



Regarded as one of the UK's most challenging events the **3 Peaks 24 hour mountain challenge** provides the individual and team with one of the ultimate tests of physical and mental stamina.

It is a tough test that requires physical and technical training which should ideally be started at least 3 months before the start of the event.

Challenge information:

Total Ascent: 9700 feet

Overall Walking Distance: 22 miles

Total Duration: 24 hour period

Minimum group size: 8

Maximum group size: 32 / 4 x 8 teams

Instructor ratio: 1:8

What's included?

- 1 night Dinner, Bed and Breakfast
- In course food and drinks
- All outdoor equipment
- Transport throughout the challenge
- Qualified Mountaineering Instructor
- Photographic record of highlights on CD

Availability:

- South to north or north to south route
- Mid-week or weekends available Mar - Oct



Whether you are a group of friends or a corporate team call us today for further information

Contact: Tony Holliday / Operations and Logistics Manager

Tel: 017687 75337

Email: reservations@mountain-adventures.co.uk

Web: www.mountain-adventures.co.uk

It's how you get there.