

## Three Peaks Challenge with Ruils – May 2024

Ruils is partnering with experienced expedition company, Maximum Adventure, to take on the Three Peaks Challenge on the weekend of Friday 17<sup>th</sup> – Sunday 19<sup>th</sup> May 2024.

### What is the Three Peaks challenge?

The Three Peaks (Ben Nevis, Scafell Pike and Snowdon) are the highest mountains in Scotland, England and Wales. The challenge is to climb each of these three peaks – one after the other.

### How does it work?

If we have fewer than 8 walkers in the Ruils team, we will join Maximum Adventure's main group expedition. If we have 8 walkers or more, we will have a private group and bus.

### Itinerary:

#### Friday 17th

- Make your own way to either of the 2 designated pick up points (either Manchester Piccadilly station by 10am or Glasgow International airport by 4pm)
- Transport to your B&B accommodation in Fort William.
- Opportunity to pop to the supermarket to buy food.
- Check-in, evening briefing, route planning and equipment check with your guide.

#### Saturday 18th

- Early breakfast then depart for Ben Nevis at 7am
- Ascend Ben Nevis – a round trip of around 5 ½ hours
- Afternoon transfer to the Lake District and evening ascent of Scafell Pike – a round trip of around 4 ½ hours

#### Sunday 19<sup>th</sup>

- Night time transfer to Snowdon and early morning ascent – a round trip of around 4 ½ hours.
- Transfer to Manchester Piccadilly station
- Make your own way home from Manchester Piccadilly station

### How much do I have to raise?

You will need to raise a minimum of £850 for Ruils. We will support you with fundraising advice and help you to set up your fundraising page.

### What do I have to pay?

Ruils will pay the full £499 cost for your place which includes:

- Collection from either Manchester Piccadilly station at 10am or Glasgow International at 4pm and transport to your hotel in Fort William for a Friday night stay
- B&B in Fort William in a twin room (you can choose to pay £75 extra for a single room subject to availability)
- All transport to and between mountains
- Transport to Manchester Piccadilly station on Sunday 19<sup>th</sup>

You will need to arrange and pay for:

- your train to Manchester Piccadilly or your flight to Glasgow International on Friday 17<sup>th</sup>
- all food other than your Saturday morning hotel breakfast
- your journey home from Manchester Piccadilly on Sunday 19<sup>th</sup>

How much training do I have to do?

This is a tough challenge, and people of moderate fitness will need to train for a minimum of 3 months before the event, preferably longer. Training tips can be found here:

[Three Peaks Challenge: Your Top Preparation Guide \(+Training Plan & Kit List\) - Maximum Adventure](#)

How do I sign up or find out more?

If you are interested in taking part in this event, email Carolyn at [fundraising@ruils.co.uk](mailto:fundraising@ruils.co.uk) or call me on 07944 965321 for more information.