

5 PEAKS CHALLENGE

 **actionchallenge**
challenge events worldwide



ITINERARY

DAY 1 WALES - SNOWDON

Participants arrive in Wales from 1600. Event registration, welcome dinner, safety briefing – early night!

DAY 2 SNOWDON and SCAFELL PIKE

Climb commences at 1000 local time for a daylight ascent of Snowdon. 1430hrs the last participant transport departs Snowdon for Lake District (on scheduled, controlled driver timings with Action Challenge supplying all transport. Following a hot meal stop in Lake District, teams commence an evening ascent of England's highest peak from 1900. Scheduled departures from Scafell from 2300.

DAY 3 BEN NEVIS and SLIEVE DONARD

Teams arrive in Fort William from 0500. A hearty Scottish breakfast awaits the group before they commence the ascent of Ben Nevis with all teams having successfully recorded a standard 3 peaks challenge by 1030 local time. Teams are then transferred south to Troon where they are conveyed by P&O Irish Sea on the 1500 Express sailing and arriving into Larne, Northern Ireland at around 1600. Transferring by road to County Down in Northern Ireland teams arrive at their checkpoints shortly after 1700. After re-fueling and being seen by the event physios and medics they embark upon their evening climb; taking 5 to 6 hours for the round trip returning to base camp before midnight.

DAY 4 CARANTUOHIL

A five hour drive through the night brings the teams to the remote West of Ireland as the sun is rising. The ascent of Ireland's highest peak marks the completion of the 5 Peaks Challenge – a tough and grueling encounter with 5 of the British Isle's highest peaks, encompassing some 60KM of trail time, and 5300m of total ascent. Arriving at the final check point exhausted but elated there is finally the chance to rest weary legs and enjoy a celebratory pint of Guinness!

DAY 4 DEPARTURE

Transfer to Dublin city, airport, ferry port and Holyhead (Wales).



LOGISTICS



CHALLENGE COST

From £695 per person

Minimum number 50 participants

INCLUDED

Welcome pasta party Wales

Camping Wales

Camping Ireland

All transport during the challenge

Support crew consisting of mountain leaders, marshals, doctor, medics, catering team, drivers.

All food on-event

Ferry crossing Troon-Larne

All baggage transfers

NOT INCLUDED

Transportation to the start of the event.

Optional return from Dublin to event start (Wales) / transfers to Dublin airport.

Items of a personal nature

Trip insurance

CHALLENGE RATING & FITNESS

This is a tough endurance event and requires participants to have a good level of fitness and to have trained in advance of the challenge.

WEATHER

Rain and cloud can be expected any time of year in the UK and Ireland, but spring and summer are all beautiful times to do this challenge. Mountain weather is unpredictable and so warm and waterproof clothing should be brought on the challenge.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

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