



# 3 PEAKS CHALLENGE



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**10th - 12th September 2021**

The 3 Peaks is a remarkable challenge, something you'll remember for the rest of your life. Challenge yourself by conquering the three highest mountains in Scotland, England and Wales within 24 hours in this iconic mountaineering challenge

The total walking distance of the National 3 Peaks Challenge is 23 miles (37km) with an ascent of 10,052 feet (3064 metres).

Only a few places are available so don't delay in committing to this adventure!

## Action4Youth

Action4Youth, based in Buckinghamshire and working across the wider area, is here for every child and young person, regardless of background or ability. Through our range of support, programmes, activities and outdoor education, we work to ensure that all have the chance to enter adulthood as positive, confident members of the community. No-one should be abandoned, neglected, deprived of hope, opportunity or aspiration. Help us ensure no-one is left behind. Action4Youth would not be able to provide our services to young people if it were not for people like you willing to make a difference by taking on this challenge to raise money.

To take part in this challenge we ask you to raise a minimum of £500.

All funds raised will be donated via JustGiving and you will be sent a direct link to set up and personalise your page. If you need any fundraising help we are here to support you so please do not hesitate to get in touch with us you can email: [fundraising@action4youth.org](mailto:fundraising@action4youth.org) or call 0300 033 2334.



# Information

We have a 17 seater mini bus for the trip and will not be taking a trailer due to speed restrictions on certain roads. Please follow the equipment list and keep other equipment as small as possible.

We will be departing from Caldecotte Xperience, 366 Simpson Rd, Simpson, Milton Keynes, MK63AG on the 10th September. Please could you arrive no later than 07:30 to help pack the mini bus and meet the rest of the team.

All you will need to bring is a good sleeping bag, pillow (if you want one) and role matt. You will need no pans or cooking equipment are required.

The whole walk will be guided by Martyn Frost, Mountaineering and Climbing Instructor with support from Rich Wyatt, Mountain Leader and Action4Youth's Director of Outdoor Education.





# Food & Energy

## The Food Bit

A BBQ will be provided on the evening of the 10th when we arrive at the campsite in Fort William. On the morning of the 11th Breakfast will be provided around 05:00am including tea and coffee. Please note that all other meals during travel and on the mountains are the responsibility of the participant.

Please let us know if there are any dietary requirements.

## Food and Energy

Typical meals when not on an all day exertion would be consumed once every five hours. Some of the more active and fitness inclined, tend to go for six smaller meals a day, totalling a greater number of calories and providing more energy.

Ideally while walking or climbing, a snack should be consumed every two hours or so. Snacks should be a mix of carbohydrates and protein, with a handful of nuts or seeds.

An ideal snack might include:

- 25g of almonds
- One boiled/poached egg
- Brown bread chicken/turkey sandwich

## Drink and Hydration

There is very little difference in performance depending on what is being drunk - most importantly, enough needs to be consumed. This means approximately one litre of water per two hours, or the equivalent.

Many prefer water over energy, sports or isotonic drinks. As long as appropriate food is also being consumed, the sugar in other drinks is not required.

For practicality, hydration backpacks are highly recommended, as they leave your hands free for balance, and provide a quick source of hydration while you're on the move.



# The Schedule

## Mountain Day timings

Typically, each mountain will take the following times:

- Five hours for Ben Nevis
- Four hours for Scafell Pike, from Wasdale Head.
- Four hours for Snowdon

These times are steady - for example, Snowdon would be completed comfortably by most people in five hours. A good pace is needed, without wearing out too early.

## Schedule starting Saturday 11th September

05.00 am	Breakfast of Bacon roles & drinks
05.45 am	Depart campsite to the base of Ben Nevis
06.00 am	Climb Ben Nevis. (11th September)
11.00 am	Finish Ben Nevis and start drive to Scafell Pike (six hour drive).
5.00 pm	Arrive and start climbing Scafell Pike (Wasdale Head)
9.00 pm	Finish Scafell Pike and start drive to Snowdon (five hour drive).
2.00 am	Arrive and start climbing Snowdon (12th September)

We should arrive back in Milton Keynes around 12:00 to 16:00 depending on timings.





# Kit List

To carry with you in a good quality day sack (25 litre) It'll be on your back  
For minimum of 13 hours.

- Hill snacks
- Gloves (+ spares)
- Hat (covering ears + spare)
- Waterproofs (top and bottom)
- Spare Mid (Warm) layer
- Backpack rain cover or thick waterproof ruck sack liner, not a bin bag)
- Mobile phone (for Facebook updates on the rd & hill)
- Spare socks (2 pairs) to leave in the bus
- Blister plasters - white zinc oxide tape or Compeed is best.
- Sunglasses & sun cream
- Head torch with new batteries
- Camera
- Recommended: walking poles
- Water Bottle or flask (liquid for 5hrs exercise)
- Whistle

As a team, we will also be carrying and supplying an emergency shelter, a first aid kit and some other technical equipment.





## Kit to wear

- Walking boots (not trail shoes or trainers, must have ankle support)
- Hiking socks (wearing a single pair recommended, rather than using a liner sock)  
(Wear a liner sock under good quality walking sock)
- Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers) Jeans are unsuitable and dangerous = NOT Allowed
- Sports top (not cotton or other base layer)
- Technical base layer plus mid layer (for warmth) your Team t shirts
- Windproof/breathable waterproof jacket
- Thermals (we shouldn't need thermals as we'll be moving continuously).





# Keep in the mini bus

- Food (main supplies, carry some snacks). We will only provide food for a bbq when we arrive at Fort William around 19:00)
- Changes of clothes x2
- One set (Liner and walking) of socks for each peak
- Light shoes / sandals (for bus use)
- Sleeping bag / blanket
- Roll Matt

## Below will all be provided

- Cookers (For tea making)
- BBQ for Sat night
- Breakfast rolls
- Plates, cups, kfs
- All transport from MK63AG



To join the 3 Peaks Challenge and raise money for Action4Youth, click the link to download our booking form.

**Contact us: [E.fundraising@action4youth.org](mailto:E.fundraising@action4youth.org) T. 0300 003 2334**





For further information please do not hesitate to contact us:

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