

Three Peaks Cycle Challenge

Trip Code: UP



“ I’d recommend the experience to anyone (and have been doing). A great adventure, and brilliant way to experience some of the best the UK has to offer. I’m sure some of the memories will stay with me a long time. **Chris, Three Peaks Cycle Challenge 2014** ”

 Total 8 days  Hotels  Difficulty: 

 Cycling 7 days
Trekking 3 Days  UK  May - September

Overview

Over the course of seven days, you will climb the highest mountains in Scotland, England and Wales. But here’s the twist...instead of driving between these peaks, you will be cycling all the way! The Three Peaks Cycle Challenge is a unique challenge that is set to take the country by storm, **so be one of the first to complete it!**

You will be cycling 450 miles along some of the finest roads and through some of the best scenery in the UK. In addition to this, the three highest peaks in Britain - Ben Nevis, Scafell Pike and Snowdon - will have you climbing nearly 3000 metres on foot through the wild landscapes of Scotland, England and Wales.

Highlights

- Reaching the highest point in the UK, Ben Nevis
- Epic climbs and downhills through Glencoe and Rannoch Moor in the Scottish Highlands
- Cycling through the beautiful countryside of the Lake District
- The rugged peaks and valleys of Snowdonia
- Completing the Three Peaks Cycle Challenge!

Detailed Itinerary

Day 1: Arrive Fort William; Climb Ben Nevis; Cycle to Fort William

(Climb: Ben Nevis + Cycle 3 miles)

We meet at Fort William where you will be transferred to Glen Nevis Visitor Centre. After introductions and a quick brief from your More Adventure Leaders, you will tackle your first mountain, Ben Nevis (5-7 hours). When you get back down off the mountain, you will then cycle into Fort William and to your accommodation for the evening.

Day 2: Cycle Fort William to Paisley

(Cycle 102 miles)

The first big cycling day is finally here, hopefully you are well rested and raring to go! After breakfast you will gather with the rest of the group, load your luggage onto the support van and follow the Cycle Leader south through the Scottish Highlands. Our route today heads south to the magnificent Glencoe, through Rannoch moor, then along the glorious banks of Loch Lomond, to our hotel in Paisley.

Day 3: Cycle Paisley to Gretna

(Cycle 93 miles)

After breakfast, we'll be negotiating the roads south of Glasgow city centre before heading out on quieter roads south. There are a few climbs today but the scenery after lunch will definitely take your mind off them! Once you arrive at your hotel in Gretna, you'll receive another brief from the More Adventure team about ensuring a swift changeover to climb Scafell Pike the following day. This evening you will need to pack your 'grab-bag' with your mountain clothing and equipment, ready for the mountain stage of the following day, this will be carried on the support vehicle.

Day 4: Cycle Gretna to Seathwaite; Climb Scafell Pike; Cycle to Keswick

(Cycle 66 miles + Climb Scafell Pike)

Today we leave Scotland behind and cycle south into England. Our route takes us on country lanes through rolling farmland before reaching the stunning scenery of the Lake District. Passing through Keswick, we regroup and get changed into our mountain walking gear in Seathwaite before tackling our second mountain, Scafell Pike (5-6 hours). Fingers crossed for a clear day as the views from the top are breathtaking. Once the group is back down in Seathwaite, it's a relatively easy 9 miles back into Keswick and to our accommodation for the evening.

Day 5: Cycle Keswick to Warrington

(Cycle 104 miles)

This is the longest cycling day of the trip, but by this time your legs (and bum!) should be well used to the pedalling motions! We'll be sad to see the back of the Lake District today, but perhaps happy to see its' hills come to an end! The first half of the day contains some brilliant downhill sections then it's undulating from mid-morning. After a lot of huffing, puffing and sweating, we roll into our hotel for the evening near Warrington.



Day 6: Cycle Warrington to Betws-y-Coed

(Cycle: 79 miles)

Our route initially heads west out of England and onto the North Wales coast. You'll be glad of the relatively short mileage today as your legs will no doubt be feeling the effects of a few hundred miles! We overnight this evening in the popular holiday town of Betws-y-Coed, which is the perfect spot to rest-up for the following day's cycle and climb to the highest point in Wales Snowdon! Once again, you will need to pack your grab-bag tonight to ensure the changeover at the foot of Snowdon the following day is as smooth as possible.



Day 7: Cycle Betws-y-Coed to Pen-y-Pas; Climb Snowdon; Cycle to Betws-y-Coed

(Cycle: 22 miles + Climb Snowdon)

The last day of effort! We head out and tackle a gradual climb past Capel Curig then onto Pen-y-Pass where we start our final climb of the trip to the highest peak in Wales. The climb up Snowdon should take around 5-6 hours return to Pen-y-Pas. Once we're back down, we have one last beautiful downhill stretch back into the atmospheric town of Betws-y-Coed to our B&B. Congratulations, you have completed the Three Peaks Cycle Challenge! After a well-deserved drink and celebratory meal in Betws, you will sleep like you have never slept before!!

Day 8: Transfer Betws-y-Coed to Chester Railway Station

After a good night's sleep and a hearty breakfast, we say our goodbyes and the trip ends. A bus will pick you up from the hotel door (so no more cycling!) and transfer you, your bike and luggage to Chester where there are excellent train connections all over the UK.

Included

- Cycle Leader(s)
- Support Driver(s)
- 7 x night's hotel accommodation
- 7 x breakfasts
- Mountain Leaders for each mountain
- Bicycle mechanical support
- Transfer from Fort William to Glen Nevis
- Transfer from Betws-y-Coed to Chester Railway station
- All luggage transported during your trip
- GPX files of the route (if requested)

Not Included

- Bicycle and Helmet
- Transport to and from pick-up and drop-off points
- Lunches, evening meals, drinks and snacks
- Insurance

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.



Trip Notes

Trip suitability

This is a demanding challenge with some very long days cycling and walking. You have to be prepared for some days in the saddle which will include some considerable climbs through very rugged landscapes.

Your cycle leader will determine the pace and if you are unable to keep to this pace, you will be asked to either travel in the support vehicle or you will be provided with detailed route notes to continue at your own pace. In the lead up to the event, build up your fitness in plenty of time with a sprinkling of running, cycling, walking, swimming and any other cardio activity you enjoy. Remember to eat properly, don't overdo it and have rest days. You will need to get hill practice in - both walking and cycling!

If you would like a more detailed training plan, please contact us on info@moreadventure.co.uk. Most important of all is a positive attitude!

A link to our trip grades that explains in depth our star rating is here:
www.moreadventure.co.uk/cycling-grades

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.



Money

Evening meals tend to cost between £10 and £15 whilst lunches will be eaten in supermarkets and/or cafes and cost around £7-£10. You will also need to budget for snacks throughout the day.

Accommodation

Accommodation for this trip is in quality hotels. You will be sharing rooms unless you specify upon booking and pay the additional single-room supplement of £325.

Food

Breakfast will vary each morning but will generally be continental-style/cooked with hot drinks and juices. Lunches will be eaten in supermarkets and/or cafes and cost around £7-£10 each. Evening meals and drinks are not included in the price. Most evenings will give you the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal are £10-£15.

Equipment

For cycling

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

For climbing

You will need suitable trekking equipment and clothing to climb the three mountains safely, including waterproofs, warm clothing, a small rucksack, water bottles and sturdy walking boots. A full clothing and equipment list will be issued upon booking.

Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times, in addition you will have qualified Mountain Leaders leading on the mountain days. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

This trip will run on a minimum number of 12 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.



How to book

1. Find a date that suits you on our website
2. Click '*Book Now*'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on '*Make Payment*' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

