**Three Peaks Challenge with Ruils – May 2025**

Ruils is partnering with experienced expedition company, Maximum Adventure, to take on the Three Peaks Challenge on the weekend of Friday 16th – Sunday 18th May 2025.

What is the Three Peaks challenge?

The Three Peaks (Ben Nevis, Scafell Pike and Snowdon) are the highest mountains in Scotland, England and Wales.  The challenge is to climb each of these three peaks – one after the other.

How does it work?

If we have fewer than 8 walkers in the Ruils team, we will join Maximum Adventure’s main group expedition.  If we have 8 walkers or more, we will have a private group and minibus.

This is a tough event and people participating should have the necessary fitness and be prepared to do without sleep! A minimum of 6 months of training is required.

If your aim is to complete the event in 24 hours then we will need to complete Ben Nevis in 5½ hours, Scafell Pike in 4½ hours and Snowdon in 4 hours.  The standard for measuring your official total time on the event is mountain time of 14 hours plus a fixed 10-hour drive time.

The challenge is supported by qualified mountain leaders and a driver will be with us all the way.  They’ll do everything they can to get us through the challenge as quickly as possible.  We will aim to complete the challenge within 24 hours which is only possible if every team member commits to train hard for the event and brings the correct equipment along. Kit lists and training programmes are provided ahead of time to all participants.

Itinerary:

Friday 16th

* Make your own way to either of the 2 designated pick up points (either Glasgow central station by 3.30pm or Glasgow International airport by 4pm)
* Transport to your B&B accommodation in Fort William.
* Opportunity to pop to the supermarket to buy food.
* Check-in, evening briefing, route planning and equipment check with our guide.

Saturday 18th

* Early breakfast then depart for Ben Nevis at 7am
* Ascend Ben Nevis – a round trip of around 5 ½ hours
* Afternoon transfer to the Lake District and evening ascent of Scafell Pike – a round trip of around 4 ½ hours

Sunday 19th

* Night time transfer to Snowdon and early morning ascent – a round trip of around 4 hours.
* Transfer to Manchester Piccadilly station
* Make your own way home from Manchester Piccadilly station

How much do I have to raise?

You will need to raise a minimum of £800 for Ruils.  We will support you with fundraising advice and help you to set up your fundraising page.

What do I have to pay?

Ruils will pay the full £499 cost for your place which includes:

* Collection from either Manchester Piccadilly station at 10am or Glasgow International at 4pm and transport to your hotel in Fort William for a Friday night stay
* B&B in Fort William in a twin room (you can choose to pay £75 extra for a single room subject to availability)
* All transport to and between mountains
* Transport to Manchester Piccadilly station on Sunday 19th

You will need to arrange and pay for:

* your train to Glasgow Central or your flight to Glasgow International on Friday 16th
* all food other than your Saturday morning hotel breakfast
* your journey home from Manchester Piccadilly on Sunday 18th

How much training do I have to do?

This is a tough challenge, and people of moderate fitness will need to train for a minimum of 6 months before the event.  Training tips can be found here:

[Three Peaks Challenge: Your Top Preparation Guide (+Training Plan & Kit List) - Maximum Adventure](https://maximumadventure.com/2022/03/28/three-peaks-challenge/)

How do I sign up or find out more?

If you are interested in taking part in this event, email Carolyn at fundraising@ruils.co.uk or call me on 07944 965321 for more information.