

Classic Three Peaks Challenge

Trekking Adventure, raising money for St Clare Hospice



FAST FACTS			
Country:	England, Scotland		
Guide Price:	339	Duration:	3
Min Age:	18	Max Age:	Subject to Medical
Max Altitude:	1344m	Total Ascent (approx.):	2840m
Total Distance:	40km	Fitness Level:	★★★★☆
Departure:	17 September 2010		
Registration fee:	£75	Sponsorship:	£500

This is without doubt one of our most popular challenges and one of the toughest at the same time. Climbing the three Highest Peaks in the home nations: Scotland, England and Wales. Starting with Ben Nevis before heading south for, Scafell Pike and then finishing at Snowdon. The challenge is all the more tough as we complete the whole lot in 24 hrs. Now that is going to be challenging!

A total of 480 miles of driving, a large part during the night, and climbing a total of almost 3000 vertical metres, makes this a special kind of challenge, and not one that everyone is going to manage. Why not give yourself a goal this year to train for. Why not say that you're going to put yourself to the test, and join the Classic 3 Peaks Challenge 2010. Join a group of like-minded adventurous individuals who will be taking part in this event, looking for a tough weekend, with a few laughs along the way to look back upon.... This challenge could change your life - so be prepared!

Itinerary

The following itinerary is based on running this activity over a long weekend, however it may be possible to alter this. All timings are approximate

Start - Friday

Meeting in Chester or Manchester (midday / early afternoon) or collection from Glasgow International Airport (16.30 latest arrival). All followed by transfer onto Ben Nevis area for overnight accommodation

Saturday

Breakfast (06:15)

Morning ascent of Ben Nevis - start 07:30

Return to vehicle (approx 12:30), afternoon transfer to Scafell Pike

Climb Scafell Pike Saturday night - typical finish approx. 24:00

Sunday

Return to vehicle

Transfer to Snowdon - expected arrival approx 04:00

Early morning ascent Snowdon

Return to vehicle. (Before 09:00 with luck!)

Celebratory Breakfast in Llanberis

Transfer to Chester or Manchester (midday / early afternoon) - event ends -

Challenge Complete!!!

Accommodation

Friday night—shared bunk accommodation

Saturday night—our mobile palace on wheels! Or should that be one of the least smooth nights sleep of your life! You may wish to bring a travel pillow - and a good sense of humour!

Sunday night—not included, but accommodation in Chester can be arranged upon request.

What is a Level 4 Trekking Challenge Like?

You are now moving into the realms of serious challenges - where you are likely to encounter carrying loads, rough terrain, sleep deprivation, or high altitude. In any case - be prepared for an event which is going to take you to the limits of your comfort zone. Trekking days will be up to 13 hours, or slightly less if the event stretches over several days. The severity of the challenge may be magnified by various factors - as you will need to be more resilient - due to simple living conditions - ie using same clothes for several days, lack of washing facilities, simple food, variable weather conditions and maybe camping - this forms a part of the challenge.. You need to be in good shape to undertake any of these events, and you need to be training regularly. The height gain each day is greater than for level 3 - so expect plenty of hills!

How Fit Do I need to be to join a Level 4 Trek?

To participate in these events you need to be in good fitness. You enjoy taking exercise, and do it regularly (a couple of times a week minimum). You partake in several different types of activity, possibly including the gym, swimming, running, circuit training. You probably are capable of running up to 5 or 6 miles, but in a good steady speed (around 9-10 minute miling). If you do not run - you should be regularly undertaking challenging walks or other strenuous exercise. You should be comfortable walking 18-20 miles in the English lowland countryside.

Medical Issues

You'll need to ensure that you have a good number of long walks under your belt of at least 5 to 6 hours, and including some good hilly terrain too.

Preparing for your sleep deprivation might be more difficult! Please ensure that you fill in the attached form. Also—please enquire if you require assistance with planning your training. Adventure Café can provide a 16 week 3 Peaks Training Programme. Consider issues such as your nutrition before and during the event. Ensure that you eat well before embarking on the

challenge—and on Saturday—complex carbs being best. Ensure you are fully hydrated before and during the event...

Insurance Details

Travel insurance is not compulsory for UK adventures but it is strongly advised. Insurance can be purchased through Ventureguard using the link on the left hand toolbar of the website www.adventure-café.com. Alternatively please call Adventure Café to discuss insurance - 01460 249191.

Special Notes

Although every effort will be made by the Adventure Café to complete this event within a 24 hour window, certain factors remain outside of the Adventure Café's control which may hinder completion including traffic on roads and weather. Also, as a team event, there may be situations where certain members of the party walk at different speeds. The speed at which the party progress remains the decision of the mountain leader/guide whose word on this matter is final.

Note - in 2010, the event has a mandatory driver stop at Motorway services near the England Scotland Border, minibuses are all now limited to 62 mph, and also we use the slightly longer Seathwaite route for a variety of reasons. Hence we now allow 25.5 hrs for the completion of the challenge - in order to make it comparable to the previous 24 hours without the constraints as we have mentioned them. Should the event time run past 24 hours, Adventure Café will still attempt to complete the trek of all 3 peaks should members of the group wish to do so providing they are in a fit shape. We set a maximum time limit of 30 hours on this challenge, and will curtail any attempts on Snowdon if it is deemed by the leader that the team will not reach the summit in time to return to the bottom inside the 30 hours. Again, the decision of completion is entirely down to the mountain leader/guide.

Fitness Levels: due to the time sensitive nature of this challenge, slow moving participants may be asked to drop out, in order for those participants who are well-prepared and moving properly to complete the challenge within the maximum time frame.

Included In Trip

- Challenge Pack – maps, instructions etc
- Minibus Transport - from Chester / Manchester to Fort William
- Minibus Transport - between peaks and back to Chester / Manchester
- Full pre-event consultation
- Driver
- 1 night's accommodation (inc breakfast)
- Guiding for the 3 Peaks - Experienced Qualified Leader + Qualified first aiders
- Safety equipment

Excluded From Trip

- Transport to either Chester / Manchester or Glasgow International Airport.
- Transport back from Chester / Manchester.
- Meals while on the Challenge.

Equipment Required

Medikit

Suncream

Blister Repair Kit

Plasters

Vaseline

Painkillers

Sunbloc

Washkit

Pack Towel (lifesystems recommended)

Soap (small bar)

Shampoo (not a full size bottle!)

Toothbrush

Toothpaste (small size)

Hill Walking Items

Sleeping Bag or Sleeping Bag Liner - please check whether you require a sleeping bag

Day Sack (25-35 litre)

Rucksack Liner(s) / Plastic Liner(s) for Rucksack

Bladder System (highly recommended - or other water bottles e.g. exercise bottle/Nalgene bottle)

Walking Poles (highly recommended)

Sun Hat (wide brimmed)

Neck Scarf

Lunches - you may wish to pre-pack lunches, but please check this with us

Snack Foods - we recommend good slow burning items - nuts, dried fruit, cereal bars etc.

Warm Clothing

Lightweight Fleece

Medium Weight Fleece

Lightweight Gloves

Heavy Gloves (mitten type recommended)

Fleece Hat

Balaclava

Trek Clothing

Long Cotton Trekking Trousers

1 Pair Tracksuit Bottoms

Comfortable Trekking Shirts (long/short sleeved)

Walking Boots (broken in with ankle protection)

Gaiters (appropriate to moor wilderness / moorland treks - please ask!)

Walking Socks

Liner Socks

Underwear

1 Change of Casual Evening Wear

Waterproofs

Outer Fully Waterproof Jacket (Gore-tex, E-vent)
Outer Waterproof Bottoms

Other

Toilet Roll / Pack of Travel Tissues
Spare Lace
Camera
Film / Memory Card / Spare Battery
Wallet
Credit Cards
Cash
Sunglasses
Spare Comfortable Shoes
Penknife
Mobile Phone (packed in a plastic bag deep inside your day pack!)
Emergency Rations (energy foods - for the tough days on trek)
Head Torch with spare batteries and bulb

Transport / Transfer

The start point for this event is Chester / Manchester (this will be confirmed at time of booking) where you can meet the minibus for transport to Fort William. Arrangements can be made for pick-up at Glasgow International Airport, you MUST arrive before 16.30.

From here all your transportation for the event will be included. The event finish point is Chester or Manchester.

It is up to each individual participant to organise their own transportation to both the start and end of the event.

Safety Information

By nature all activities contain an element of risk. Your leader will be first aid qualified and will carry the appropriate safety kit for the activity, such as mountain safety shelters, walking rope and from time to time mobile radios. Safety equipment carried will be appropriate to trip.

The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

Weather

Expect variable weather conditions. We are after all trekking at dark, during the day, in Scotland, England and in Wales. So be prepared. We may encounter scorching temperatures but equally freezing cold or even snow (Especially in May on Ben Nevis) pack at both ends of the spectrum. Especially expect rain at some time... all three mountains are on the Western Seaboard and hence bear the brunt of prevailing weather systems coming in moisture laden from the Atlantic.

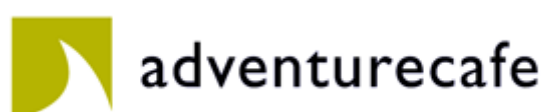
If you cannot make the suggested St Clare Hospice date of 17th-19th September, there are other dates available to choose from:

ADVENTURE DATES AVAILABLE		
START DATE	END DATE	DURATION
11/06/2010	13/06/2010	3
18/06/2010	20/06/2010	3
02/07/2010	04/07/2010	3
16/07/2010	18/07/2010	3
23/07/2010	25/07/2010	3
06/08/2010	08/08/2010	3
20/08/2010	22/08/2010	3
03/09/2010	05/09/2010	3
17/09/2010	19/09/2010	3

To register for the trip, please read the booking conditions on pages 10 and 11 then complete the registration form (pages 7-9). Please post this to Adventure Café, Main Lopen Business Park, Mill Lane, Lopen, Somerset, TA13 5JS. Please do make clear on the booking form that you are trekking for St Clare Hospice. You need to send a £75 cheque payable to **Adventure Café** with your registration form. Alternatively, please call 01460 249191 to book and pay over the phone.

Once you have registered to take part, please contact St Clare Hospice on (01279) 773750 or email fund@stclarehospice.org.uk for your sponsor forms and fundraising advice.

There is a minimum pledge sponsorship of £500 for this trip which will need to be paid to the charity 8 weeks prior to departure, e.g. if you are taking part in the 17th-19th September trip, your sponsorship will need to be paid in by Friday 23rd July.



Please contact Adventure Café on 01460 249191 to arrange your own departure dates, exclusive trip, or your own corporate event. We shall be delighted to develop something specifically for you.

T - 01460 249191
E - info@adventure-cafe.com
Main Lopen Business Park, Mill Lane,
Lopen, Somerset, TA13 5JS.



Booking Data: Fill in for each participant

Adventure Challenge Event

Personal Details: booked date / /

Trip Details

Name (Title, First Name, Surname):

Trip Name:

.....

Date of Birth: **Sex:**

Trip Description:

Profession:

Departure Date:

Address:

Trip Price:

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Mobile No. :

Other Particulars:

NB Your place on the trip will be secured on receipt of a deposit, and a completed booking form. The remainder of your payment should be received by 8 weeks before departure (for overseas trips) and 4 weeks before departure (for UK trips).

Telephone:

Nationality:

Email Address:

Previous Trekking/Cycling/Other Experience

Tick here to not be added to the Adventure Cafe mailing list

Previous UK Hill Walking Experience:

Acknowledgement:

I have read, I acknowledge, and accept the booking terms and conditions as set out in this set of Trip Notes.

I understand that this trip may be strenuous, and is adventurous by nature.

I also understand that, due to the nature of the event, last minute alterations to the itinerary may be necessary, but will be kept to a minimum.

Signature:

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Previous Overseas Trekking Experience:

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Previous Cycling/Open Canoeing/Other Experience*:

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**Please complete if relevant to your adventure.*

Personal Details Continued:

Passport Information (for Overseas Trips):

Emergency Contact whilst away on Holiday:

Name:

.....

Relationship to you:

.....

Telephone Number(s):

.....

Passport No.:

Place of Issue:

Date of Issue

Date of Expiry

Please note that for many destinations you need at least one clear page in your passport, as well as at least 6 months validity. Please check your passport in good time.

Booking Form Continued

Adventure Challenge Event

Your Bike (only for Cycling Trips):

Your type of bike (eg Mountain, Tourer, Hybrid):

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Make & Model:

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Details of Specific Components: (eg disc brakes, gears, hydraulic brakes, suspension)

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Dietary & Allergy Information:

Vegetarian / Vegan / Other Dietary Regime:

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Food Allergies:

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Are you allergic to: Ibuprofen / Antibiotics / Paracetamol (delete as necessary)

Other Allergies:

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Please Give Full Description of Any Recent Reactions:

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Medical Information
(Please Continue on another sheet if necessary)

Medical Conditions such as diabetes, asthma, epilepsy, serious known allergic reactions (anaphylaxis), heart problems:

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Current Medication:

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Personal Fitness Levels:

Please return this form to:

Adventure Café, Main Lopen Business Park,
Mill Lane, Lopen, Somerset.
TA13 5JS

Contact Telephone No:

01460 249191

Personal Insurance:

Please initial here if you are organizing your own insurance:

Adventure Café now offer Adventure Travel insurance through our website. Just click the 'Travel Insurance' link on the left hand tool bar.

<http://www.adventure-cafe.com/content/insurance.asp>

Please ensure that pre-departure you supply a copy of your insurance documents to Adventure Café.

Medical Information (Cont.):

Recent Medical Problems: (Operations, Knee Problems, Serious Back Problems, or other issues that could interfere with your activities:

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Operations that might have an effect on your Short Break:

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Personal Fitness Level Questionnaire

Walking Fitness

Typical Walking Distance:

How many times / week do you walk this distance?

How Long Does This Walk Take You?

Have you walked Snowdon via Pyg/Miners Before? Y / N ?

How Long Did this Take?

Running Fitness

Typical Running Distance:

How many times / week do you Run this distance?

How Long Does This Run Take You?

Have you run in any Fun Runs / Races?

How Long Did this Take?

Cycling Fitness

Typical Cycling Distance:

How often do you cycle this distance?

How Long Does This Ride Take You?

Previous Cycle Challenge Rides?

How Did you find this Ride?

Walking Fitness

Please fill in this information as accurately as you can—and please do not be put off—this information is designed to allow us to group you together with other similar fitness level participants (where we have larger groups of participants). Also it should allow us to ensure that you are entering an appropriate event—some of our events (those which are 4.5 stars to 5 stars are extremely challenging and you should be aware that we expect you to have a very good level of fitness.)

If you do not have an excellent level of fitness for such challenges and a previous track record of challenges we may suggest that you try something else first!

Please fill in as many of these boxes as are appropriate—but please note—it is not obligatory to fill them all in.

Previous Challenge Fitness

3 Peaks Finishing Time:

Half Marathon Finishing Time:

Yorkshire 3 Peaks Finishing Time:

Other Endurance Event Completed:

Time / Other Information:

Other Information About Your Fitness:

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Standard Booking Conditions:

Payment Protection Policy cover:

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with Adventure Café are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of Adventure Café.

There is no requirement for Financial Protection of day trips, and none is provided.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. - This insurance is only valid for passengers who book and pay directly with/to Adventure Café. If you have booked and/or paid direct to a Travel Agent for a holiday with Adventure Café please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

CLAIMS PROCEDURE:

Download Claims Form from
www.ipplondon.co.uk



Any occurrence which may give rise to a claim should be advised within 14 days to:

International Passenger Protection Limited
Claims Office Telephone: +44 (0)20 8776 3752
IPP House Fax: +44 (0)20 8776 3751
22-26 Station Road
West Wickham
Kent BR4 0PR United Kingdom

In order to deal promptly with any claim hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements

CLAIM FORMS MUST BE SUBMITTED WITHIN SIX MONTHS OF DATE OF INSOLVENCY. WE CANNOT CONSIDER OR PAY CLAIMS RECEIVED AFTER THIS DATE

The tour is offered and operated by Adventure Café Ltd. Our head office is at Adventure Café, Main Lopen Business Park, Mill Lane, Lopen, Somerset. TA13 5JS

1. To make a firm booking you must complete the booking form, complete with answers to all questions, and send us a deposit as per the outline in the trip notes. (Usually 15%)
2. If the trip is due to depart within 8 weeks, then full payment is required. If the trip is more than 8 weeks away then only the deposit is required (15%)
3. Deposits paid, are not refundable. However, the amount may be transferred on to another trip if the trip is more than 8 weeks away at the Café's discretion. A small fee may be payable for the transfer of the booking.
4. After Payment in full, if you, the client cancel your trip the following refunds will apply:
56—43 days pre departure—60% refund of total trip cost
42—29 days pre departure—40% refund of total trip cost
15—28 days pre departure—25% refund of total trip cost
Less than 15 days pre departure—10% of total trip cost
You are also required to provide written confirmation of cancellation.
6. If you are not able to travel on your holiday due to genuine factors beyond your control, then you may transfer your booking to another person subject to certain administrative charges.
A Fee of £65 will be charged to make the change.

7. If you do not pay the full balance for your trip on time (8 weeks pre-departure) then your trip will be cancelled, and your deposit will not be refunded.

8. A trip may be cancelled. This will be notified to the customer at the latest 8 weeks pre-departure. A Full refund will be given in this instance, but no compensation will be due.

9. If Adventure Café are forced to significantly alter, reschedule, or cancel a trip due to factors reasonably foreseeable to ourselves, then the following will apply, you may:

- Take a lower cost alternative—along with a refund of the difference.
- Take an equally, or higher priced alternative.
- Request a refund of monies paid

We shall notify you as soon as the situation becomes apparent. You must reply promptly with your chosen option.

Compensation may also be due, in the instance where Adventure Café cancels a trip due to foreseeable factors.

If a trip is cancelled due to factors outside of Adventure Café's control. No compensation will be given.

10. Prices quoted can change up until 30 days before departure. These surcharges may be passed on to the customer. Downwards revision in prices could result in a refund to the customer. Areas that could trigger such price revisions are as follows:

Transport cost variations

Transport dues, taxes or levies (airport taxes, park permits etc)

Exchange rate fluctuations

Such increases will not be levied unless the impact is greater than a swing of 2% in the trip cost.

Standard Booking Conditions:

11. For full details on any of Adventure Café's itineraries, please consult our trip dossier on your chosen trip. All standard statutory required information is included therein.

12. In the case of a significant change being made to your itinerary by Adventure Café, you are able to take any of the options outlined in item 9. Significant change means a change in flight timings either at the beginning or end of your trip by 24 hrs or more. It also means a major change to your itinerary.

13. VISAs are the responsibility of the individual to arrange. Adventure Café takes no part in making such arrangements.

14. Advice is given on matters such as equipment selection, Health, Visa and Passport arrangements—but it remains the responsibility of the individual to make such necessary arrangements.

15. Trekking, Biking, and Open Canoeing are all inherently mildly hazardous activities. Whilst on your trip, you undertake to follow the instructions given to you by your leader. Their decisions are at all times final. If you do not follow the leader's instruction, and your behaviour is dangerous, or irresponsible, then you may be requested to leave the trip, with no cost penalty to Adventure Café.

16. Inherent in an Adventure Holiday is the possibility that your clothing or equipment may suffer some damage. Equally you may experience minor injury (scratches, grazes, twisted ankles etc) - these minor injuries and property damage are an unavoidable component of the type of trips that Adventure Café operates. You should understand this before joining an Adventure Café trip.

17. Alterations in the itinerary are also a more frequent occurrence than on a regular holiday. Particularly in a developing country, timetables slip, road conditions can be variable, weather can interfere with a schedule, as well as many other factors. Hence alterations to the itinerary are common. At all times, your ground leader will attempt in conjunction with the local operator acting on behalf of Adventure Café to perform the trip as faithfully as is reasonably possible. At all times, safe performance of the trip is considered before completing the itinerary at any cost.

18. For overseas trips you must be covered by Travel Insurance before joining the trip. This is your responsibility to organise appropriate cover. Make sure that you are covered for activities included.

19. Adventure Café's responsibility for you on the trip begins, where an air journey is involved, at the destination airport. Adventure Café takes no responsibility for getting you to the beginning of the trip. Similarly in the UK, Adventure Café takes no responsibility for getting you to the start of a trip.

20. Address any complaints firstly directly to your tour leader. Explain the cause of your complaint, and attempt to rectify it in situ. If this is not possible, and you feel it may detract from your holiday, then please contact Adventure Café head office directly, to see if anything can be done to remedy the situation. On return from trip, in the case of a complaint, please write to Adventure Café, including a full description of events. Please request our complaints procedure. All complaints should be received at the very latest by Adventure Café by 28 days after the end of your holiday.

21. Adventure Café or representatives may request to see your insurance documents at any time.

22. By signing the booking form you agree to the above set out terms and conditions.