



The 3 Peaks Leadership Challenge

The 3 Peaks Leadership Challenge will test your teamworking and leadership skills and most probably your sense of humour as well. It will also test your stamina, motivation, mental and emotional resilience and strength of character.

Operating within teams where you will already have formed strong working relationships, you will need to get yourself and your team members safely up and down the 3 highest peaks in England, Scotland and Wales completing a number of tasks along the way for which you will earn points.

Teams will leave base camp at scheduled intervals, therefore the first team to the top and back down again may not be the fastest team overall. Leadership and teamwork involve more than just speed of implementation, and the set tasks and challenges that you will encounter on each climb have been designed to reflect that. Some of these team tasks will be quite simple ones, others will be quite complex cognitive problem-solving tasks that will need the thinking skills of all team members for you to be successful.

The 3 Peaks Leadership Challenge takes place over 5 days. There will be an Awards Dinner at the end of Day 5 in Snowdon, Wales to which friends and family are invited. We would encourage the teams to use this opportunity to raise some money for their favourite charity.

The 3 Peaks Leadership Challenge is being organised and managed by Phil Hayday-Brown, a very experienced outdoor development trainer who is probably best known for his expertise in the Arctic where he is a key member of the annual Polar Challenge team.

Along with Phil we will have a qualified medic, a paramedic, a physiotherapist and a number of climbing guides who will be on hand to ensure your safety during each climb. Phil will be giving advice on your preparation for the 3 Peaks Leadership Challenge throughout the 3 Peaks Leadership programme.

Itinerary

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| Day 1 | Travel to Fort William, Scotland. Kit check & final preparation | Night 1 |
| Day 2 | Ascent of Ben Nevis, Scotland | Night 2 |
| Day 3 | Travel to Scafell Pike, Lake District | Night 3 |
| Day 4 | Ascent of Scafell Pike, Lake District & travel to Snowdon, Wales | Night 4 |
| Day 5 | Ascent of Snowdon, Wales & Awards Dinner | Night 5 |
| Day 6 | Return home | |

The programme investment includes all costs associated with the 3 Peaks Leadership Challenge itself. However, it does not include your travel to Fort William or your return from Snowdon, your individual kit purchase and any additional costs, such as for your family or friends.



3 Peaks Leadership

About The Three Peaks

Ben Nevis



Ben Nevis is 1,343 metres high and the tallest peak in the United Kingdom. Although not as high as Alpine mountains, it is positioned on a more northerly latitude and the climate can be considered similar to Arctic regions. There is often a chilling wind on the summit of between 20-30 knots and weather conditions are constantly changing.

The mountain is particularly dramatic because it begins its rise from sea-level on the shores of Loch Linnhe, to tower above the town of Fort William.

The view from Britain's highest point is extensive and in ideal conditions it can extend up to 190 km (120 miles), including such mountains as the Torridon Hills, Morven in Caithness, Lochnagar, Ben Lomond, Barra Head, and 123 miles (198 km) to Knocklayd in County Antrim, Ireland.

The climb takes a minimum of 5 hours, but it is likely to take longer.

Scafell Pike



At 978 metres, Scafell Pike is the highest mountain in England but the lowest of the 3 Peaks. The summit is a huge boulder field in the volcanic belt of the southern Cumbrian Mountains and provides visible evidence of the mountain's turbulent past. The peak is often covered in mist, and the path is rocky and rugged.

It is located in a commanding position and is one of a horseshoe of high fells, open to the south, which surrounds the head of Eskdale. It stands on the western side of the cirque with Sca Fell to the south and Great End to the north.

Assuming the mist clears, as the highest point in England, the mountain has very extensive panoramic views, affording an excellent vantage point for its neighbouring fells as well as long range sight of the Mourne Mountains and Snowdonia on a clear day.

The climb takes at least 5 hours.

Snowdon



Snowdon is 1,085 metres high and is the highest mountain in Wales, but it probably offers walkers the least demanding walk, starting at 359m from the top of Pen-y-Pass.

The mountain is probably the busiest in Britain and has one of the wettest climates, receiving an annual average of more than 4,500 mm (180 in) of precipitation.

It offers some of the most extensive views in the British Isles: on exceptionally clear days, Ireland, Northern Ireland, Scotland, England and Wales are all visible. It is also possible to see 24 counties, 29 lakes and 17 islands. The view between Snowdon and Merrick (southern Scotland) is the longest theoretical line of sight in the British Isles at 144 miles (232 km) and visible in good conditions.

The climb takes between 4 and 6 hours.

For more information call 01476 861010

www.3peaksleadership.co.uk