



## Hospice of the Valleys National 3 Peaks – Itinerary

### Itinerary

The challenge will involve an overnight stay in Scotland, the group are booked into Fort William Backpackers Bunkhouse. For more information, please copy the following link:

[www.fortwilliambackpackers.com](http://www.fortwilliambackpackers.com)

Please be advised all times are approximated and will change during the challenge.

### Friday – Travel to Scotland

Challenge participants and Mountain Leaders meet at Parc Bryn Bach 5:30am. Kit check undertaken by Mountain Leaders.

- 06:30 - Leave for Scotland.
- We will make several stops on the way, the approximate journey time to Fort William with stops is 10hrs 30min.
- 17:00hrs - Arrive Fort William Back Packers Bunkhouse, settle into Bunkhouse and prepare personal kit ready for an early morning start.
- 19:00hrs – Team meal at a local restaurant
- 21:00hrs – Return to Bunkhouse.

### Saturday - Challenge Starts!

- 03:00hrs – Breakfast
- 03:30hrs – Travel to start of Ben Nevis route, final checks.
- 04:00hrs – Start Walk up Ben Nevis
- 10:00hrs – Return to minibus, short break to check group, eat/drink.
- 10:15hrs – Leave for Scarfell Pike (approx. 5hrs 30min with 1 stop)
- 15:45hrs – Arrive Scarfell, prep for walk.
- 16:00hrs – Walk scarfell
- 20:15hrs – Return to minibus, leave for Snowdonia, one short stop on route.

### Sunday – Snowdonia

- 00:15hrs – Arrive Pen -y-Pass.
- 00:30hrs – Start walk to Snowdon Summit
- 04:00 – Return to Pen Y Pass challenge achieved ... 😊