

FAQ's

Are you ready for the challenge? All you need to know about EACH's Three Peak Challenge



This is a true endurance trek which will test you both physically and mentally. Participants should have the necessary fitness and be prepared to do without sleep! We aim to complete the event in 24 hours - To do this we need to complete Ben Nevis in 5 hours, Scafell Pike in 4 hours and Snowdon in 4 hours, however, this will depend on upon the speed of the group. We will walk as a group with the slowest member so please bear this in mind when applying. Each mountain is fully guided by an experienced guide and our dedicated drivers will be with you all the way!

Itinerary

Thursday

Drive from Norwich to Glen Nevis, Scotland – 490 miles approx. 12 hours

Friday

Climb Ben Nevis (1344m) – Approx. 5 hours

Drive from Ben Nevis to Scafell Pike in The Lake District – 260 miles approx. 6 hours

Climb Scafell Pike (978m) – Approx. 4 hours

Drive from Scafell Pike to Snowdon, Wales – 209 miles approx. 5 hours

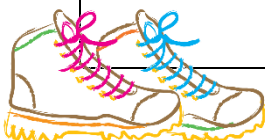
Saturday

Climb Snowdon (1085m) – Approx. 4 hours

Drive from Snowdon to Norwich – 275 miles approx. 6 hours

Key Points

Distance	Duration	Accommodation
22 miles	3 days, 28+ hours driving, 13+ hours walking	Bunkhouse & minibus!





Preparation and Training

This is a tough challenge both physically and mentally. We will arrange training walks and tips to ensure everyone is ready to take on the challenge. You will need to train to take part! The training walks are not mandatory but it's a good way to get to know the group your walking with and to get use to hilly terrain if you are not an experienced hiker. We will provide a full kit list and training plan to support you during the challenge.

Inclusions

- Guiding on all three peaks
- Transport to Ben Nevis from our office in Framingham Pigot, Norfolk, between each peak and back to Norfolk
- Thursday night accommodation at Glen Nevis Youth Hostel
- Dinner on Thursday and Breakfast on Friday
- Water during the challenge
- Training advice and support
- EACH t-shirt and fundraising pack



Exclusions

- Meals during the trek, service stations stops will be scheduled for you to purchase food and snacks
- Snacks/energy drinks during the challenge
- Personal Insurance (For theft of bags, health, emergency evacuation etc.)
- Personal Equipment (e.g. walking boots, rucksack, waterproofs etc.)
- Single rooms, all rooms are dorm rooms with bunk beds

Environmental Concerns

Concerns are often raised about the impact the 3 Peaks Challenge has on the environment and the local residents surrounding the peaks. When running our 3 Peak Challenge we adhere to the fundraising guidelines which were produced by the Institute of Fundraisers. EACH will minimise the impact the event has on the local area by limiting the amount of participants taking part and starting the event on a Thursday to avoid the weekend groups. Our group will follow the paths and not take shortcuts to ensure damage and erosion does not occur, our guides will ensure we follow the correct routes and minimise our impact on the mountains. We will always have our own water supplies and do what we can to ensure our participants have access to appropriate toilet facilities outside of the area. Our two drivers will remain with the minibus in case of any problems and will follow the highway code and driving regulations to ensure the safety of everyone. The drivers will not be walking to ensure they are rested and alert.

