



The 3 Peaks Challenge, Q&A

How big is the group?

There will be a minimum of 20 people in order to run the event and a maximum of 192 people taking part to comply with the Institute of Fundraising standards to minimise the impact on local communities.

Individual teams will be no larger than 12 people to minimise the impact on the wilderness environment in which the challenge is taking place.

What will the accommodation be like?

To keep the costs down we will be providing tented accommodation in Fort William on the night before the challenge.

Once you complete the event it will be too late in the day to make our way home from Wales so we have a celebration meal in Betws-y-Coed to mark your achievement and a few celebration drinks! Again we have arranged tents to keep the cost down – the good news the tents are literally next door to the pub!

Both campsites have good facilities for you to use whilst you stay there.

Do we need to take our own sleeping bags?

You will need to bring your own sleeping bag for your stay in the tents. We would also advise you bring a roll mat to make life a little more comfortable.

You will also be able to use your sleeping bag or for the minibus to keep you warm as you try to get some sleep in transit.

What are the toilets and washing facilities like?

You will have good quality toilet and shower block at the campsites and visitor centre at Glen Nevis when you climb Ben Nevis.

There will be outdoor toilets available at the

bottom of Scafell Pike and there is a toilet block at Pen-y-pas at the bottom of Snowdon. Upon completion of the event you will have the opportunity to take a shower and freshen up before the celebration meal.

Will my valuables be safe?

We will do everything to provide you with adequate safety for the group and security of your possessions. Although, we do believe in the rule if you don't need it, don't bring it. This is also due to the limited space that you will have during the challenge.

What is the food and drink like?

You will be responsible for all your meals and packed lunches for the mountains in the lead up to the event. We can recommend the Ben Nevis Inn for a great meal in Fort William.

There is also a big Morrison in Fort William where you will be able to get your packed lunches ready for the challenge ahead. We will provide you with all the drinking water that you will need for the challenge.

Upon completion of the 3 Peaks we will take you for a nice celebration meal and you will be able to relax over good food and a drink or two!

Who will be leading the group?

You and your team mates will navigate your way along the routes up the mountains, with OS Maps and route cards that we provide.

However there will be mountain guides placed at different junctions along the route. They are all qualified mountain guides and are mountain first aid trained. The lead instructor will be responsible for everyone on the hill and will have the final decision on the itinerary and whether groups can summit on each mountain, giving thought to things like bad weather conditions.



How fit do I need to be?

Training and fitness is definitely required for this challenge which is rated as tough. As long as you lead a fairly active and healthy lifestyle you should be able to complete the challenge with enough time to prepare. See the notes on fitness for more details.

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

We have qualified first aid mountain guides on the hill to attend to any emergency. We have satellite phones which give us permanent telephone cover to allow us to call mountain rescue should the need arise. Your teams will be tailored to ensure people have a similar walking pace where possible.

What is included in the cost of the event?

Your registration fee includes:

- 3 Peaks T-shirt
- Mountain Whistle
- Bivvy Bag
- Rucksack Liner
- Donation to national parks for the parks upkeep

You will also find that each team will be given group equipment to help them complete the challenge:

- Group Shelter
- Mountain First Aid Kit
- 2 x OS Maps, Route Cards and Compass
- 2 x VHF Radio
- GPS Unit

What is not included in the cost of the event?

Your essential kit list, which include hiking boots are personal to each individual so we ask that you provide these yourself.

Personal Travel Insurance is not included for

you on the event. If you wish to have this covered then you will have to have your own insurance.

You will need to arrange your own transport for the duration of the challenge and all your meals and packed lunch for the challenge to give you the necessary energy that you need.

Do I need spending money?

You won't need much money, but you will need some for your dinner in Fort William the night before your challenge begins and a little bit extra for the end of the challenge for incidentals. No more than £40 would suffice.

What do you do to protect the environment?

All our events are carbon offset so that you know the even is carbon neutral.

We make donations from our profits to the national parks. They keep the paths from eroding and look after the mountains we enjoy on our challenges.

We keep groups to a minimum to reduce the affects that our challenges have on the land whilst also being considerate to the local communities.

We're sure not every question you might have has been answered here – if you have any questions not covered please get in contact at info@gbcharityevents.co.uk