



IN FITNESS
AND IN LIFE

NATIONAL THREE PEAKS CHALLENGE

2019 GROUP BOOKINGS



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INTRODUCTION

The National Three Peaks (Ben Nevis, Scafell Pike and Snowdon) are the highest mountains in Scotland, England and Wales. The challenge is to complete all three, with travel between, within 24 hours. It's usually completed in that order.

You will travel to your accommodation on day one where there will be a briefing by our team. On day two your challenge will start and then finish on the morning of day three.

This is an organised event led by our fully qualified Mountain Leaders and is a truly fantastic challenge.



GENERAL INFORMATION

Duration: Three days (usually Fri - Sun)

Available: May - September

Difficulty: Intermediate/hard

Instruction: Fully qualified and insured Mountain Leaders ratio 8:1 max

Cost: From £325pp

QUICK FACTS

Total distance 42 kilometres

Target time 24 hrs

Walking time 14 hrs

Driving time 10 hrs

Ben Nevis height 1,344m

Scafell Pike height 978m

Snowdon height 1,085m

Total ascent 3000m

ITINERARY

DAY 1	11am	Collection from Glasgow Airport and drive to Fort William (3hrs)
	2pm	Arrive in Fort William and check into accommodation
	5pm	Evening briefing and kit check
DAY 2	7am	Begin Ben Nevis (5hrs 30)
	12.30pm	Finish Ben Nevis and drive to Scafell Pike (5hrs 30)
	6pm	Start Scafell Pike (4hrs 30)
	10.30pm	Finish Scafell Pike and drive to Snowdon (4hrs 30)
DAY 3	3am	Start Snowdon (4hrs)
	7pm	Finish Snowdon and your challenge! Drive to London (5hrs)
	1pm	Arrive at the London drop off point



WHATS INCLUDED

Professional Event Organisation

Qualified Mountain Leaders 8:1 max ratio

One night twin room accommodation*

Transport between the peaks

Packed lunch and water for the peaks

Transport back to a London drop off point

Fully insured and first aid trained team

Transport from Glasgow Airport to Fort William

* Single supplement available on request

REQUIREMENTS

HEALTH & FITNESS

This is a rewarding and challenging event suitable for fit and trained individuals. A reasonable level of fitness will be required. You will be climbing three large peaks back to back with limited sleep in the mini-bus between peaks. We recommend you follow a fitness plan in preparation and one will be sent to you upon booking. This is a minimum plan and most clients will seek additional fitness training from a qualified professional. You will need to complete a health questionnaire and be signed off for exercise by a doctor.

EQUIPMENT

You will be sent a kit list of items required for this challenge. Although you do not need a lot of kit and all safety equipment will be carried by our Mountain Leaders, you will still need basic clothing, boots and a small backpack.



EXCLUSIONS & NOTES

NOT INCLUDED

1. Personal insurance (accident, health, emergency evacuation, and loss, theft or damage of personal items).
2. Food and drinks outside of the peaks simple packed lunch.
3. Personal bills.
4. Travel to Glasgow Airport.

POINTS TO NOTE

1. The itinerary stated is an example and may be subject to change based on party size, ability, weather conditions, traffic or unforeseen circumstances.
2. We will always endeavour to achieve the 24hr aim. However, safety, the law and respect for the environment will always come first.
3. You may have slower people in the group that cannot make the speed needed for the time cut offs. A group liaison from your party will be responsible for the party and/or people not taking part in the next mountain or a group decision to miss the 24hr deadline.
4. The Mountain Leader in charge will always have the final say.

PRICES

Number of people	14	13	12	11	10	9	8	7	6
Price per person	£325	£325	£350	£375	£385	£425	£425	£450	£475

Bespoke groups available on request.



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