



BLACKROCK

 **actionchallenge**
challenge events worldwide

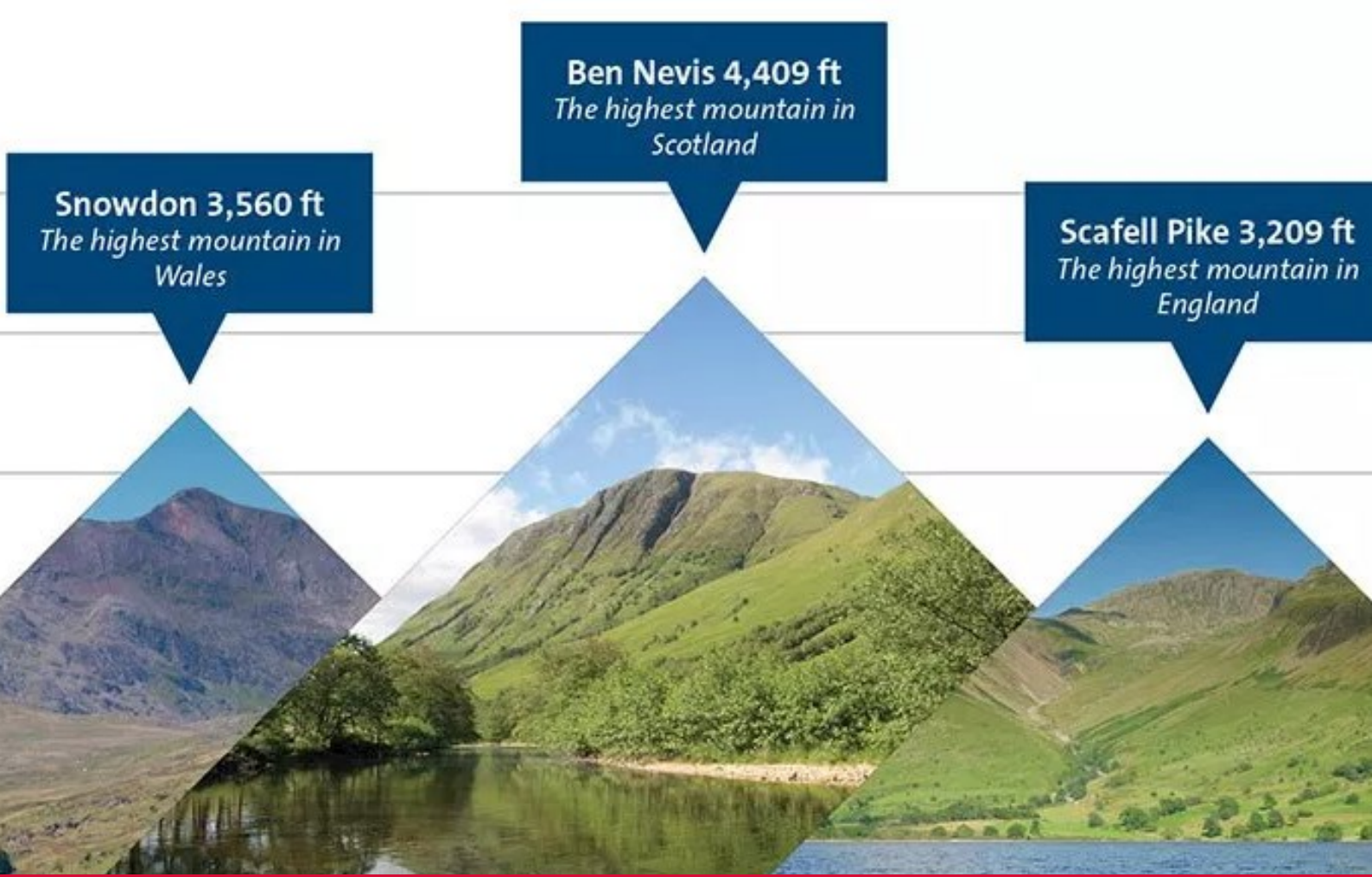
BLACKROCK CHALLENGE

6th - 8th June 2019

Three Peaks Challenge

Action Challenge has been leading inspirational team adventures across the globe for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world's most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.





THREE PEAKS CHALLENGE



This is an ever popular and demanding challenge event which aims to summit Ben Nevis, Scafell Pike and Snowdon in one continuous effort. Action Challenge has experience in organising and delivering the 3 Peaks Challenge to a high standard of safety and responsibly.

Many groups want to make a 'back-to-back' ascent of the highest mountains in Scotland, England and Wales respectively and this has historically been made within a 24 hour period from start to finish. This requires careful planning, rigorous training and full commitment from all involved to meet the stamina and fitness requirements to ensure the best possible chance of success.

The time taken to summit each mountain is all down to the team involved; their fitness, team work and luck with the weather! The driving element is more standard (approximately 6 hours between Ben Nevis/ Scafell Pike and 4 hours between Scafell Pike/Snowdon). Factor in time taken to prepare kit and equipment, change clothes and eat and drink on the move... and you have a real challenge on your hands to complete the event in the '24 hour' period.

RATING, FITNESS & EXPERIENCE

To succeed in this event you need to be in good physical condition – able to withstand sustained activity over a number of hours, including steep ascents and descents. We will cover high-level terrain which is rocky and uneven underfoot. This is a Tough challenge and requires a good level of fitness to walk the route. You should train well before departing to ensure you enjoy this trekking challenge. A sense of humour to cope with any adverse weather conditions is also quite beneficial!



DAY 1 BEN NEVIS

We pick you up at Glasgow International Airport and then transfer by our team coach to Fort William which is the local town at the base of Ben Nevis. Here there will be a chance to stock up on any supplies that you need before we transfer to the trailhead and start of our Three Peaks Challenge. By 1530 we will have started our climb of the UK's highest mountain. We should take about 5hrs 30mins to summit and return to our coach. We are soon back in our coach heading south for the Lake District and grabbing a few hours of sleep.

DAY 2 SCAFELL PIKE & SNOWDON

The coach arrives in the Lake District and by 0430hrs we should be heading off to climb to the summit of Scafell Pike the Highest peak in England. This is a quicker climb and we should be back and ready to head off again by mid morning. Our last transfer takes us down to The Snowdonia National Park and Mt Snowdon, the highest peak in Wales. We start our climb after lunch at about 1400 and should be down, having completed our Three Peaks Challenge by 1900hrs.

We transfer down to the lively local town of Llanberis and have a final meal to celebrate the end of an incredible challenge. Tonight we can collapse sore and aching but in high spirits in our local hotel.

DAY 3 HOMEWARD BOUND

This morning we wake to a great breakfast before transferring to the local train station for our return journey.

EVENT STATISTICS

Ben Nevis 5hr 30min
Snowdon 4hr 15min
TOTAL 24hrs

Total Climbing 3,000m

Scafell Pike 4hr 15min
Driving 10 hrs

Total Walking 39km





Challenge Cost

We can offer Blackrock the following price on The National Three Peaks Challenge.
£445 per participant based on groups of 8+ people

WHAT'S INCLUDED?

- Online registration system
- Challenge App packed with all your event info including itinerary, event manual, equipment list and discounts etc
- Pre-trip briefing by Action Challenge staff in London
- Action Challenge Mountain Leader
- Action Challenge UK Medic
- Local trek manager
- All transfers
- Hotel accommodation in Llanberis after the final climb, on a twin-share basis
- Celebratory dinner in Llanberis
- Clean drinking water provided
- All transfers Comfortable mini coaches with reclining seats
- Fitness and training guide
- Discounts from UK retailers - Cotswold Outdoor, Trek Hire & more
- Reduced rates at Nomad Travel Clinics and Masta Health

NOT INCLUDED

- Travel insurance
- Items of a personal nature
- Any tips for staff
- Single Supplement

THE ACTION CHALLENGE APP

Easily accessible on all smartphones, our Challenge App gives you the most up-to-date information on all aspects of your challenge:

- The full itinerary
- Challenge Manual
- Route-map
- Kit List and Discounts
- Training guide
- Up-to-date weather forecasts & much more.



THE WEATHER

At any time of year rain is a distinct possibility, and it can be very cold on the top of the mountain. So pack spare layers and be ready for anything! We will adjust our walking plans to take any adverse weather conditions into account.

SAFETY

Mountain walking can be a potentially hazardous activity. Certain minor injuries are commonly associated with trekking and are sometimes unavoidable—blisters, twisted ankles and minor grazes etc. Please ensure you have all the required equipment as specified in the kit list, this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions.

ACTION CHALLENGE STAFF

Your Leader/s are experienced and Qualified Mountain Leaders, and will carry all necessary team safety equipment. They will also be qualified in Emergency First Aid.

FOOD

Our standard Bespoke itinerary includes the following food and drink:

- 1 x 2 course Dinner after the challenge
- 1 x Breakfast the morning after the challenge
- Drinking water available on the coach. We facilitate many opportunities to obtain your own snacks during the challenge: food store shop in Fort William, breakfast baps/hot drinks in Wasdale, service station stop en route from Ben Nevis to Scafell Pike. We recommend a mix of savoury/sweet items to eat. Food that is high in energy, is tasty, packed and eaten easily and that makes you happy is key.

ACCOMMODATION

We will provide you with 1 night 3 star accommodation at the end of your challenge. We find this gives your team a chance to relax and celebrate after their event - you'll really enjoy the sleep after the challenge!

Accommodation is available in twin rooms as standard. Supplements are available for single rooms (if available at time of booking - please ask). You will be met by your transport driver after breakfast, the morning after your challenge - to take you back to Chester for onward travel arrangements.

