

## UK & IRELAND 5 PEAKS CHALLENGE



<b>Activity:</b>	Trekking	<b>Group size:</b>	Minimum: 1 minibus of 9 pax Maximum: 3 minibuses of 30 pax
<b>Trip duration:</b>	4 days	<b>Level of difficulty:</b>	■ ■ ■ ■
<b>Trekking distance:</b>	64kms	<b>Accommodation:</b>	Tough 2 nights (Wales & Scotland)
<b>Total ascent:</b>	5033 metres		
<b>Dates:</b>	Available May – Sept 2021		

### HIGHLIGHTS

- Conquer the five highest mountains in the UK & Ireland in this iconic British mountain trek
- Tackle Snowdon, Scafell Pike, Ben Nevis, Slieve Donard and finish on the summit of Carrauntoohil
- Experience Scafell Pike, England, in the colours of a late afternoon sun
- Witness the sunrise on Ben Nevis amongst the spectacular backdrop of Scottish Highlands
- Summit Slieve Donard, Northern Ireland, under a star filled sky
- Complete this challenge on the highest mountain summit of Ireland.

### OVERVIEW

One of the most epic mountain challenges close to home, The National 5 Peaks Challenge involves climbing the five highest mountains in Wales, England, Scotland and Ireland. The challenge covers 64kms and involves 5,300 metres of ascent. Teams will be accompanied by a fully experienced and qualified Adventurous Ewe Mountain Leaders throughout the challenge and transferred via private minibus with your own experienced driver/s. This is the ultimate UK & Ireland mountain trekking experience.

### UK & Ireland 5 Peaks Challenge

Below is a guideline to the timing schedule for your 5 Peaks Challenge. Please note that this is a guide only and we ask for your flexibility on this due to factors outside our control such as traffic, weather, ability of the group, etc.

Day	Time	Activity
Day 1	Evening	Arrive in Llanberis, North Wales, prior to the start of your trekking challenge for dinner, a trek briefing and a good night's rest. Included: <ul style="list-style-type: none"> <li>Overnight accommodation in a locally run lodge, private dorm room basis</li> <li>Dinner (at your own expense)</li> <li>Transfer service from Bangor train station to Llanberis available on request</li> <li>Trek briefing</li> </ul>
Day 2	8.00am	Home cooked breakfast.
	9.00am	Meet your Adventurous Ewe Team - Mountain Leaders and Drivers.
	9.30am	Snowdon ascent – 1,085 metres and 14kms. Allow 4.5 -5 hours.
	14.30pm	Minibus transfer to Wasdale Head, The Lake District, Cumbria, England. Allow 4.5 – 5 hours driving time. Hot meal stop in the Lake District.
	8.00pm	Scafell Pike ascent – 978 metres and 11kms. Allow 4 – 5 hours.
	12.30am	Depart Scafell Pike. Lite pasta meal served. Allow 5.5 – 6 hours driving time.
Day 3	6.00am/ 6.30am	Arrive Fort William. Lite breakfast.
	07.30am	Ben Nevis ascent – 1,344 metres and 15kms. Allow 5 – 6 hours.
	1.30pm/ 2pm	Transfer to hostel with private room share. Afternoon to relax and prepare for the second leg.
	06.30am	Depart Fort William. Transfer to Carinryan – P&O Ferry crossing Cairnryan to Larne. Allow 4.5 hours driving.
	11.00am	Arrive Cairnryan ferry port.
	12.00pm	Ferry departure.
	2.00pm	Ferry arrival at Larne, Northern Ireland.
	4.00pm	Slieve Donard ascent – 850 metres and 10kms. Allow 5 - 6 hours.
Day 4	10.00pm	Depart Slieve Donard. Transfer to Carantuohil. Allow 5 hours Driving time.
	4.00am	Carantuohil ascent – 1036m and 12km. Allow 6 – 7 hours.
	10.00pm/ 11.00am	Challenge complete and a celebratory fizz or Guinness to toast the epic completion of the 5 Peaks Challenge.
	2.30pm	Transfer to Dublin. Overnight in a hotel can be arranged at an additional cost. Option for participants to either fly home or be transferred by the minibus via the ferry arriving at Port Holyhead (Wales) departing at 8pm at an additional cost.
	8.00pm	The minibus will travel back to Llanberis, North Wales after the challenge.

## ITINERARY

### DAY 1

#### Arrival, event preparation and accommodation

- Arrive in Snowdonia the evening prior to the start of your trekking adventure
- Trek briefing
- Overnight accommodation in a locally own lodge in a mixed private dorm room

### DAY 2

#### Wales – Snowdon (1,085m) – 14kms

After a hearty home cooked breakfast you will tackle the first peak of your 5 peaks challenge, Snowdon Yr Wyddfa in Welsh - the highest mountain in Wales standing at 1,085m.

Your ascent will be via the Pyg track which rewards you with those classic Snowdon views. The ascent should take approximately 2.5 - 3 hours. Once on the summit you will have time for a photo and enjoy the views before starting your decent down the Llanberis Path arriving in Llanberis. On descending Snowdon, you will join up with your awaiting minibus where you will be driven to the Lake District for your next mountain.

#### England – Scafell Pike (978m) – 11kms

The second summit of your 5 Peaks challenge, Scafell Pike, is the highest mountain in England standing at 978m. Following a hot meal, the ascent begins from Wasdale Head, a tranquil part of the Lake District, also known as the birthplace of British climbing. The trek starts with the afternoon glow highlighting the variety of rock formations before trekking by the glow of your head torch. The ascent and descent of Scafell Pike should take approximately 4.5 hours. Once back at your minibus it is time to relax as your driver transfers you to Fort William passing through some of the most stunning scenery in the UK. You will make short stop on route to use the services and you can pick up some additional food & drinks.

### DAY 3

#### Scotland – Ben Nevis (1,344m) – 15kms

The third and highest mountain on your 5 Peaks Challenge, Ben Nevis at 1,344m, marks the midway point of your challenge. The trek begins on the main path from Glen Nevis. The path was originally built to service a meteorological observatory of which the remains still stand at the summit. The walk to the summit takes approximately 3 hours and involves 1,370m of ascent. On summiting you will have the chance to enjoy the breath-taking views of the Scottish Highlands.

The trek back down should take approximately 2 - 2.5 hours. On descending Ben Nevis, you will join up with your awaiting minibus where you will be transferred to your hostel accommodation where you can relax and recover and grab some well-earned overnight rest before continuing the following day.

### DAY 4

#### Northern Ireland - Slieve Donard (850m) – 9kms

It's an early morning departure from Fort William to Cairn Ryan on the west coast for your ferry crossing to Ireland and on to Slieve Donard. Starting your ascent of Slieve Donard in the late afternoon as the sun sets behind you is a spectacular way to tackle the fourth mountain of your epic challenge. Your route takes you along a well defined path to the summit which makes for a straightforward climb with the Mourne Wall acting as a guide. If the weather is on your side, the views from the summit are far reaching and even extend to the Isle of Man, the Wicklow Mountains, Wales and Scotland.

**Republic of Ireland – Carrauntoohil (1039m) – 12kms**

Then it's a 5-hour night drive to arrive on the remote west coast of Ireland for your final summit, Carrauntoohil at 1,039m and the highest mountain in Ireland. The landscape is stunning set among the beautiful MacGillycuddy Reeks in Co Kerry. Given Carrauntoohil's closeness to the Atlantic Ocean, the weather can be very changeable very fast, so you should be prepared for wet, wind, cold and more. The trek takes you along the more popular route, via Devil's Ladder. Once on the summit you will have time for a celebratory photo and enjoy the views before starting your decent, taking approximately 3 hours. Arriving at the finish feeling exhausted but elated with finally the chance to rest weary your legs and enjoy a celebratory Guinness or bubbles! Well done on completing one of the toughest mountain challenges in the UK.

Overnight accommodation can be arranged in Dublin if you wish and this will be at an additional cost. Alternately you are most welcome to make your own arrangements. Adventurous Ewe can also organise a return journey on the minibus to North Wales at an additional cost which will depart around 8pm that evening. Please feel free to speak to us for further information or to make bespoke arrangements for you or your group.



## WHAT'S INCLUDED

### Before your trip

- All trip info supplied through our mobile travel app, Vamoos
- Personalised trip support from your Adventurous Ewe team
- Exclusive discount code for kit from Joe Brown and The Climber's Shop both in store and online and ashmei athletic apparel. Online code provided on booking
- 5 Peaks Training Programme
- Public liability insurance
- Risk assessment and emergency management planning.

### WHAT'S NOT INCLUDED

- Clothing and equipment detailed on your Kit List
- Travel to Snowdon for the start of the challenge
- Travel from Dublin following the completion of the challenge. This can be organised at an additional cost.
- Celebration meal and overnight accommodation in Dublin. This can be organised at an additional cost
- Personal spending money.

### Optional

Overnight accommodation and celebration meal in Dublin and transfer to North Wales on the minibus the following day at an additional cost.

### On your trip

- Trek briefing prior to the start of your challenge
- Qualified Mountain Leaders
- Professional group management
- Experienced drivers
- Minibus and fuel
- Packed lunch after completing Snowdon
- Snacks, water and hot drinks during your challenge
- Full back-up support including first-aid qualified Leaders and first-aid supplies
- Luggage transfer
- Radio communications for all crew
- Two night's accommodation Llanberis, Snowdonia and Fort William Scotland (private dorm room basis)
- All challenge management before, during and post event.

### BOOK WITH CONFIDENCE

#### Flexible date changes

If you need to change your booking 60 days or more before the start date you can make flexible date change to another UK challenge, subject to availability, without incurring any admin costs. If you need to cancel your booking, you will be issued with a credit note to the value of your payment that you can use for another event of your choice, subject to availability.

#### Financial protection

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance company. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back.

#### Secure online payments

All bookings can be made online with Mastercard, Visa and debit card or via BACS. You can also opt to pay via monthly instalments. We use WorldPay to handle all our online payments as it is a payment platform which is a global leader in payment processing offering superior security for both you and us as a company. For any further information or to organise monthly instalment payments, please get in touch with us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

#### Adventure info available through our mobile app 24/7

On booking your adventure, you will receive all the exciting event information via our mobile travel app. You'll have access to all your trip info, training guide, countdowns, live updates, contact info, weather forecasts, kit lists and much more at the touch of a button 24/7 via your mobile phone. No more unnecessary use of reams of paper and the need of carrying around documents with you. The app is free to download and all info is customary to your adventure ahead.

### LEVEL OF DIFFICULTY

#### TOUGH

The UK & Ireland 5 Peaks Challenge is graded as *tough* given that you are summiting the five highest peaks in the UK and Ireland consecutively within 72+ hours. If you have an adventurous spirit and a strong level of grit and determination, then this adventure is for you. Training and a good level of mountain walking fitness is definitely required. This is a challenging trek both physically and mentally as sleep deprivation plays a part here, affecting some people more than others. As such the preparation and training you put in beforehand the better chance of success you have and the more you will enjoy this epic adventure.

### TERRAIN

The terrain on this trip varies throughout and can be rough at times, so preparation is ideal!

#### Snowdon

Taking the classic Pyg Track for your ascent of Snowdon, this is the shortest route up the mountain with the least amount of vertical ascent. The route follows a well maintained path with a few rocky sections. Continuing along the trail it soon becomes more rugged and steep! The final sections follows a zigzag route steeply up the mountain. The track will emerge at the top and join the main Llanberis Path running alongside the Snowdon Mountain Railway. Follow the path heading south alongside the railway for the last gradual ascent to the summit. The route will meet a set of steps which will take you to the Snowdon summit marker. On a clear day the peak offers views of Snowdonia, Anglesey, Pembrokeshire and Ireland. Your descent will be via the Llanberis Path, which offers the most gradual descent, and finishes in Llanberis.

**Scafell Pike** You will take the shortest and most direct route up the highest mountain in England. This is a steep hike which involves scrambling over some terrain. The summit is rocky and has a large circular stone cairn with steps to its flat top and nearby a stone Ordnance Survey trig point pillar. The views from Scafell Pike summit are incredible with almost every major Lakeland Fells within view. On a clear day the Isle of Man will be visible, lying in the Irish Sea to the west. You will descent via the same path.

**Ben Nevis** After the initial steepness, the path does even out to a more moderate rocky ascent. You will reach a stunning loch and then it is on to a series of zig-zags. The upper section is rough and very stony; it is often snow covered and losing the line of the path easily leads onto dangerous terrain – hence the importance of your Mountain Leaders. On reaching the top of the Ben you will notice it is very flat, not the traditional mountain peak, and the actual highest point is the cairn. The view is extensive and covers much of the Highlands, but there is nothing more dramatic than peering down the north side, across or down the massive cliffs. You will descend via the same path.

**Slieve Donard** A well-defined trail takes you up the hill along the Glen River through a rich forest of pine, birch and oak. Crossing the river via bridges a few times, but thankfully you don't need to get your feet wet! As you climb higher, the river bank gets steeper. Reaching a stile as you pass thick forest, then carry on up the track above the river towards the saddle between Slieve Commedagh and Slieve Donard. You'll cross the river again and continue towards the iconic Mourne Wall as you reach the saddle. Following the wall as it guides you up a steep hill to the summit. There are a few false peaks along the way, so be patient and wait until you see the look-out point/cairn at the summit before celebrating.

As seems to be a tradition in many parts of Ireland, the mountain is named after a saint. Saint Donard was known as a disciple of Saint Patrick, and he built a small prayer cell at the summit of Slieve Donard during the fifth century.

**Carrauntoohil** Starting in Hag's Glen a wide-open valley with a lake on either side of the trail, Lough Gouragh and Callee. You'll hike through a fairly boggy/marshy section before reaching the base of the Devil's Ladder. The Devil's Ladder is quite a tough part of the climb due to its steepness and the loose rocks/pebbles/erosion. It's a steep gully with loose scree. Due to erosion, it can be a bit unstable in places so extra caution is advised. A walking stick or two can be really helpful. Once you've scaled the ladder, the trail veers right to take you up the long climb to the summit. The final stretch to the summit has hazards on either side, so be really careful in poor visibility or bad weather. After all your hard work, the summit is breath-taking. You'll be surrounded by a rich panorama of mountain peaks and dramatic ridges in nearly every direction. There are also numerous lakes to be spotted, the Wild Atlantic Way in the distance, and to the north east, you should see the rich farmland of Co Kerry.

## WEATHER

Please be prepared for all kinds of weather conditions from warm sunshine to very cold wet weather. Despite your trip being across the Summer months, the weather is unpredictable in the mountains. Please refer to your kit list and ensure you have the right kit to protect you from sun, heat, wind, cold, rain and even snow (Ben Nevis is notorious for snow coverage even in the warmer months). Your kit will make your 5 Peaks Challenge either a great one or a rather miserable one.

Closer to your challenge date, please check the **Mountain Weather Information Service** for a descriptive weather forecast as listed below.

<b>Ben Nevis</b>	<a href="http://www.mwis.org.uk/scottish-forecast/WH/">http://www.mwis.org.uk/scottish-forecast/WH/</a>
<b>Scafell Pike</b>	<a href="http://www.mwis.org.uk/english-welsh-forecast/LD/">http://www.mwis.org.uk/english-welsh-forecast/LD/</a>
<b>Snowdonia</b>	<a href="http://www.mwis.org.uk/english-welsh-forecast/SD/">http://www.mwis.org.uk/english-welsh-forecast/SD/</a>
<b>Northern Ireland</b>	<a href="https://www.mountain-forecast.com/peaks/Slieve-Donard/forecasts/850">https://www.mountain-forecast.com/peaks/Slieve-Donard/forecasts/850</a>
<b>Ireland</b>	<a href="https://www.mountain-forecast.com/peaks/Carrauntoohil/forecasts/1038">https://www.mountain-forecast.com/peaks/Carrauntoohil/forecasts/1038</a>

## SAFETY

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. Our UK & Ireland 5 Peaks Challenge requires individual preparation as this trekking adventure is designed to take you out of your everyday comfort zone and achieve something great. Rest assured we have a thorough Safety Management System, indepth risk assessments and risk management systems in place. Your safety and well-being is our top priority at all times.

## ADVENTUROUS EWE LEADERS AND DRIVERS

You will be accompanied by certified Adventurous Ewe Leaders and Crew. Our Leaders are first aid qualified and have extensive experience in leading expeditions throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group. Leaders and Crew will carry full safety equipment and mountain first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items. The Leaders and Crew will also be in constant radio communication with the vehicle drivers and base throughout your event.

## ETHICAL EVENT MANAGEMENT

Adventurous Ewe is committed to delivering trips in a responsible and ethical manner and with sustainable development at its core. We respect and aim to operate our adventures to benefit local people, their economy and the environment!

Some of the ethical event management features embedded in our UK & Ireland 5 Peaks challenge are:

- Using local crew who are qualified Guides, support crew and drivers who are all extremely knowledgeable and experienced
- Minimising plastic waste wherever possible
- Operating with a 'leave no trace' ethos
- Locally, we help support the vital work of the **Snowdonia Society** who since 1967 continues to work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

**WHAT ADVENTUROUS EWE STANDS FOR:****Big adventures, small boot-prints**

Adventurous Ewe creates and delivers overseas expeditions and UK challenges whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. We are passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. Whether you're a company, a charity, a flock of friends or a solo traveller, join us for your next adventure and know that you're also helping the planet through our partnership with the fab environmental charity, [Cool Earth](#). We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

**We believe in epic goals, trailblazing adventures and pushing boundaries**

**We cheer, salute and support every person stepping outside their comfort zone**

**We celebrate the things that make us different and doing things that make a difference**

**We dream big, aim high, inspire others and believe #ewecandoit**

**ANY QUESTIONS**

If you have any questions regarding the UK & Ireland 5 Peaks Challenge, please get in touch as we'd love to chat to you about this epic mountain challenge. Please contact us at:

Email: [jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

Tel: [01492 588 069](tel:01492588069)

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## UK & IRELAND 5 PEAKS CHALLENGE



### KIT LIST

Good quality, durable kit could mean the difference between a fantastic event and an uncomfortable one. This is a list of recommended kit to take on your UK & Ireland 5 Peaks Challenge and you *must* be prepared for all types of weather conditions.

As we are travelling on a minibus space is restricted, so please ensure to bring only the kit that is listed. We will be stopping for food along the way to Scafell Pike and supply you with a light pasta meal on completion of Scafell. A lite breakfast will also be provided before your ascent of Ben Nevis. Please note this is a time critical challenge, it is your 72 hours thus it is essential that you try and bring adequate food and energy drinks/gels etc with you. Stopping off for toilet breaks is obviously allowed however please bear in mind that these can take 15 – 20 minutes off your time per stop.

#### Clothing

- Base layer** – preferably merino wool or a synthetic wicking layer with a long sleeved top
- Fleece Jacket or Wind-stopper**
- Trousers** - fleece or synthetic / nylon or polyester. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential!
- Wicking t-shirt/s** – preferably merino wool based items which are biodegradable
- Shorts** if warm weather forecast
- Headwear** - warm woolly hat and cap/sunhat
- Gloves** – thin liner gloves and waterproof gloves are ideal
- Buff or bandana** – for the cold or sun protection
- Casual clothes** for travelling on the minibus including a warm fleece or similar

### Footwear

- Hiking boots** – well-worn in hiking boots with ankle support and waterproof
- Trainers, flip-flops or other comfortable shoes** – for travelling
- Socks** – spare socks for each mountain (preparation for wet weather)

### Bags

- Kit bag** – preferably a small rucksack. This bag will be transferred in the minibus
- Rucksack** – 15 - 25 litre rucksack to carry your waterproofs, water, food, camera, and all personal kit required. A rucksack liner/dry bag is recommended

### Equipment

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system
- Head torch & spare batteries**
- Sunglasses** – strong UVA/UVB protection preferable
- Trekking pole(s)** - optional. Please train with these prior to your trek
- Pillow** – for minibus transfers
- Sleeping bag** – for minibus transfers

### Miscellaneous kit

- Hand sanitiser**
- Sunscreen and lip block** – SPF30 as a minimum
- Camera** – enclose in a dry bag
- Toiletries** - Including biodegradable wet-wipes, loo roll & nappy sacks (for toilet paper rubbish on the trek)
- Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape
- Whistle**

### Nutrition

- Electrolyte tablets such as High5 Zero Electrolyte Drink Tablets
- Favourite snacks, both sweet and savoury – cliff bars, power bars, cereal bars, chocolate bars, nuts, dried fruit, jelly babies, dextro tables, crisps

### Nice to have

- Ear plugs for the hotel and minibus transfers
- Eye mask for minibus transfers
- Headphones - noise cancelling headphones are ideal for minibus transfers
- Ipad (with programmes or movies downloaded) or book for minibus transfers
- Alarm clock
- Duct tape for emergency repairs – (wrap some around your trekking pole or drink bottle rather than carrying a whole roll)
- Favourite teabags or coffee if you have a preference
- Flask for the mountain if you wish to take a hot drink

## ANY QUESTIONS

For any further info or if you have any queries, please feel free to contact Jim or Sue at:

Tel: +44 (0)1492 588 069

Email: [jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk) or [susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

We look forward to welcoming you on the UK & Ireland 5 Peaks Challenge.

#ewecandoit #jointheflock

