



The 5 Peaks Challenge, Great Britain

The 5 Peaks Challenge is a unique event over 4 days developed by GB Charity Events. The event presents the challenge of the big three found in the 3 Peaks Challenge with a further two mountains in England and Wales to make this a real test of endurance over speed. Whilst affording you the opportunity to take in the natural beauty of Britain.

You will take on Cadair Idris and Snowdon in Wales before moving onto England to summit on Scafell Pike and Great Gable. With only Ben Nevis to go, complete this and you'll then be whisked away to a nice hotel for a hot shower, dinner and dance to celebrate the incredible achievement of completing this tough event.

Day 1: Dolgellau – Llanberis (8-9 hrs walking)

We leave from Birmingham at midnight for the 5 hour journey to Dolgellau in North Wales. You will arrive early morning where final preparations and have a hot breakfast before starting the first of the five mountains. Today will see you climb the first two of the five mountains which will take between 8 to 9 hours.

You will be transferred in your teams to the foot of Cadair Idris, 2,930ft (893m) to climb the easiest of the five mountains. Cadair is an enjoyable start to challenge and once you have reached the plateau it's a fairly easy stroll on to the summit.

Then it is back to Dolgellau before the short journey to Pen-y-pas for the main challenge of the day, Snowdon. Snowdon at 3506ft (1,085m) is the highest mountain in Wales and you will start up the Pyg Track, an interesting route to the summit that is enjoyed by thousands of people every year. There may even be some time for a quick tea stop at the cafe at the top of the mountain.

The longest day of the challenge is not quite complete yet as when you return to the bottom of the mountain it is back on the coach to make our

way towards the Lake District to camp in tents at the foot of Scafell Pike.

Day 2: Scafell Pike – Great Gable (8-9 hrs walking)

Waking to the sounds of the countryside, unzip your tent and get yourself a hot breakfast to set you up for today's challenge in the beautiful Lake District.

Your team will start their way up the Corridor Route towards the top of England. Scafell Pike standing at 3,209ft (978m) has a long but enjoyable journey to the top. On a good day you will be able to see for miles around and if it is really clear it is possible to see Scotland and Ireland from the top.



You will then descend just over half way down the mountain to Sty Head tarn before heading upwards and onto the second mountain of the day, Great Gable, which stands at 2,949ft (899m). You'll make your way up the popular alternative route of the Sour Milk Gill before traversing Windy Gap to the summit.

After completing your third and fourth mountains, you will be welcomed back into camp with a hot dinner. Following your meal, we will travel to Fort William, where you will have the pleasure of a bed in a hostel to ensure that you are fresh and ready for the last and highest hill of the challenge.



Day 3: Fort William – Glasgow (8 hours walking)

You will awake at first light for the final day ahead, where you will prepare your day sack, tighten up your boot laces and take onboard a hearty breakfast to give you the energy you will need to tackle 'The Ben'

Ben Nevis is the highest mountain in Britain standing at 4,406ft (1,344m) and you will be starting at sea-level, before ascending the long and winding tourist path to the flat summit.

Even in summer there is a good chance you will see snow on the summit and if your luck is in and the clouds have lifted you will be treated to some of the most spectacular views in the UK.



The descent will pass quickly as you celebrate in the knowledge that you have completed this incredible feat of endurance. A hot snack will be waiting for you at the bottom of the mountain before you are transferred to Glasgow for the evening's celebrations.

Just outside Glasgow you will have an evening in a hotel surrounded by acres of leafy park. You'll have time for a long hot shower before changing out of your hiking boots for a 3 course dinner and dance. The evening will give you a chance to reflect on this incredible experience with your team mates and retell the stories that have accumulated, well done!

Day 4: Glasgow to Home

The challenge is over and you will awake feeling hopefully refreshed from a good nights sleep in a comfortable bed.

We will then drop you off at Glasgow Central Station in the morning and you will be able to make your way home either by rail or by air.

NB 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 endeavour to keep to the set itinerary, but we cannot be held responsible for any last minute changes that might occur. In all circumstances your expedition leader has the final say.

