360** event – find out more [here](#).



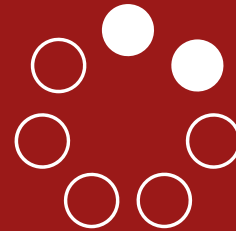
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## Physical – P2

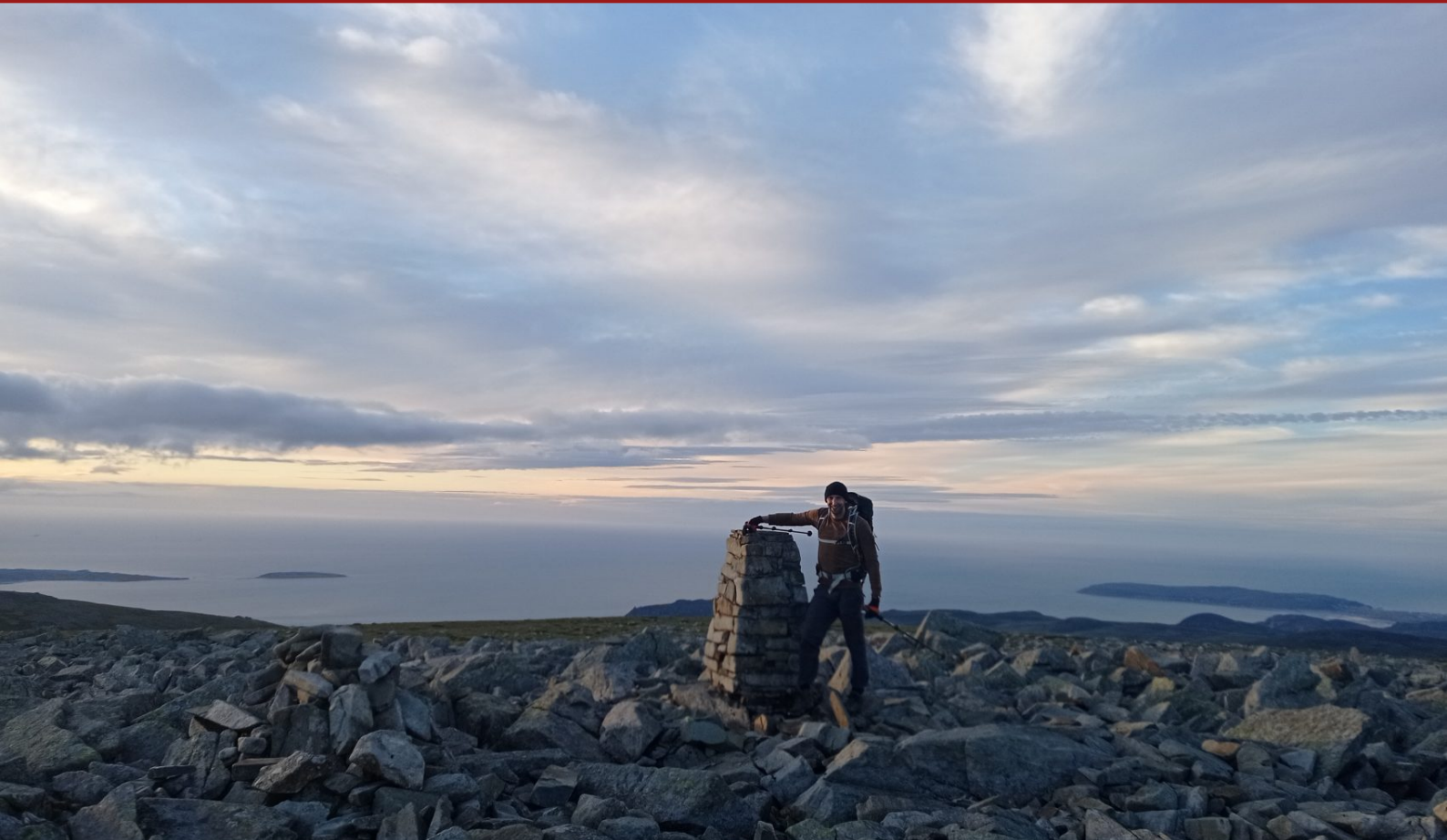
This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



## Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.





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# UK 3 Peaks 3 Days

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### ITINERARY

#### DAY 1 : Arrive into Glasgow airport

Arriving into Glasgow airport, we will transfer to an overnight hotel where we will carry out kit checks and have a briefing from the expedition leader. This gives you much appreciated time to relax, prepare and rest before your early start tomorrow.

#### DAY 2 : Ben Nevis (1,344m)

After an early breakfast, there is a short drive to Glen Nevis centre ready for set off for around 8am.

We begin our 3 peak challenge with Ben Nevis, the highest mountain in the UK, standing at 1,344m with spectacular views as we trek into the sunset. The trek involves 1,370m of ascent.

On summiting, we will have the chance to enjoy the breath-taking views of the Scottish Highlands. On descending Ben Nevis, we will join up with our awaiting minibus where we will be driven through the night towards the Lake District, a 4.5 hr transfer. We will have a short break on route to pick up some snacks and fuel. We arrive at an overnight hotel near Carlisle and have an evening meal at around 20.30pm and a briefing before hitting the hay.

(Walking time: 6-7hrs) (B, Snacks)

#### DAY 3 : Scafell (978m)

Our second summit of the 3 peaks challenge, Scafell Pike, is the highest mountain in England standing at 978m. We begin the day with an early breakfast and a 1 hr transfer to Wasdale Head.

The ascent begins at approximately 4.00am from Wasdale Head, a tranquil part of the Lake District, also known as the birthplace of British climbing. The challenge here is trekking by the light of head torches.

Once on the summit of England's highest mountain for sunrise, we are rewarded with views stretching as far as Scotland and the Isle of Man. We soon begin our descent and our sights are fixed firmly on our last summit. The ascent and descent should take approximately 4.5hrs.

Once back at our vehicles it is time to relax as our driver transfers us to Snowdonia passing through some of the most stunning scenery in the UK. We arrive at our hotel base where you will be staying for the next 2 nights.

An evening briefing and meal is in order before resting your head and preparing for your final day of trekking.

(Walking time: 5hrs) (B, Snacks)

# UK 3 Peaks 3 Days

## Europe | 1,344m

### ITINERARY

#### DAY 4 : Yr Wyddfa (1,085m)

The day begins with a little later breakfast before we face our third and final challenge: taking on the highest mountain in Wales, Yr Wyddfa (formally Snowdon) [1,085m]. Snowdon is unique, its biodiversity of plants and wildlife and with spectacular views from the summit it is a great end to the last of your 3 peaks.

Our ascent route will be on the less travelled Ranger path which rewards us with those classic Snowdon views. The ascent should take approximately 2hrs, once on the summit, we will have time for a photo and enjoy the views before starting our descent down the Llanberis Path.

Once down from Yr Wyddfa we will head off for a celebratory hot pub meal to celebrate and stay overnight in a local hotel.

(B, Snacks, Celebratory Dinner)

#### DAY 5 : The journey home

A leisurely breakfast is in order, followed by a transfer to Chester train station for onward home travels...



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## KIT LIST

### Bags & Packs

#### Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

#### Dry stuffsacks

Nlon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items dry

#### Waterproof rucksack cover

To protect rucksack from rain

### Headwear

#### Buff/Scarf

Essential for protection from the sun and dust

#### Sunglasses

Julbo is our preferred supplier

#### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Sunblock

#### Lip salve

### Upper Body

#### Base layer

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

#### Mid layer

These are typically lightweight microfleeces or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

#### Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, primaloft or fleece

#### Soft Shell (optional)

Optional - These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof



# UK 3 Peaks 3 Days

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## KIT LIST

### Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

### Gloves

A light pair of polartec or thinsulate gloves

## Lower Body

### Shorts

If you don't have zip-off trousers, but check the forecast before you leave

### Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

### Waterproof overtrousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

## Feet

### 3-4 season walking boots

Well worn in 3-4 season waterproof boots with mid to high ankle support

### Trekking socks x 3

If your feet get wet on the first peak, you'll appreciate a dry pair on the next

### Spare laces

Just in case

### Trainers

To travel in and in the bus

## Hydration

### Water bottles / bladder

2L capacity either in a combination of bladder and Nalgene bottle or just Nalgene bottles

### Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

# UK 3 Peaks 3 Days

Europe | 1,344m

## KIT LIST

### Toiletries

#### Alcohol gel

A must have for good camp hygiene

### Medications

#### Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

#### Personal medication

Keep this in your daysack

### Miscellaneous

#### Camera

Bring plenty of spare batteries and memory cards

#### Head torch

We recommend Petzl head torches. Bring spare batteries.

#### Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

#### Penknife (optional)

### Snacks

You will be fed very well but it's worth bringing a small selection for the occasional boost. Energy gels and protein bars are not suitable

### Ear plugs

For protection against the inevitable snorers!

### Neck pillow

Or similar to help you sleep on the bus

### Documentation

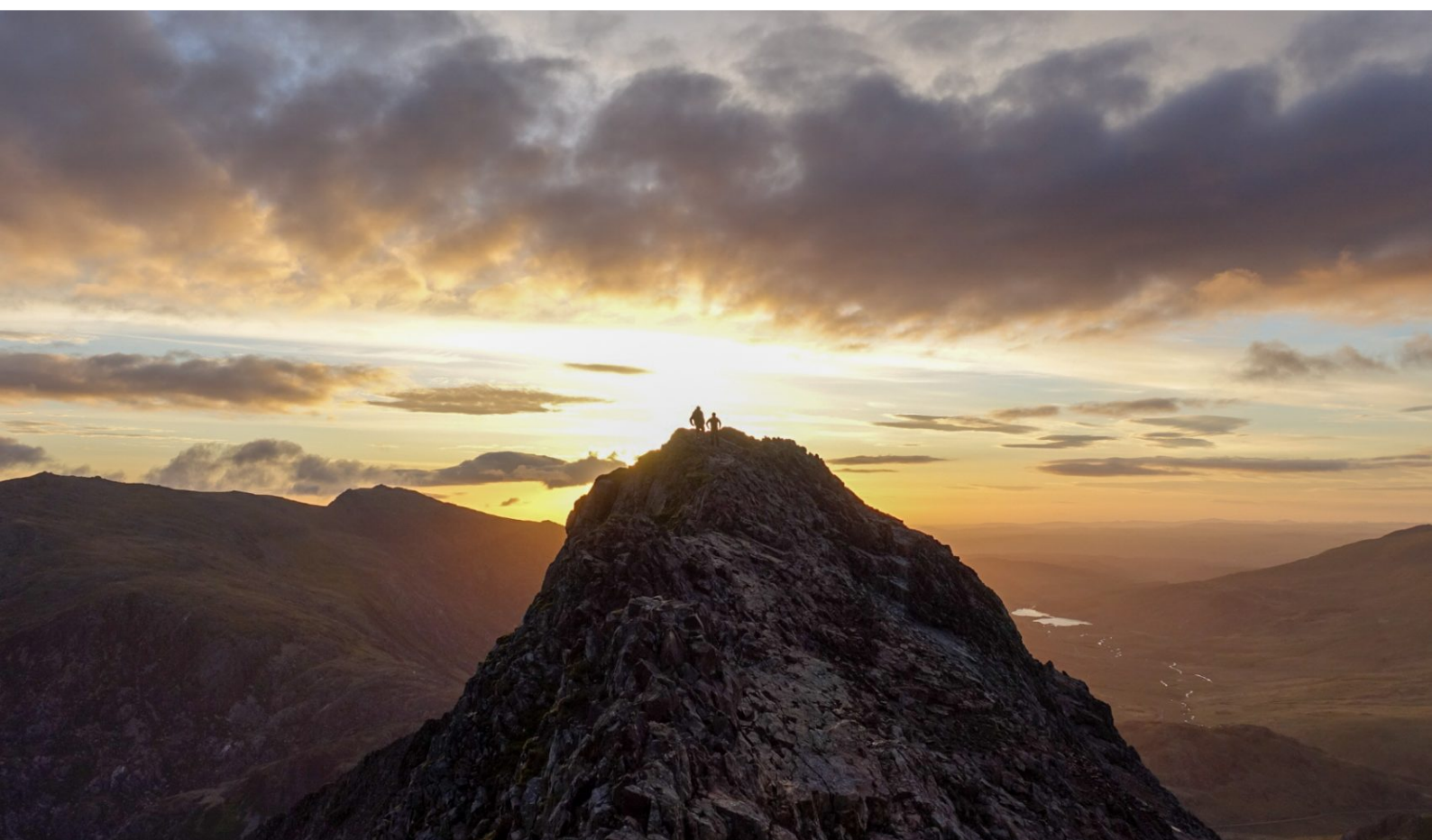
#### Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.



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## FAQ'S

### The Challenge

#### How fit do I need to be for this challenge?

Training and a good level of walking fitness is definitely required. This is a tough challenge and physically and mentally draining, sleep deprivation plays a part here, affecting some people more than others. As much preparation and training you put in beforehand the better chance of success you have.

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. 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.

#### What are the group sizes?

We allocate a mountain leader per 10 trekkers, with a minimum of 6 trekkers for the challenge to go ahead.

We are open to chat about increasing group sizes with options such as staggered start times and allocating more mountain leaders.

### Accommodation

#### Is accommodation included?

Yes, the trek includes each night's accommodation, on a twin share, B&B basis.

#### Do you recommend staying the nights before and after?

It's very much a personal choice, and will also of course depend on where you're travelling from.

Having the night in Glasgow before allows you to ensure you've had a good night's rest before the challenge.

We enjoy staying the night after the challenge as it gives the team the opportunity for the celebratory meal together in Llanberis. Do note also that, depending on where you are travelling to, you may be limited by the last train times from the nearest stations.



# UK 3 Peaks 3 Days

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## FAQ'S

### Food and Water

**What do I need to eat to ensure I have enough energy for the challenge?**

The following is a guide of what your leader will be consuming over the duration of the trip. if you are not, then you are likely to be not taking on enough: food=energy and fluids=hydration. Cramping is a sign of dehydration and lack of salts.

Have a large meal the day before your challenge and ensure you are well hydrated i.e. no real discoloration of urine which is sign of dehydration.

On the morning of the challenge have a huge breakfast! Don't be shy, get it down you as you're walking not running! We also stop at a supermarket in Fort William for any snacks you may have forgotten.

Every 45-50 minutes have a snack whether it is an energy bar, flapjack, banana or a bag of crisps! If you start to feel dizzy/ weak this is a sign you're not eating enough. Make sure you take food you enjoy eating as otherwise you will not eat enough of it. You will be burning a lot of calories and need to consume a lot to keep you fueled.

### Health and Safety

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

Our Mountain Leaders are well trained and experienced in managing situations on the hill should they need to get outside assistance for example 'mountain rescue' they all carry mobile phones and also radios for communication with the minibus drivers. The Mountain Leader will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge. However, if your struggling you must be honest with yourself and the leader remember the top of the mountain is only halfway!

### Who will be leading the group?

We employ experienced and fully qualified Mountain Leaders to accompany and lead you. They are mountain first aid trained and have extensive experience in leading in the mountains and the three peaks challenge, your leader will be ultimately responsible for your safety on the mountain and the rest of the group. They will be carrying full safety equipment and mountain first aid kits with them.

# UK 3 Peaks 3 Days

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## FAQ'S

### **You advocate taking a small first aid kit, what should it contain?**

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem. Your own first aid kit should contain: a basic blister kit, rehydration sachets, plasters, high factor sun-protection, your own personal medication, and some basic pain relief (aspirin and Ibuprofen). Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

### **Kit**

#### **What kit will I need on the mountain?**

See the comprehensive kit list provided but remember that our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers. It is very possible to encounter sub-zero temperatures and near arctic conditions on Ben Nevis, heavy rain and high winds during the night at Scafell Pike, then hot and dry conditions to finish with on Yr Wyddfa.

### **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. 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. Avoid cotton, trekking or good quality sports socks are advised as are a thin wicking sock to wear underneath if your prone to blisters, these are designed to draw the moisture away from your feet. 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 should I carry inside my daysack?**

A daysack is worn at all times during the trek. The content of this is mandatory and should include: a fleece, waterproofs, warm hat, gloves, sun hat, sunscreen, sufficient water, snacks, camera equipment, personal medication, a head torch and spare batteries and a whistle.



# UK 3 Peaks 3 Days

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## FAQ'S

### How much should my daysack weigh? What size does that equate to?

Your daysack should weigh no more than 3 – 4 kg (without water) and a pack of around 30L capacity should more than suffice. This rucksack can be filled to brim with extra stuff and you can leave some of it in the minibus between mountains. It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying.

## The Weather

### How hot or cold will it be?

The mountain weather in the UK can be very changeable, it can be glorious sunshine down at the base but be wet and windy on the summit. It is not uncommon for it to change from clear blues skies to rain and fog in moments. It is important to follow the advice we give and carry the correct kit.

## Travel

### How do we get to the start and from the finish of the challenge?

You will need to organise your own transport to Glasgow. From Glasgow, we will travel by minibus to Ben Nevis and the start of the challenge.

Our challenge finishes at the foot of Yr Wyddfa in Llanberis. You will need to organise your own transport to get back home from either Snowdon (Llanberis), or head to Bangor or Chester train stations. Taxis are available, feel free to chat to us as we have recommended taxi contacts.

### How do we get between Ben Nevis, Scafell Pike and Yr Wyddfa?

RAW 360 will provide minibuses and drivers to transport you between the 3 Peaks so you can relax and catch up on some sleep, rehydrate and eat! There will be stops at service stations for comfort breaks, leg stretches and the opportunity to purchase more food.

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## FAQ'S

### Insurance

#### **Do I need special insurance for this expedition?**

You must carry individual travel insurance to take part in the challenge. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

### Finance

#### **How much spending money should I bring?**

Depends how many snacks and drinks you want to buy on the way! If you bring most of these with you then not that much or if you want buy everything en-route then you will need a bit more!

You will need money for your dinner for your night in Glasgow at the start of the challenge.



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# UK 3 Peaks 3 Days

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### TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

#### MONTH 1

##### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

##### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

#### MONTH 2

##### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

##### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

#### MONTH 3

##### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

##### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

#### MONTH 4

##### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

##### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

#### MONTH 5

##### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

##### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

#### MONTH 6

##### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

##### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS





*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "*

**Dream it. Plan it. Live it.**