



3 PEAKS Challenge



BEN NEVIS



SCAFELL PIKE



SNOWDON



“ I seriously underestimated just how physically challenging this would be ... But loved every minute of it! ”
- David Laird, team 2014

TEAM 2014
Half way up Ben Nevis

3 mountains to climb
24 miles to hike
1,000 miles to travel
To Complete the Lakelands
THE 3 PEAK CHALLENGE



4th—5th September
2020



Join Our Team

Join us and experience the challenge of a life-time!

The Three Peak Challenge involves climbing the highest mountains in Scotland, England and Wales within 24 hours. We will travel up to Scotland first and do **Ben Nevis before travelling south and then south-west to do Scafell Pike and Snowdon respectively.**

The challenge includes around 24miles of hill walking, with each mountain being between 7—10 miles in hiking.

Raise a minimum of £300 sponsorship and take part for free as a part of our team, led by our dedicated fundraising staff who will organise the trip of a lifetime for you—transport, routes, maps, first aid kits, you will just need the food and clothing to get you up the mountains.

Half way up Snowdon



The Mountains

Ben Nevis

The highest mountain in Scotland and the UK at 1,344 metres high, and the longest walk.

Scafell Pike

The highest mountain in England at 978 metres, Scafell Pike is the smallest of the three peaks.

Snowdon

The Welsh Peak, Snowdon, is 1,085 metres high

Why for Lakelands?

The experience in itself will be exhilarating—and we at Lakelands will be sorting transport, logistics and will be your guides for each mountain, with you every step of the way.

The views from the mountains are stunning, the sense of achievement on completion of so daunting a challenge is unbelievable and to do it for a charity makes the achievement just that little bit more rewarding.

Our nursing staff provide quality care to people living with life-limiting illnesses completely free of charge, without NHS or government funding.

So, your achievement in climbing three mountains will really make a difference to lives of people in our local community.

Win-Win, really!

But seriously, the money raised through taking part in this challenge will make such a difference, and your undertaking such a challenge will be greatly appreciated.



Climbing Ben Nevis

How Does It Work?

Register—£50 deposit

Fill in the attached registration form and hand in to the fundraising team with the £50 deposit

Fundraise/Train—from Reg to Sept

Raise as much of the £350 as you can before the event and train yourself in prep for the event!

Do the Event

We will keep in communication with you to make sure your fundraising and training is going ok, and will meet with you all as a team to initiate the team and make sure we are all fully prepped!

Complete the Challenge!—£300+

Get the balance of the £300 to us within 4 weeks of the challenge

“

I can honestly say it was the hardest physical challenge I have ever done. ... But now thinking back, all the amazing views and the overall achievement is outweighing all the pain I went through and I only have good memories left of the whole experience

”



The Itinerary

Friday 4th September

- 5.45am Set out
Meet at the hospice to load everything into the minibus and set off up to Ben Nevis in plenty of time
- 3pm Arrive at Ben Nevis
- 4pm Challenge Begins! Ben Nevis ascent
The clock is set and we start our climb
- 10pm Complete Ben Nevis, set off to Scafell Pike
Finish Ben Nevis and get back onto the minibus to get to Scafell in good time. Sleep and eat.



*Half way up Ben Nevis.
Can you spot the zig-zag path?!*

Saturday 5th

- 3am Arrive at Scafell Pike, begin ascent
Climbing from Wasdale Head, hitting the mountain before it gets crowded and getting to the top for sunrise
- 7.30am Complete Scafell Pike, set off to Snowdon
Again, get back to the minibus and head off quick-sharp to get to Snowdon. Another opportunity to rest up and eat up!
- 1pm Arrive at Snowdon, begin ascent
Set off up Snowdon with plenty of time to reach the peak before 4pm—and stay within our 24 hour time limit!
- 4pm Challenge Complete!
By 4pm we should be well on our way back down the mountain, having completed the challenge.
We will go into a nearby town to pick up something to eat and have a rest before travelling back

Sunday 6th

- 2am Arrive back in Corby
Safely and soundly, exhausted but elated!



*A view from half way up
Ben Nevis*



Team 2014 fresh at the bottom of Ben Nevis



Equipment

Everyone needs to be fully equipped for the walk and the range of conditions that may be encountered.

Essential

- Backpack with camel pack
- Walking boots
- Walking socks and spares
- Set of dry walking clothes
- Spare dry clothes
- Waterproofs—jacket and trousers

- Gloves
- Hat
- Head torch
- Suncream & sunglasses

Optional

- walking poles



Lakelands Bear at the top of Scafell Pike

Clothing

A range of weather conditions can be encountered during the challenge, so it is important to be fully prepared. We would recommend dressing in layers to put on as you go up the mountains, it gets quite cold towards the summit!

Base Layer Your thermal layer should be made of synthetic material, not cotton, so that it wicks away moisture and keeps you comfortable.

Mid Layer A comfortable layer, with or without sleeves, depending on the temperature. Micro-fleece is ideal.

Outer Layer Bring a windproof and rainproof jacket, and a set of waterproofs. You can then wear either your jacket or just the waterproofs if not cold. Waterproof trousers are essential, as well as the waterproof top.

Suitable walking trousers are particularly important—jeans or tracksuit trousers won't be suitable. Walking trousers should be light so that they dry quickly and are comfortable for walking such a distance.

Food and Drink

You'll need to keep yourself supplied with snacks, water and other drinks throughout the challenge—both on the mountain and during the travelling. We recommend you buy your supplies with you before we start the first journey as time for breaks on the journey up and between mountains will be very limited in frequency and time-wise.

Foods complex in carbohydrates, like wholemeal bread and pasta, are recommended to keep your energy levels up. Coca-cola or sugary drink and jelly babies/fruit pastels are the personal recommendations from the Lakelands Team—they got us up those mountains last year!

Plenty of water will be necessary throughout, and again, Lakelands will ensure there are plenty of bottles of water to keep you replenished between mountains.

A view from part way up Scafell Pike





Training / Fitness

The physical and mental difficulty of this challenge is not to be underestimated. All participants in our first challenge said they had underestimated how hard this challenge would be—and how much they loved it.

We must stress that a good level of general personal fitness is maintained before the challenge is undergone. The challenge includes around 24 miles of mountain walking, and although there is rest time in the travelling periods between mountains, the endurance needed both to climb the mountains and sustain yourself through sleep-deprived time is essential.

The Three Peaks Challenge organisation advises the following training structure leading up to the event:

General Fitness three times a week, for 30+ minutes

If not a part of your usual routine, including several regular exercise sessions will make a big difference to your overall health and fitness.

Endurance Fitness once a week, for 3+ hours

They recommend a longer, weekly training session, taking in a local walking route or one that you can easily travel to. Making sure you incorporate some hilly terrain into your practise walks is a good idea. During a training walk is the ideal time to wear in a new pair of boots or try out some new gear.

Training Timeframe

Depending on your pre-existing level of fitness, they recommend training for between three to six months. If you already have an active lifestyle, you'll be well placed to take on the Three Peaks Challenge, but do not underestimate the endurance required.

For more information or further advice, please contact us as a fundraising team or feel free to check out the official Three Peaks Challenge website at www.threepeakschallenge.org



Team 2014 starting at the foot of Scafell Pike



Team 2014 at the top of Scafell Pike

Checklist

- Sign Up**—fill in the registration form and give it to the fundraising team with a £50 deposit to secure your place
- Training**—create a training schedule and pencil in some long walks in the weeks leading to the challenge to break your boots, equipment and let your poor little legs know a bit of what they'll be doing!
- Fundraising**—create a JustGiving page and start telling everyone you meet what you're attempting to get money out of them! We can provide paper sponsorship forms too.
- Equipment**—ensure you buy all of the equipment in the checklist and are fully prepared for the hike
- Supplies**—buy a mountain of supplies and especially fluids to keep you sustained for the whole 48 hour journey
- Insurance**—we advise that you get yourself some travel insurance, just the usual travel inside the UK to cover the 48 hours we'll be away is sufficient as we aren't going above 11,000ft above sea level.
- Get yourself to the hospice on time—and complete the Challenge of your life!**



Sign Up / Registration Form

Sign me up! I accept the Three Peak Challenge and want to do it for Lakelands!

Please complete this form and send it, with your deposit, to the Fundraising Team:

Lakelands Hospice, Butland Road, Corby, Northants, NN18 8LX.

If you have any questions or queries or would like some further information, please speak to Paul Marlow, our Fundraising Manager, by calling 01536 747755 or emailing: PaulMarlow@lakelandshospice.org.uk

Name:

Address:

	Post Code:
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Email:

Mobile Number:

Date of Birth:

Medical Conditions:

Next of Kin: (name/contact number)

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Lakelands Hospice does not provide personal travel insurance cover and advises that individuals obtain this for themselves. This can be easily purchased for around £15 from reputable providers.

<input type="checkbox"/>	I enclose a £50 deposit to secure my place on the team
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<input type="checkbox"/>	I agree to pay Lakelands Hospice the minimum of £300 sponsorship monies within 4 weeks of the event date.
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Signed:
Dated: