

# National Three Peaks Challenge

Charity Challenge Brochure



# FROM ALEX A MESSAGE

Having loved to travel, seek adventure and explore new places, I created **Endeavours Adventures** to utilise the power of adventure as a force for good in the world.

We exist to curate **sustainable, legendary charity challenges** at **bucket list locations** right across the globe. I truly mean it when I say that adventure can be **life-changing**, so join us today to help change the world, meet new friends and discover your potential!

Welcome to our mission – **To Make Adventure A Global Force for Good!**

*A. Taylor*  
**Alex Taylor**  
**Founder**



# NATIONAL THREE PEAKS

## Challenge overview



# JOIN THE **TOP 1% OF THE UK** POPULATION WHO HAVE COMPLETED THIS CHALLENGE...

The National Three Peaks challenge is a **world renowned adventure** found within the UK that sees participants take on the **highest peaks of Scotland, England and Wales**, usually within **24 hours**.

We cover a total distance of **26 miles** and **3000m in ascent**, with participants witnessing majestic landscapes, breathtaking views and beautiful scenery every step of the way.



**3 DAYS**



**STANDARD REGISTRATION FEE: £75**



**STANDARD FUNDRAISING TARGET: £695**



**INCLUDES:** See page 7



**DIFFICULTY:**  (3.5/5)



# THREE PEAKS ROUTE

**PEAK 1:**  
Ben Nevis,  
Scotland  
1344m



**PEAK 2:**  
Scafell Pike,  
England  
978m



**PEAK 3:**  
Snowdon, Wales  
1085m



# NATIONAL THREE PEAKS

## Itinerary



### Day 1: Transport to Fort William & Briefing

Transport has been arranged in the late morning to take you from Manchester Piccadilly train station and Glasgow Airport to Fort William, where you shall be briefed and stay overnight prior to the start of the challenge.

*Alternative pick up locations can be arranged on route upon request.*

- ✓ **Included:** Transport from Manchester to Fort William
- ✓ **Accommodation:** Hostel



### Day 2: Challenge Begins Ben Nevis & Scafell Pike

Your challenge begins with an early start, breakfast, and transport to our first peak, the legendary Ben Nevis. Ben Nevis is the UK's highest mountain, standing at 1344m tall.

**Total walking time:** 5 hours

**Total walking distance:** 17km

After completing Ben Nevis, you and the team will be driven to the Lake District (6 hours). Here you will climb England's Highest mountain nestled amongst the beautiful lakes and hills, Scafell Pike (978m), arriving in time for an unforgettable sunset.

**Total walking time:** 4 hours

**Total walking distance:** 10km

Following the end of Scafell Pike, we continue onwards to Wales (5 hours), stopping for dinner and snacks at a service station before continuing through the night.

- ✓ **Included:** Transport between the mountains, qualified mountain guide on each mountain





# NATIONAL THREE PEAKS Itinerary



## Day 3: Snowdon and End of Challenge

We travel through the night to Yr Wyddfa (Mt Snowdon), Wales' highest mountain and the final challenge for you to take on.

Starting at night, we trek into the sunrise the next morning, offering a unique and memorable experience that you will never forget as you witness the rays of light begin to rise as you take on the last peak.

**Total walking time: 4 hours**  
**Total walking distance: 14km**

The feeling you get when you reach that finish line, after 24 hours of walking, is completely unmatched! Welcome to the top 1% of the UK population who have completed the National Three Peaks challenge! What an incredible achievement that you can boast to all your friends and family about.

Upon completion, we head back to Manchester by transport and conclude the challenge.

- ✓ **Included:** *Transport between the mountains and back to Manchester, qualified mountain guide on each mountain*



## BEN NEVIS



Someone once brought a piano all the way to the summit!



It's possible to see Northern Ireland from the summit!



Over 150,000 walkers make the ascent of Ben Nevis every year!



## SCAFELL PIKE



Westwater lake at the foot of Scafell Pike is the deepest lake in England



The Lord Leconfield donated Scafell Pike to the National Trust in 1919



Confusingly, right next to Scafell Pike is a peak called Scafell



## YR WYDDFA (SNOWDON)



On a clear day, you could see 18 different lakes, and 14 other summits over 3,000 feet!



The English origins of the name 'Snowdon' derive from the Saxons, 'Snow Hill'.



Yr Wyddfa has a lily named after it, known as the 'Snowdon Lily'.



# 4 THINGS TO KNOW ABOUT THE NATIONAL THREE PEAKS



## NATIONAL THREE PEAKS CHALLENGE

There are two records for how fast the National Three Peaks challenge has been completed in:



1971: 11h 56m (before speed limit restrictions)



2015: 14h 36m



# WHAT AM I GETTING FOR MY MONEY?

## WHAT'S INCLUDED

- ✓ Transport from Manchester Piccadilly train station and Glasgow Airport to Fort William
- ✓ Accommodation in Fort William prior to the start of the challenge
- ✓ Meals as specified in itinerary
- ✓ Transport between all the mountains
- ✓ Transport back to Manchester Piccadilly post-challenge
- ✓ Professional, qualified mountain leaders on each mountain
- ✓ Safe drinking water during the trek
- ✓ Thorough pre-departure briefing, advice and support
- ✓ Support from an Endeavours Adventures representatives in-person during the trip
- ✓ Training plan
- ✓ Fundraising support
- ✓ 24/7 emergency line and support whilst on the challenge

## WHAT'S NOT INCLUDED

- ✗ Travel insurance (if necessary)
- ✗ Personal trekking clothing and equipment (e.g. walking poles, waterproofs, etc)
- ✗ Meals not specified
- ✗ Transport to and from Manchester Piccadilly train station



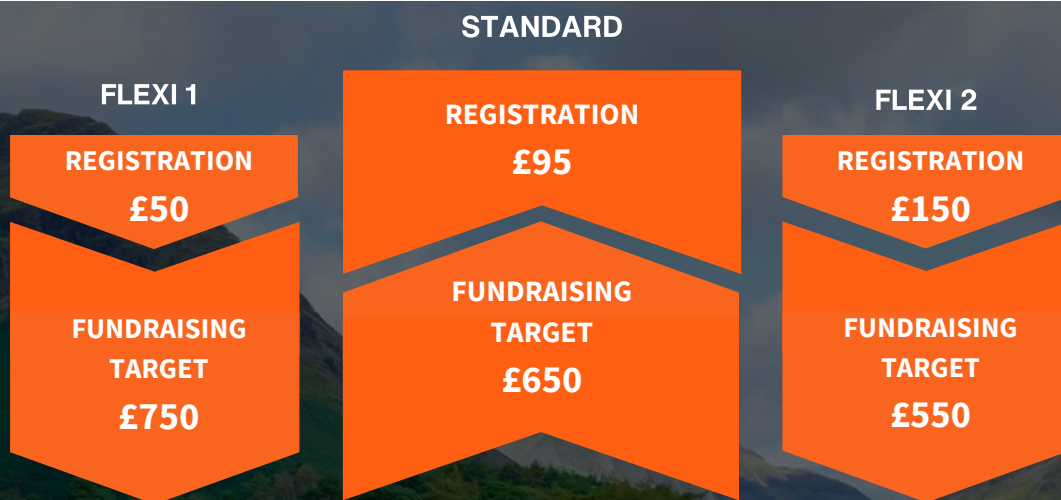


# FUNDRAISING & EXPERIENCE COSTS

## HOW DOES IT WORK?

To register onto one of our challenges, you'll firstly need to pay the **registration fee** which *reserves* your space on the challenge.

Next, with plenty of support, you'll need to fundraise to the target by 6-8 weeks before your challenge. Once you reach your **fundraising target**, your place on the challenge is *confirmed*.



### CHOOSING A SIGN-UP OPTION:

You can choose which ever sign-up option is best for your financial situation and fundraising experience. Please note that you do not need any prior fundraising experience to join any of these options! You can also change this option after signing up. We recommend:

- Flexi 1 to confident fundraisers
- Flexi 2 to those with busy time schedules/smaller time commitments

### REGISTRATION FEE:

#### **THIS IS ALL YOU PAY!**

Aaaand we understand that not everyone will be able to pay this all at once. So, we have several payment plans available for all of our reg fee's:

**OPTION 1:** *Pay in full*

**OPTION 2:** *Pay £15 now, and the rest in December*

*Full refunds cannot be issued after the 48-hour cooling off period after you sign-up.*

We also have a **hardship fund** to help cover the cost of the reg fee for those eligible. If you would like to check your eligibility, please email [team@endeavoursadventures.com](mailto:team@endeavoursadventures.com).

### FUNDRAISING TARGET:

**Your fundraising deadline is 6-8 weeks before your challenge starts. You MUST reach the target by the deadline to go on the challenge.**

Please note, this is NOT your money! This is the amount you'll gather through donations. From asking friends and family for donations, to hosting pub quizzes - fundraising is so much fun and it's amazing the difference you will be making for your charity.





# FUNDRAISING

I've never done a charity challenge before, how on Earth will I fundraise?!



## SIGN UP:

Upon signing up, you'll receive a welcome email with 2 links:

1. To set up your **JustGiving page** - this is where all your donations will go and you can keep track of how much you've raised (how exciting!)
2. To join the **Team EA Three Peaks group chat** with everyone else doing the three peaks challenge - aka a group chat of your future friends for life!



## TEAM SUPPORT:

Previous groups have had SO much fun organising group fundraiser's together. Get together with your EA three peaks team mates, and host pub quizzes, bake sales, easter egg hunts (as well as fun socials!)



## EA SUPPORT:

- Monthly fundraising workshops
- Monthly newsletter packed with fundraising ideas and examples
- On hand support via text or phone call
- Online fundraising resource pack



## CHARITY SUPPORT:

- 121's - can help you turn any idea/hobby into a fundraiser
- Can organise bucket collections (possibility of raising £100's!)
- Send you resources such as t-shirts & buckets upon request



## NETWORK SUPPORT:

*Reach out to friends, family, colleagues, house mates, societies, clubs, etc for...*

- Monetary donations
- Old clothes to sell
- Raffle prizes
- Cakes for a bake sale
- Turning socials into fundraisers

... and so much more! Get creative and have fun - the crazier, the better!



## FUNDRAISING COMPLETE!

Congratulations! All thanks to you, your fundraising is going to make a big difference for your charity - how amazing is that?! Your place on the challenge is now confirmed! You can start preparing for your challenge.



# STUDENT FUNDRAISERS

Students, like you, who have chosen to make a difference during their time at university. This could be you!



## Georgia - Peru: Machu Picchu Trek

First year, studying English literature at Bristol University

### Georgia raised **£1069** for UnseenUK in **one single event** by:

Collaborating with the University of Bristol's Women's Football Club on their annual Sunday **tournament event**. The event saw different sports teams at the university competing in women's, men's, and mixed 7-a-side matches. The day was incredible, and Georgia raised a staggering £1,069 through **ticket sales** and a **bake sale** alongside the tournament, which she stationed on.

## Megan - Iceland: Fire and Ice trek

First year, studying geography at Durham University

### Megan raised **over £2,700** for ARUK by:

- Spreading the word to her **network** and asked them to share to their networks (which included a donation from a family members' church).
- **Sold clothes** throughout the year, including her networks' clothes that they no longer wanted.
- **Sold her bike**, plus her **dad's old motorcycle parts**.
- Asked for **donations for her birthday** instead of gifts.
- Used **easyfundraising** throughout the year.



## Mathias - Peru: Machu Picchu Trek

Third year, studying international relations at Exeter University

### Mathias raised **£488** for Hope for Children in **one single event** by:

- Organising Exeter university's first ever "**Men's Football World Cup**"

### Mathias raised a total of **£1100** throughout the year by:

- Street **bucket collections**
- Completed a **half-marathon**
- Hosted **pub quizzes** and **bake sales**
- Organised several **sport tournaments** (table tennis, football)



# FUNDRAISING FAQ'S

## Do I have to reach the fundraising target?

Yes! After paying the registration fee, you must also reach your fundraising target to guarantee your place on the challenge. But fear not! We have an expert team of fundraising guides and support available to help you alongside the incredible support you shall receive directly from the charity.

## Who does the money fundraised go to?

All the money you fundraise goes directly to your charity. Once you reach your fundraising target, your charity will use a portion of this money to cover the remaining costs of your challenge, whilst the majority goes to supporting their important work.

## How much of the fundraising covers the cost of the trip?

Operating a minimum 49:51 (Trip Cost:Charity) cost ratio, we are the industry leading % of fundraising remaining with your charity  
AND  
100% of all money raised over the fundraising target and Gift Aid remain with your charity.

## Can I change my fundraising option?

Yes, you are able to change your fundraising option for your challenge, provided that it is before your final fundraising deadline. However, you must talk to your charity representative or a member of the Endeavours Adventures team first before this can be confirmed. A change in your fundraising option will incur a £20 administration fee.

## What happens if I do not reach my fundraising target?

If you have not reached your target by the final fundraising deadline date, you can defer your place on the challenge to next year and pay a deferral fee (£70).

If you reached 80% of your fundraising target by the final deadline, you may be allowed to go on the challenge in the current year, and then fundraise the remaining amount of money once you are back.

However, if you have not reached your target and have not been in communication with us, the Endeavours Adventures team will cancel your place on the challenge.



# FAQ'S

## How difficult is this trek?

This trek is rated 3.5/5 on its challenge level of difficulty. Many people who take on the National Three Peaks Challenge have never done anything like it before, so you don't need to be a mountain runner to take part! However, this is quite an intense challenge as you try to beat the clock whilst also not getting much rest.

We strongly recommend that you practice some form of hiking with different types of ground, steepness, and even practice walking with the bag you will wear on the challenge, as well as your walking boots, at least 16-18 weeks before the challenge date.

A typical trek at this level will include trekking for 4 to 6 hours per day over consecutive days possibly at high altitude, so it is important to get your body adjusted to this level of activity.

You will be supported throughout the challenge by your guide and fellow team-mates.

## Where will I be sleeping?

The night before your challenge starts, you will be staying in a local hotel in Fort William. Once the challenge begins, you will be on the move throughout the day, and so the only rest you will have will be on the mini-bus to each mountain - so make sure to bring a comfy neck pillow, an eye mask and possibly some ear plugs!

## What is the climate like on the mountains?

The terrain on the mountains will be varied, and it may occasionally be rocky. The higher the altitude, the colder and possibly windier it will be, so make sure to bring your layers in your day bag.

## How will we be able to make it within 24 hours?

Although difficult, it is not impossible to summit all three mountains within 24 hours, and our meticulous planning and experience increases your chances to complete such an achievement!

Each mountain is allocated a maximum time to be completed in:

- Ben Nevis: 5 hours
- Scafell Pike: 4 hours
- Snowdon: 5 hours

As you start climbing each mountain, the group will naturally divide into different speed groups. There will be a mountain leader per speed group and they set the pace of the trek in order to complete the mountain within the timeframe allowed in order to finish the challenge within 24 hours. The time allowed on each mountain is inclusive of several rest breaks, which the mountain leaders know where to take and for how long.

## What if I can't get to the top of the mountain?

If your speed group is not able to keep up with the mountain leader's pace, you may not be able to reach the summit before needing to turn back around to walk back down the mountain to reach the base in time to continue on to the next one.

This is completely okay. Although you may not reach the summit, you still pushed yourself to your limits and are achieving something great. You can always try again another time!

## Where do I leave my things whilst I climb the mountains?

You can leave all your belongings, meals, etc on the coach whilst you climb each mountain, allowing you to only need to carry a small day bag with water, snacks and layers!



# FAQ'S

## Who will I be travelling with?

You will be travelling with around 20-50 participants from across the UK. Our university challenge groups comprised of fellow students from multiple organisations. You will be looked after by accredited, English speaking guides along with an Endeavours Adventures representative.

## Is this challenge safe?

At Endeavours Adventures we place safety at the heart of what we do. Whilst an element of risk always exists within each challenge, we have worked with our partners in country and implemented our own procedures to minimise risk whilst still ensuring you have an incredible challenge experience! All our challenges are risked assessed in line with BS8848 British Standards of Trekking.

## What kit do I need?

Scan here to access the kit list:



## What food should I bring with me for the trek?

You will burn in-excess of 1500 calories on each mountain, so it is important that you eat along the way and whilst in the minibus. We recommend that you carry snacks whilst on the hill with something more substantial left in the minibus to eat whilst travelling.

We don't have a required list of foods to bring as everyone has their own preference. However, bananas, little oranges, mini pork pies, dried fruit, chocolate bars, wine gums & jelly babies and other similar snack foods all work well as trekking snacks.

We also recommend you carry 2 litres of water to drink whilst walking and have something else to drink in the minibus. There are water refill points at the base of every mountain.

## Is this challenge sustainable?

At Endeavours Adventures, we value sustainability and responsible tourism at the highest level to deliver a fulfilling, enjoyable experience whilst supporting local communities. We work with all stakeholders to monitor our operations and strive to continually improve what we do and encourage all our participants try to reduce single-use plastics by bringing reusable water bottles and minimising plastic use where possible. We are fully committed to being a sustainable business with a social purpose. Endeavours Adventures are proud to be climate positive in our travel practices for our challenges, which means we go beyond achieving net zero carbon emissions to create an environmental benefit.

## What if I no longer can make my challenge dates?

We offer **free** placement deferrals if you let us know before the end of March 2024. We offer **free/discounted** deferrals due to family/health complications, depending on what the situation is and how close it is to the challenge start date. In all other circumstance, you'll need to pay a £70 deferral fee.





**ENDEAVOURS  
ADVENTURES**

**READY FOR YOUR NEXT  
ADVENTURE?**



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**INSTA DM: [@endeavoursadventures](https://www.instagram.com/endeavoursadventures)**

**FACEBOOK/LINKEDIN: Endeavours Adventures**