

TRIP ITINERARY · CYCLING · SCOTLAND, ENGLAND & WALES

THREE PEAKS BY BIKE

Climb Ben Nevis, Scafell Pike and Snowdon, and instead of driving between them, cycle all 460 miles. The ultimate UK challenge.

8 days	5	445 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 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.

★★★★★

"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/

DAY BY DAY

DETAILED ITINERARY

1

BEN NEVIS | OVERNIGHT: FORT WILLIAM | CLIMB BEN NEVIS (1,345M)

DAY 1: ARRIVE IN FORT WILLIAM*, CLIMB BEN NEVIS; CYCLE TO FORT WILLIAM

The trip begins in Fort William in the heart of the Scottish Highlands. After introductions and a trip briefing from your leaders, you will tackle your first mountain, Ben Nevis (1345m). Ben Nevis is the highest mountain in the UK and we'll be taking the footpath to the summit and back from Glen Nevis. When you get back down off the mountain, you will then cycle to your accommodation in Fort William for an evening meal and prepare for the following day. *We will be offering 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

100 MILES · 4,300 FT CLIMBING | OVERNIGHT: PAISLEY

DAY 2: CYCLE FORT WILLIAM TO PAISLEY

The first big cycling day is finally here, hopefully you are well rested and raring to go! After breakfast we'll load your luggage onto the support van and follow our route through the Scottish Highlands. Our route follows the banks of Loch Linnhe before rising up into the magnificent Glencoe National Nature Reserve. This wild, rugged glen is a real treat, with dramatic cliffs either side of the road as it weaves up alongside the thunderous River Coe. From here we continue south through the vast landscapes of the Scottish Highlands, along the glorious banks of Loch Lomond to our hotel in Paisley, situated to the southwest of Glasgow.



3

97 MILES · 4,300 FT CLIMBING | OVERNIGHT: GRETNA

DAY 3: CYCLE PAISLEY TO GRETNA

After breakfast, we'll be negotiating some busier roads south of Glasgow and East Kilbride before heading out on quieter roads south. There are a few climbs today but the scenery will definitely take your mind off them as we pedal through Dumfries and Galloway, passing the remote towns of Moffat and Lockerbie. Once we arrive at our 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.



4

60 MILES · 3,000 FT + SCAFELL PIKE | OVERNIGHT: KESWICK

SCAFELL PIKE (978M)

DAY 4: CYCLE GRETNA TO SEATHWAITE; CLIMB SCAFELL PIKE; CYCLE TO KESWICK

Today is definitely one of the most challenging days as 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 in Seathwaite and get changed into our mountain walking gear before tackling our second mountain, Scafell Pike. 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.



5

106 MILES · 4,600 FT CLIMBING | OVERNIGHT: WARRINGTON

DAY 5: CYCLE KESWICK TO WARRINGTON

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! We head south from Keswick along Thirlmere Reservoir and through Grasmere to Ambleside on the banks of Lake Windermere. From here we ride southeast towards Kendal before heading south onto flatter roads at Carnforth. We'll continue through some more built-up areas around Wigan before arriving at our hotel for the evening near Warrington.



6

82 MILES · 2,500 FT CLIMBING | OVERNIGHT: BETWS-Y-COED

DAY 6: CYCLE WARRINGTON TO BETWS-Y-COED

Our route today heads southwest 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! Once in Wales we follow the coast west through Flintshire and Conwy past stunning coastal scenery, with views of Anglesey in the distance. Keep your eyes peeled for Conwy Castle where we turn left, heading south to follow the River Conwy to our overnight stop in the popular holiday town of Betws-y-Coed. 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.



7

SNOWDON | OVERNIGHT: BETWS-Y-COED

12 MILES + CLIMB SNOWDON (1,085M)

DAY 7: CYCLE BETWS-Y-COED TO PEN-Y-PAS; CLIMB SNOWDON/YR WYDDFA

The last day of effort! We head out and tackle a gradual climb from Betws-y-Coed through the beautiful scenery of Snowdonia National Park. Passing through Capel Curig, we ride up to the iconic Pen-y-Pass where we start our final climb of the trip to the highest peak in Wales – Snowdon (1085m), or as it's locally known, Yr Wyddfa. The climb up to the summit is legendary, following ancient footpaths that miners once used to access vast quarries of slate and copper. Soon you'll be standing on the highest point in Wales – Snowdon! Once we're back down safely, you and your bicycles will be transferred by minibus to Betws-y-Coed to our hotel. 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...



8

TRIP ENDS | TRANSFER TO CHESTER

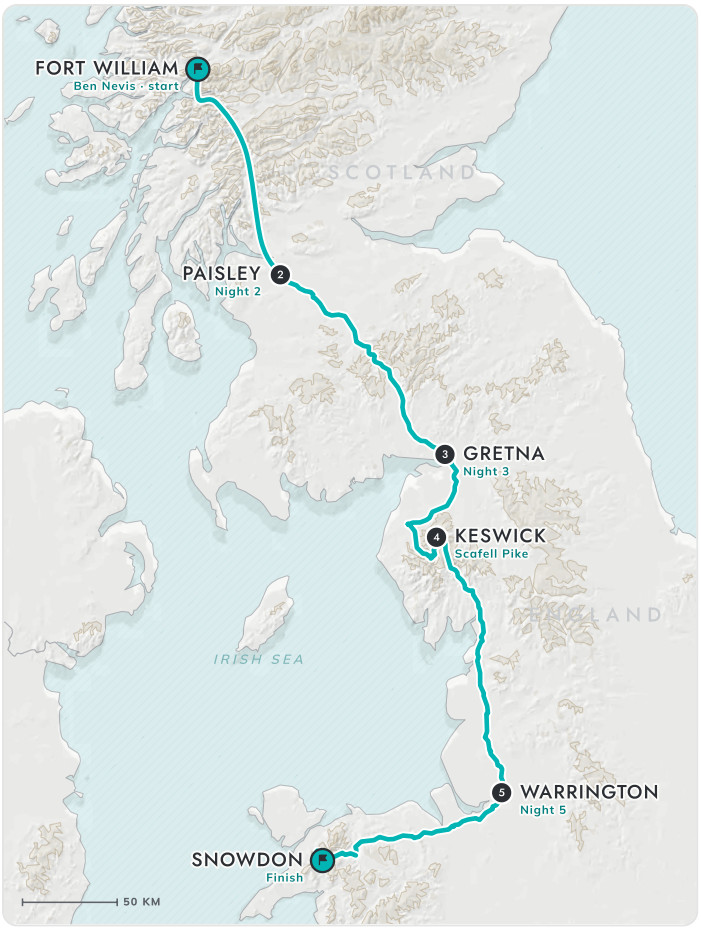
DAY 8: TRANSFER BETWS-Y-COED TO CHESTER RAILWAY STATION

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.



THE ROUTE

BEN NEVIS TO SNOWDON



Day 2 · Fort William → Paisley	100 miles
Day 3 · Paisley → Gretna	97 miles
Day 4 · Gretna → Keswick	60 miles
Day 5 · Keswick → Warrington	106 miles
Day 6 · Warrington → Betws-y-Coed	82 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 Leader(s) on each mountain
- ✓ Support driver/bicycle mechanic
- ✓ Support vehicle
- ✓ Snacks and water whilst riding
- ✓ 7 x night's hotel accommodation (twin sharing)
- ✓ 7 x breakfasts
- ✓ 7 x lunches
- ✓ Transfers from Pen-y-Pass to Betws-y-Coed after Snowdon
- ✓ Transfers from Betws-y-Coed to Chester at the end of the trip
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Friendly advice before the trip
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and Helmet
- × Transport to and from pick-up and drop-off points
- × Evening meals, drinks and snacks
- × Personal 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

Cycling You will be cycling for between eight and ten hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which will be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle. Hiking You will need a good level of hiking fitness to participate. You will be walking through mountainous environments on uneven and steep terrain that will be challenging at times. Whilst we refer to it as 'climbing' the mountains, we reach the summit of each peak walking on popular footpaths. We will need to maintain a good pace on the mountain stages and these will be maintained by your mountain leader. We also recommend you have practice tackling some hills whilst wearing the boots and rucksack you'll be using on the mountain. Importantly you need to do some longer (3+ hour) walks so you will know what is required. We cannot control the weather so don't forget to bring your sense of humour on the hill! The more you train, the more you'll enjoy the challenge! A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

WEATHER

The weather in the UK is variable throughout the year and in a single day you can experience all four seasons. It is absolutely essential that you are prepared for all weathers and be able to carry 2 litres of water. 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 between £10 and £20 each. You will need British pound sterling to spend throughout.

ACCOMMODATION

Accommodation for this trip is good quality hotels with hot water showers, excellent amenities and secure bicycle storage. It is based upon twin sharing.

FOOD

Breakfast will vary each morning but will generally consist of continental-style with some hot food items, 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 in the price and we will eat out as a group at a local cafe/restaurant.

EQUIPMENT

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.

CLOTHING

It is crucial to be prepared for the weather as 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. 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 comprehensive kit and clothing list for both the cycling and the hiking elements of this trip 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. You will also need a 25-litre, comfortable rucksack to carry various items you may need for the mountain stages.

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, you will be guided by at least one experienced and qualified Mountain Leader who will lead the mountain stages. One leader will also drive the support vehicle whilst you're cycling, offering assistance where necessary and will be transferring all luggage from one hotel to the other. This trip will run on a minimum number of 10 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

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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.