

## Hospice of the Valleys 5 Peaks Challenge – General Information

### The Challenge

The 5 Peaks Challenge is a combination of the National and Welsh 3 Peaks Challenge – an ambitious mountain adventure tackling five of the highest peaks across England, Scotland, and Wales.

Participants will climb:

- ✓ **Ben Nevis / Beinn Nibheis (1,345 m / 4,413 ft)** – the highest mountain in Scotland
  - ✓ **Scafell Pike (978 m / 3,209 ft)** – the highest mountain in England
  - ✓ **Snowdon / Yr Wyddfa (1,085 m / 3,560 ft)** – the highest mountain in Wales
  - ✓ **Cadair Idris (893 m / 2,930 ft)** – in the Meirionnydd area of Gwynedd
  - ✓ **Pen y Fan (886 m / 2,900 ft)** – the highest mountain in South Wales
- ◆ This demanding endurance event involves **over 5,150 metres of ascent** within **42 hours (24 hours walking time)**. It requires a strong level of fitness, stamina, determination, and teamwork.
  - ◆ Please note: the challenge involves long hours travelling in a minibus, disturbed sleep, and physically demanding mountain routes.
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### Safety and Risk Management

Parc Bryn Bach is proud of its excellent safety record and is committed to the highest standards across all activities.

- All activities are classed as *low risk* while fully complying with current legislation.
  - Risk is managed through regular reviews, adherence to governing body guidelines, and ongoing staff training.
  - The 5 Peaks Challenge has been thoroughly risk-assessed by the Parc Bryn Bach Adventure Activities Team.
  - Instructors will carry out **continuous, dynamic risk assessments** throughout the challenge.
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### Group Leadership

- The challenge will be led by **Mountain Leader qualified Adventure Activity Instructors** from Parc Bryn Bach.

- All instructors have prior experience on these mountains and extensive group leadership expertise.
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### **Emergency Procedure**


Parc Bryn Bach has a robust emergency procedure in place:

- Instructors will remain in regular contact with Parc Bryn Bach staff and the Hospice of the Valleys lead team.
  - If contact cannot be made, or delays occur, the emergency procedure will be activated immediately.
  - Instructors will carry an **Instructor Incapacitated Emergency Procedure Card**, giving participants clear steps to follow, including contacting Mountain Rescue.
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### **Terms and Conditions**

All participants must agree to the following:

- Ensure you are **physically fit and able** to take part.
- Disclose any **medical conditions, allergies, or injuries** before the event.
- Inform instructors immediately if you feel unwell or injured during the challenge.
- Follow instructions from instructors and staff at all times.
- Carry your own equipment (see recommended kit list).
- Safety takes priority over speed – if conditions are deemed unsafe, you must accept the instructors' decision.
- Participants may be split into groups by instructors; you must stay with your assigned group unless told otherwise.

 Dangerous or threatening behaviour will not be tolerated and may result in removal from the challenge.

A full consent form will be issued closer to the challenge date.

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### **Countryside Code**

Participants are expected to respect the Countryside Code:

#### **Respect everyone**

- Be considerate to those living in, working in, and enjoying the countryside.

- Leave gates and property as you find them.
- Do not block gateways or driveways when parking.
- Be polite, say hello, and share the space.
- Follow local signs and marked paths.

### **Protect the environment**

- Take your litter home – *leave no trace*.
- No fires, and BBQs only where permitted.
- Keep dogs under control and clean up after them.
- Do not damage or disturb nature.

### **Follow advice and signs**

- Always follow waymarkers and access guidance.
  - More information: [Countryside Code](#)
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### **Overnight Stay**

The challenge includes an **overnight stay in Fort William, Scotland**.