



PEAK FITNESS

3 PEAKS CHALLENGE INFO PACK

THE THREE PEAKS CHALLENGE!

This involves scaling the three highest peaks in Wales, England and Scotland - Snowdon, Scafell Pike and Ben Nevis.

The attempt on these mountains is known as the three peaks challenge. A popular way of tackling the challenge is trying to complete it within 24 hours - including all the travelling!

However this is not obligatory! It is more practical to do it over a long weekend.

The conventional order of climbing is Snowdon first, a four hour drive to climb Scafell, then a five hour drive to Ben Nevis, to finish with the most demanding climb of the three.

The end is at the hotel bar where you are presented with your certificate and T shirt and of course enjoy a well earned drink or two!



PREPARING YOU FOR THE ULTIMATE TEAM CHALLENGE!

How Hard Is It?

The difficulty of the challenge should not be underestimated.

To put it in perspective, it involves around [26] miles of tough walking / ascent and descent, which will typically take between 15 and 22 hours [actual climbing time].

There is typically a 25 - 40% failure rate, mostly due to improper or insufficient training. You cannot do it on the back of 'normal' fitness, and you cannot do it alone, that's why we have developed this course.

However, breathtaking scenery, fantastic camaraderie and a huge sense of achievement are your rewards for completing.





I'M NOT THAT FIT, SO CAN I STILL DO IT?

Yes! Our course is ideal for people who are not used to hill walking - the whole point is that we provide manageable and fun sessions which enable you to get to the right level of fitness. You don't need to be a super athlete. It's not a race against the clock. You just need determination, enthusiasm and willingness to work as a team.



WHAT ARE THE TRAINING CLASSES /PROGRAMS LIKE?

They are specifically designed to get you ready for mountain walking, teaching you every aspect of the process. We work with you on tailored exercise classes, fitness tests and nutritional advice. The remote training program consists of a structured daily schedule for you to follow, with constant feedback and updating. We will also take you to the Brecon Beacons and/or Snowdonia, to practise the basics of climbing safely in the mountains.



TELL ME ABOUT THE COURSE

Peak Fitness provides an eight-week training course to get you and your friends or colleagues to a level of fitness which will enable you all to complete the challenge together. We run weekly after-work or weekend exercise and conditioning sessions, weekend walking/hiking days and provide advice on your nutrition. Or if you are spread out across the country we have a structured remote training program. We then do the challenge with you!



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What Time Of Year Do We Do It, And How Do We Fit In The Training?

We run three eight-week courses between Spring and early Autumn, when the evenings are light enough to train outdoors. If you are local to Newbury we come to you on convenient days for a weekly after-work or Saturday morning exercise session, and for the weekends away. If you are not local we provide a remote training program with a personalised schedule to follow on a daily basis. The challenge itself is ideally attempted between May and the end of September.



What About General Organisation, Travelling and Accommodation

Depending on the number of participants we will suggest you or your company hires a mini-bus or coach for the challenge. You must provide drivers, who should not be participants to drive you from venue to venue and act as your logistics /support crew.

You will need accommodation for both climbers and drivers at either end of the challenge. We will help you organise all this. For those groups that want an 'all inclusive' package, we can provide all of the above at an additional cost.



What About Equipment, Clothing and Food?

We will provide you with a comprehensive equipment and clothing list and advise you where to buy it without it costing an arm and a leg! We will also tell you what to bring in the way of energy food. Some specialised items will be provided for you: all this will be made clear further on in our information pack.



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WHY DO IT?

HERE ARE SOME OF THE 'PEOPLE' BENEFITS

- Develop teamwork skills
- Enhance personal development
- Build physical fitness
- Develop long lasting friendships
- The perfect way to de-stress
- Sense of achievement and enjoyment
- Open to all ages
- Just a great challenge for you and your friends

WHAT IF WE WANT TO TWEAK ANY OF THE ARRANGEMENTS?

It is your trip, and we will be as flexible as possible, tailoring the arrangements to suit you. If you have any particular wishes or requirements we will do our best to accommodate them. If you are an individual wanting to do the Peak Fitness Programme. Why not get some friends or family to join in? Getting fit is great fun if you can do it with someone else.



POTENTIAL CORPORATE BENEFITS:

- Strengthen cohesion amongst your participants
- Brand and company promotion
- Promotion in local media
- Raise money for charity
- Improve health and wellbeing of your staff... leading to:
- Improved work productivity and reduced absences



SO, WHAT DO WE GET FOR COMPLETING?

There are a range of incentives, prizes and rewards for keeping you going! They range from certificates to spot prizes, trophies, goody bags T-Shirts and souvenirs.

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WHO WILL HELP US WITH THE CHALLENGE?

Qualified Personal Fitness Trainers and Mountain Leaders who know their stuff! The trainers will take you through specific exercises you need to prepare you for mountain walking. All the mountain leaders have completed the National Peaks many times and are Rigorously trained in mountain navigation, safety and first aid.



OUR LEADERS ARE



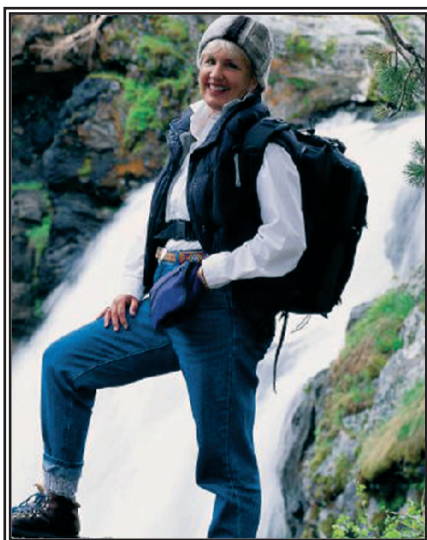
CARL GARTON PT/ST, IIST

- Ex-Royal Marine
- Ex Competitive Canoeist
- Personal Trainer
- Sports Therapist



LEE FARMER ML/SPA

- 180th Briton to summit Mt Everest
- Qualified Mountain Leader
- Three times to South Pole
- Rock climbing instructor



I'M KEEN TO RISE TO THE THREE PEAKS CHALLENGE, WHERE DO I START?

We've given you just a flavour of the challenges you will expect to face, but there is obviously a lot more detail we can give you.

You will have lots more questions, so please contact

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