National 3 Peaks Challenge

Client Information & Event Itinerary - Hosted by Walking With My Bear Adventures Ltd

Thank you for choosing Walking With My Bear Adventures Ltd for your National 3 Peaks Challenge.

This iconic challenge is one of the UK's most demanding endurance adventures — combining physical stamina, mental resilience, teamwork, determination and personal achievement.

Over the course of your expedition, you will attempt to summit:

- Ben Nevis – Scotland
- Scafell Pike – England
- Yr Wyddfa (Snowdon) – Wales

all within an incredible 24-hour challenge period.

Our experienced mountain leaders and transport teams are committed to delivering a safe, professional and unforgettable experience throughout your journey.

Travel & Collection Information

Participants may be collected from one of the following locations:

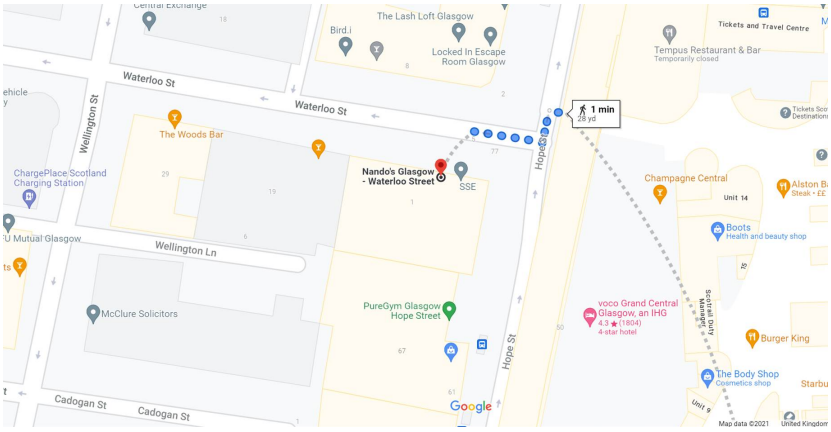
- Manchester Piccadilly Station – 10:00am

Collection Point:
Lower entrance on Fairfield Street.

One of our team members will be waiting at the lower entrance to assist you to the minicoach.

To ensure the itinerary remains on schedule, all participants must be ready and waiting no later than 10:00am.

- Glasgow Train Station – 3:00pm



Upon arrival at Glasgow train station, please make your way to the agreed collection point provided as stated on the map near Nando's on Waterloo Street.

- Glasgow International Airport – 4:00pm

Participants flying into Glasgow International Airport must be ready for collection no later than 4:00pm.

Collection Point:
Entrance to Starbucks in the Arrivals Area.

Our team will collect you there before continuing onward to the hotel.

Accommodation Information

As agreed, accommodation is provided on a twin-sharing room basis at our selected hotel. We naturally ensure all single ladies share with same sex participants

Your package includes:

- Overnight accommodation
- Room only basis

Please note:

- Meals and drinks are not included
- Evening meals can be arranged independently
- Breakfast service at the hotel begins after 7:00am, however the group will depart earlier to begin the challenge

If you would like a breakfast pack arranged, please notify us in writing prior to your event.

Your Challenge

At Walking With My Bear Adventures Ltd, we pride ourselves on operating to the highest professional standards.

All expeditions operate in line with:

BS8848 Expedition & Travel Standards
BS11200 Crisis Management Standards

Your safety remains our highest priority at all times.

We do not support unsafe or excessive driving practices under any circumstances. All transport providers are professional, experienced operators who maintain the highest safety standards.

As coaches are legally speed restricted, challenge timings are carefully planned around realistic and safe travel durations.

- Travel Time Allocations
- Estimated Travel Durations
- Glen Nevis Visitor Centre to Wasdale National Trust Car Park: Approx. 6 hours
- Wasdale to Pen-y-Pass Car Park: Approx. 5 hours

Total allocated travel time: 11 Hours

This leaves approximately: 14 Hours Hill Time to complete all three peaks within the challenge framework.

Ben Nevis

Allocated Time: 5½ Hours

Your challenge officially begins upon starting your ascent of Ben Nevis.

A minibus taxi will transfer the group from the hotel to Glen Nevis Visitor Centre while your coach driver takes their required rest period.

Additional mountain leaders may join the group at this point.

Important timing information - The allocated 5½ hours includes:

- Ascent
- Descent
- Washroom visits
- Returning to the coach

Your challenge clock only pauses once the coach begins travelling to the next destination.

To remain on schedule, all participants are encouraged to be efficient during transitions between stages.

Group Safety & Mountain Leader Decisions

Mountain leaders reserve the right to safely withdraw any participant from a stage if they believe continuing may compromise:

- Participant safety
- Group welfare
- Challenge timings

This ensures the wider team remains safely on track throughout the event.

Coach Recovery & Rest

Following Ben Nevis, participants will have the opportunity to:

- Rest and recover on the coach
- Rehydrate
- Maintain nutrition levels
- Change clothing if required

During the journey to Scafell Pike, the group will stop at a suitable service station where participants may purchase hot food, refreshments and additional supplies.

Scafell Pike

Allocated Time: 4 Hours

Upon arrival at Wasdale National Trust Car Park, participants will have a brief preparation period before beginning the ascent.

The 4-hour allocation includes:

- Summit ascent
- Descent
- Washroom visits
- Boarding the coach

A useful benchmark for remaining on target is reaching the summit within approximately 2 hours.

As with all stages, mountain leaders may make safety decisions regarding participant continuation where necessary.

Yr Wyddfa (Snowdon)

Allocated Time: 4½ Hours

During the journey to Pen-y-Pass, additional comfort stops will be made.

At Pen-y-Pass Car Park, participants will have time to:

- Prepare backpacks
- Refill supplies
- Use washroom facilities

The final ascent will then begin.

Your challenge concludes upon descending via the Llanberis Path and crossing the designated finish point where your mountain leader will record your completion time.

Final challenge times are calculated by combining:

- All mountain stage times
- Total allocated travel time

Return Travel

Following completion of the challenge, transport will return the group to Manchester Piccadilly Station.

Estimated journey time from Llanberis: Approximately 2 to 2½ hours

Due to variables such as:

- Traffic conditions
- Group pace
- Weather
- Mountain conditions

We strongly recommend booking flexible return travel tickets, ideally for departures after midday.

Mandatory Kit Requirements

Participants must arrive with all mandatory kit items listed on the equipment list provided.

Essential items include:

- Waterproof jacket
- Waterproof overtrousers
- Warm layers
- Hat and gloves
- Head torch/headlamp (minimum 6–8 hour battery life)
- Two 1-litre water bottles

Please note:
Hydration bladders are not permitted in coach overhead compartments due to leakage risks.

Footwear Guidance

We strongly recommend proper walking boots with ankle support.

Participants attempting the challenge in trainers frequently experience:

- Slips and falls
- Wet feet
- Reduced grip
- Ankle injuries

This is particularly important during the Scafell Pike section, where river crossings and uneven terrain are common.

Proper walking boots are strongly advised for both safety and comfort.

Final Thoughts

The National 3 Peaks Challenge is a true test of endurance, resilience and determination.

While physically demanding, it is also an incredibly rewarding experience that creates lifelong memories and a tremendous sense of achievement, even more so when everyone works as a team

Our team looks forward to supporting you every step of the way and helping you successfully complete this iconic adventure.

We wish you the very best in your preparation and look forward to welcoming you soon.

Walking With My Bear Adventures Ltd

Professional Mountain Leadership • Expedition Support • Adventure Experiences

Meet Some of Your Mountain Leadership Team

Your challenge will be supported by experienced mountain professionals with extensive expedition, endurance and high-risk environment experience.

Our leadership team is committed to ensuring your adventure is not only memorable and inspiring, but also professionally managed with safety always at the forefront.

Matt Foster



Mountain Leader & Mountain Rescue Team Member, He's a gentle soul honeslty!

Matt Foster is an experienced and highly respected mountain leader with extensive experience operating in challenging and high-risk mountain environments.

Alongside leading expeditions and challenge events, Matt is also an active member of a Mountain Rescue Team, bringing real-world emergency response experience in New Zealand, Morocco, Australia and Nepal, advanced mountain safety knowledge and calm decision-making under pressure.

Participants can feel reassured knowing they are supported by a leader with professional experience managing safety and welfare in demanding outdoor conditions.

Jonathan Kattenberg



Head Guide & Endurance Adventurer, also known as a quite country lad and full of Yorkshire empathy!

An example year in the life of Jonathan, he lead a number of challenge events during the 2023 summer season, successfully guiding and completing:

34 National 3 Peaks Challenges
8 Yorkshire 3 Peaks Challenges, plus some other stuff!

If that wasn't enough, in 2021, Jonathan completed a solo endurance expedition covering: 1,053 miles unsupported in under 13 days demonstrating remarkable physical endurance, resilience and mental fortitude.

Jonathan is currently training for an ambitious world record attempt in 2027 involving a 690-mile unsupported South Pole solo expedition.

His experience in endurance events, expedition leadership and ultra-distance challenges across the world brings invaluable expertise, motivation and inspiration to every group he supports.

Together, our team combines professional mountain leadership, expedition expertise, endurance experience and a genuine passion for helping participants safely achieve extraordinary goals.

We wish you an amazing adventure

Warmest wishes

Jonathan Kattenberg
Founder of Walking With My Bear Adventures