

## Hospice of the Valleys 5 Peaks Challenge – Itinerary

### Itinerary

The challenge will involve an overnight stay in a bunkhouse in or near Fort William, Scotland.

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 05:00hrs. Kit check undertaken by Mountain Leaders.

- 05:00hrs - Leave for Scotland.
- We will make several stops on the way, the approximate journey time to Fort William with stops is 10hrs 30min.
- 16:30hrs - Arrive Fort William. Supermarket trip, locate bunkhouse
- 17:30hrs – Team meal at a local restaurant
- 19:30hrs – Return to bunkhouse, prepare for challenge

### Saturday - Challenge Starts!

- 02:30hrs – Breakfast
- 03:00hrs – Travel to start of Ben Nevis route, final checks.
- 03:30hrs – Walk Ben Nevis
- 09:30hrs – Return to minibus, short break to check group, eat/drink.
- 09:45hrs – Leave for Scarfell Pike (short stop on route)
- 15:15hrs – Arrive Scarfell, prep for walk.
- 15:45hrs – Walk scarfell
- 20:45hrs – Return to minibus, leave for Snowdonia, one short stop on route

### Sunday

- 01:45hrs – Arrive Pen -y-Pass, prep for walk
- 02:15hrs – Walk Snowdon
- 07:15 – Return to minibus, short break to check group
- 07:30hrs – Leave for Cadair Idris
- 09.30hrs – Arrive at Cadair Idris, prep for walk
- 10:00hrs – Walk Cadair Idris
- 15:00hrs – Return to minibus, leave for Pen y Fan (short stop on route)
- 19:00hrs – Arrive, prep and walk Pen y Fan
- 21:00hrs – Return to minibus – Challenge completed 😊
- 21:30hrs – Return to Parc Bryn Bach, Tredegar.