

TRIP ITINERARY · CYCLING · SCOTLAND, ENGLAND & WALES

THREE PEAKS IN 4 DAYS

Ben Nevis, Scafell Pike and Snowdon, with 435 miles of cycling between them, all in four days. Only for the very fit.

6 days	4	435 miles	Hotels	★★★★★	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

You've heard of the Three Peaks Challenge. Now climb the highest mountains in Scotland, England and Wales, and cycle every mile between them.

Over the course of four 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.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Reaching the highest point of the UK, Ben Nevis (1345m)
- ✓ Epic climbs and descents through Glencoe and Rannoch Moor in the Scottish Highlands
- ✓ Cycling through quaint English villages and the beautiful countryside of the Lake District
- ✓ Summiting the highest mountain in England, Scafell Pike (978m)
- ✓ The rugged peaks and vertiginous valleys of Snowdonia
- ✓ Tackling the final peak of the trip Snowdon (1085m), the highest peak in Wales

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/three-peaks-cycle-challenge-4-day/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: FORT WILLIAM

DAY 1: ARRIVE IN FORT WILLIAM, SCOTLAND

The tour begins at Fort William where you'll be met at our hotel by the More Adventure team for a trip briefing and evening meal. There are good connections to Fort William from Glasgow. We may also be able to help out with getting your bicycle and luggage to the start if you're planning to travel by train or plane.

*We will be offering optional door-to-door bicycle and luggage transfer services for this trip, so here you will be reunited with your bicycle and luggage for the trip



2

104 MILES · 5,000 FT | OVERNIGHT: PAISLEY | BEN NEVIS (1,345M)

DAY 2: GLEN NEVIS – BEN NEVIS (1345M) – PAISLEY

After breakfast in the hotel, we will be transferred by taxis to Glen Nevis Visitor Centre where we tackle our first mountain of the trip, Ben Nevis. At 1345m, Ben Nevis is the highest mountain in the UK and the longest climb of the challenge. Back down at the visitor centre you'll be united with your bicycles. After a quick change of clothing you'll begin the first ride of the challenge, through the mighty Scottish Highlands, over Rannoch Moor, then along the glorious banks of Loch Lomond. Our overnight stop this evening is Paisley, just west of Glasgow.



3

131 MILES · 7,000 FT | OVERNIGHT: KESWICK

DAY 3: PAISLEY – KESWICK

We're cycling all day today, beginning with the slightly busier roads just southwest of Glasgow. Once we've cleared the outskirts we continue south on the quieter roads of the Scottish Borders and Lanarkshire. Dramatic mountain scenery abounds as we ride south towards England, finally crossing the border at Gretna. Our route skirts the west of Carlisle before heading south into the beautiful Lake District and to our overnight stop at the market tourist town of Keswick.



4

110 MILES · 5,500 FT | OVERNIGHT: WARRINGTON | SCAFELL PIKE (978M)

DAY 4: KESWICK – SEATHWAITE – SCAFELL PIKE (978M) – WARRINGTON

We begin today by cycling 8 miles south along Derwent Water to Seathwaite which marks the start of our second mountain of the trip. Scafell Pike (978m) is the smallest of the three mountains, but with two tough days already in our legs, it certainly won't feel like it. Once we've tackled Scafell Pike, we'll jump back on the bikes towards Keswick then ride south through stunning scenery of the Southern Lakes, through Grasmere, Ambleside, Windermere and Kendal. With most of the climbs out of the way, it should be an easier afternoon as we ride through Lancashire and Cheshire to our overnight stop in Warrington.



5

90 MILES · 4,100 FT | OVERNIGHT: LLANBERIS | SNOWDON (1,085M)

DAY 5: WARRINGTON – PEN-Y-PAS – SNOWDON

The final day of the challenge has arrived, with an extremely flat morning, one main climb at the end, and then trekking the final peak, Snowdon. We head southwest through Cheshire just to the south of the Mersey. We'll cross the border into Wales and follow the coast west through the county of Flintshire and through the seaside towns of Prestatyn and Rhyl. Just beyond Colwyn Bay our route heads south along the river Conwy to Betws-y-Coed. From here we climb up into Snowdonia National Park on a stunning road through forests and vast mountains. Our cycling ends at Pen-y-Pas where we'll get changed into hiking gear for the final mountain – Snowdon (1085m). Just a couple of hours later we'll be stood on the summit then trek back down to Pen-y-Pas where we'll be transferred by minibus back to Llanberis for a celebratory meal and our final night of the trip. Congratulations – you've just completed the Three Peaks Cycle Challenge!



6

TRIP ENDS | TRANSFER TO CHESTER

DAY 6: LLANBERIS – CHESTER TRAIN STATION

After a good night's sleep and a hearty breakfast, a bus will pick you up from the hotel door (no more cycling!) and transfer you, your bike and luggage to Chester where there are excellent train connections all over the UK. This is where the trip ends and we say our goodbyes (please contact us about further bicycle and luggage transfer options if you'd prefer not to travel with your bicycle).



THE ROUTE

BEN NEVIS TO SNOWDON



Day 2 · Fort William → Paisley	104 miles
Day 3 · Paisley → Keswick	131 miles
Day 4 · Keswick → Warrington	110 miles
Day 5 · Warrington → Pen-y-Pass	90 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: ADVANCED ★★★★★

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader(s)
- ✓ Mountain guide(s)
- ✓ Support driver and vehicle
- ✓ 5 x night's hotel accommodation based upon twin sharing
- ✓ 5 x breakfasts
- ✓ 5 x lunches
- ✓ Bicycle mechanical support
- ✓ First Aid cover
- ✓ All luggage transported during your trip
- ✓ Transfers from Fort William to Glen Nevis
- ✓ Transfer from Llanberis to Chester
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Kit list, joining instructions and training plans

NOT INCLUDED

- × Transport to/from meeting points
- × Bicycle and Helmet
- × Lunches, evening meals and drinks
- × Travel Insurance

Getting there: Train or drive to Fort William; the trip ends with a transfer to Chester station.

GOOD TO KNOW

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 travel in the support vehicle. 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

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

We recommend that you obtain personal travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and 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). We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code for 5% off. 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 cost between £15 and £20 each evening. You will need British pound sterling to spend on this trip.

ACCOMMODATION

Accommodation for this trip is in good quality, comfortable hotels and the price is based upon twin sharing unless a single supplement is paid. The single supplement for this trip can be added upon booking (subject to availability).

FOOD

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks. Evening meals and drinks are not included but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

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 two 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 do not provide helmets but it is essential 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.

CLOTHING

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”! You will need extra clothing for the mountain days including waterproof jacket, trousers, a small rucksack and hiking boots. More details will be issued upon booking.

LUGGAGE

All luggage will be transported between hotels as you cycle. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a saddle bag, frame fit bag or something similar. Whilst cycling you do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day. On the mountain you will need to carry a small rucksack with some spare clothing, snacks, water and a few other mountain-specific items. Bike boxes and bags will be transported to the hotel upon arrival. Getting to/from the start/finish of the trip We may be able to help with transporting your bicycle and luggage to the start of the trip and back to your home once the trip has finished. If you are flying or getting a train to Glasgow at the beginning of the trip, we may also be able to pick up your bicycle and luggage and transfer them to the start of the trip. Please email info@moreadventure.co.uk for further information.

LEADERS

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. 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 (if required). You will also be guided by at least one qualified mountain leader on the mountain stages. This trip will run on a minimum number of 6 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. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.