

National 3 Peaks Itinerary

Saturday 8th September

- 8.30AM – MEET AT MARSHSIDE HEALTH CLUB PR99YF
- 9AM – DRIVE TO FORT WILLIAM

Southport to Fort William 310miles = 5.5 hours + 30mins break = 6 hours

- 3PM – ARRIVE
- **3.30PM – START THE CHALLENGE**

Ben Nevis ascent 3 hours

Ben Nevis descent 2 hours

- 8.30PM – FINISH AND DRIVE TO WASDALE HEAD

Fort William to Wasdale Head = 260miles = 5.5 hours + 30mins break

- SUNDAY 9TH SEPTEMBER 2.30AM – ARRIVE and CLIMB SCAFELL PIKE
 - 5.59am/6.35am – Morning civil twilight/sunrise

Scafell Pike ascent 2 hours

Scafell Pike decent 1 hours 30 minutes

- 6AM – FINISH AND DRIVE TO SNOWDON

Wasdale Head to Snowdon = 211miles = 4.5hours + 30mins break

- 11AM – ARRIVE AND CLIMB SNOWDON

Snowdon ascent 2 hours

Snowdon descent 2 hours

- **3PM – FINISH THE CHALLENGE**
- 4PM – DRIVE HOME

Snowdon to Southport = 109miles = 2 hours

- 6-7PM – ARRIVE HOME

Time to complete = 23 hours 30 minutes
12 hours 30 minutes of climbing
10 hours of driving
60 minutes of stops