

**Three Peaks 24 Hour Challenge Itinerary (Example)**

Friday 21st September

15:20 Pick up Glasgow Central Station or/and International Airport

15:30 Transfer to Hotel/B&B

18:00 Arrive at Hotel

20:00 Challenge Briefing and Q&A session

Saturday 22nd September

07:00 Breakfast

08:00 Transfer to Ben Nevis start point and final preparations

08:30 Start challenge (Begin Ben Nevis)

11:30 Summit Ben Nevis

13:30 Transfer to Wasdale Head (includes a 45 minute driver rest stop. This is a VOSA legal requirement)

20:30 Begin Scafell Pike ascent

23:00 Summit Scafell Pike

Sunday 23rd September

01:00 Transfer to Pen y pass

05:30 Begin Snowdon ascent

08:00 Summit Snowdon

09:30 Complete challenge at Pen y pass

10:00 Transfer to drop off point

The above itinerary once the challenge begins is fairly rigid. It will only change with varying walking times. There is also no allocated time for any activities at the start or end of the mountains in particular Scafell Pike. With around 10 hours allocated to driving the schedule for completing the challenge is very tight and the group will need to walk off the mountain straight into the mini bus.

The transfer from Fort William to Wasdale Head includes a legal 45 minute break for the driver. This break is non-negotiable as drivers must comply with the legal requirements for driver hours. Previous groups often choose to deduct this mandatory break time from the time taken to complete the challenge. All other driver breaks will be taken whilst challengers are walking so should not impact the challenge time.