

the three peaks challenge



2009



Information
Pack



Registered Charity No. 1106490



Introduction

The challenge is simple ... to climb and travel between the tallest mountains in England, Scotland and Wales in just 24 hours!

There could not be a better way to explore your home country. Walking approximately 25 miles, climbing 10,000 feet and travelling around 450 miles, you will get to experience some of the most awesome landscapes that Britain has to offer. To complete the Three Peaks challenge you will be climbing to the summit of:

BEN NEVIS (4409 feet) – *the highest peak in Scotland*

SCAFELL PIKE (3209 feet) – *the highest peak in England*

SNOWDON (3,560 feet) – *the highest peak in Wales*



Who is Organising the Event?

The event is being organised by the 'Eye on Africa' expedition team to raise money for Childreach International. The 'Eye on Africa' journey, is a 12,000 mile bicycle odyssey from the London Eye in England to Cape Town, South Africa. The challenge was conceived (and will be completed by) Ian Mowbray-Williams and Alan Wells.

1. To raise awareness about Childreach International and child poverty across the globe
2. To climb the world's largest free-standing mountain – Mount Kilimanjaro
3. To complete the whole challenge in under 52 weeks!!!

Eye on Africa is due to leave the London Eye on 1st June 2009 and arrive at the Green Point Stadium, Cape Town on 1st June 2010 (just in time to see the football World Cup inaugural ceremony in all its glory!).



Do I Need to Be An Experienced Mountaineer Take Part?

No! The Three Peaks challenge is specifically designed to be accessible to all. A steady set of legs and a spirit of adventure is all you need! Throughout the challenge you will be accompanied by a MLTE qualified Mountain Leader and an experienced team of mountaineers. All of the mountains have well established paths and routes to the summits so do not fear – you won't need your ropes and harness!

What Makes Childreach International Different?



Childreach International is a child focused community development charity that works in Africa and Southern Asia. All of the projects run by Childreach work on a strictly grass roots level – developing communities that are truly in need. The work carried out by the charity is always run by local contacts and is the result of extensive community needs surveys.

How Much Will This Challenge Cost Me?

It could cost next to nothing! If you raise more than £300 you will receive the following:

- Free accommodation through the challenge
- Free transportation for the whole challenge (pick up/drop offs will be in Reading and Birmingham)
- The services of an experience MLTE qualified mountain guide
- A Childreach International Volunteer T-Shirt
- A certificate of achievement

The cost of organising all of the above means that of your £300 sponsorship, at least 50% will go directly to Childreach International and 50% will go to 'Eye on Africa' for the cost of the event. If you are not happy that some of the money will go towards these costs, you can contact us directly to discuss alternative options. Please make sure that your sponsors are aware that some of the money you raised may be used to cover these necessary costs.

Please note that there is a non-refundable initial donation of £40 required upon registration. This has been put in place to ensure your commitment to the event and to cover administrative costs of running the event.

What Extra Costs Will I Have To Meet?

Very few is the short answer! Below is a suggested list:

- Tips or gratuities for your mountain guide
- Your meals and expedition food
- Any other personal expenses

How Will I Reach the Fundraising Target?

£300 is a lot of money. The staff at Childreach understand this and are more than prepared to help each and every volunteer reach their target. Not only will every participant receive a detailed fundraising starter pack upon registration with Childreach but also the services of the experienced 'Eye on Africa' fundraising team.



The fundraising department of Childreach International offer an open contact policy. Should you require it, our head office is always manned with an experienced member of our department to help you through any difficulties, offer advice and pass on any 'top tips'.

What's the Itinerary?

Day 1: Thursday 23rd April

On Thursday evening we will drive up to our rest-stop in the Lake District, Cumbria. Arriving just in time for a hearty meal before bed – the night will be spent storing up as much energy as possible!



Day 2: Friday 24th April

Starting the day with view of the Cumbrian countryside and a full breakfast, our journey will continue north towards Ben Nevis, Glen Coe and Scotland! We will pass along the shores of Loch Lomond and through the set to 'Braveheart' before arriving at the foot of our first mountain, Fort William. We will have a few hours downtime in the town to pick up last minute supplies and get some spare laces! At around 17:00 we will start the event and begin our 1,344m ascent of Ben Nevis from the Glen Nevis youth hostel. To summit and return to the valley will take between 5 and 6 hours, getting us back to the bus just before dark! The journey will then get going as we drive throughout the night – heading south towards the Lake District and Scafell Pike.

Day 3: Saturday 25th April



It will be an early start, departing from the Wasdale Head to start our second climb in the dark! After a few hours of trudging up the valley we will be rewarded by watching the dawn break over the high places of England. Our round walk will take roughly 4 hours, getting us back to the bus and on our way to Wales by 10a.m.

At 13:00 we will begin our final ascent of the challenge. By this point we'll have only 4 hours remaining to summit and return to the bus via the 'Pyg Track' route of Snowdon. Reaching the foot of Snowdon you will be greeted by a celebratory drink and bite to eat before showering, celebrating, warming your feet by the fire and having a well deserved rest!

Day 4: Sunday 26th April

Relax! Enjoy a full breakfast and then jump back on to the bus for the journey home!



Feeling Competitive?

The Three Peaks are going to be difficult but if you like a challenge, then you will love the next part! There will be a prize for the person, or people, that complete each mountain in the quickest time. And if that was not enough, there will also be a prize for the person who raises the most money for Childreach International!

How Do I Sign Up?

To sign up all you need to do is follow these simple steps:

- Get to a computer
- Go to <http://www.eyeafrica.co.uk>
- Click on the 'Three Peaks' button and then press 'Sign Me Up Now'!
- Follow the step by step registration process



If you have any additional questions or want more information please visit our website or call Ian Mowbray-Williams, our student fundraising manager on the contact details below.

Web: <http://www.eyeafrica.co.uk>

Tel: 07887 683 913

E: ianmw@eyeafrica.co.uk

