



1. Event Overview

The Three Peaks Challenge is one of the most iconic endurance events in the UK, involving climbing the three highest peaks of Scotland, England, and Wales: Ben Nevis (1,345m), Scafell Pike (978m), and Snowdon/Yr Wyddfa (1,085m), within a 24-hour window. The challenge is both physically and mentally demanding, covering around 23 miles of mountain walking and over 10 hours of driving in between peaks.

This year, a **community-led team from Mid Wales** is taking on the challenge not only for personal achievement, but also as an act of solidarity with communities in Sierra Leone. The goal is to raise funds and awareness for APT (Action on Poverty) and its work in Sierra Leone.

2. About APT and the Spirit Behind This Challenge

APT (Action on Poverty) is a UK charity that works with local organisations to tackle the root causes of poverty and exclusion. We support marginalised groups—especially women, young people, and people with disabilities—to build secure livelihoods, access their rights, and lead change in their communities. Our work is rooted in resilience and locally led solutions.

In Sierra Leone, one of the world's poorest countries, APT helps rural communities overcome poverty, food insecurity, and limited economic opportunity. This isn't about charity—it's about empowering people to build lasting change.

This challenge isn't just about climbing mountains—it's about connecting communities. Mid Wales and Sierra Leone may look different, but both are rural places facing similar struggles: economic hardship, limited services, and the impacts of climate change. These shared experiences create a strong sense of solidarity.

Luc-Antoine Bonte, who lives in Llandrindod Wells and works for APT, brings both local insight and international experience to this effort. Together with local running legend Paul Jones—who's known for inspiring others and building community spirit—they're helping bring this vision to life.

In Mid Wales, we understand what it means to live close to the land and support one another through challenges. Through this initiative, we're walking alongside our partners in Sierra Leone—showing that even small communities can be part of big, global change.

3. Routes Overview (Simplified)

Ben Nevis (Scotland)

- Route: Mountain Track (Pony Track)
- Duration: ~5-6 hours
- Terrain: Long, steady climb with rocky sections

Scafell Pike (England)

- Route: From Wasdale Head
- Duration: ~4 hours
- Terrain: Shortest but steep and rocky; likely climbed in the dark

Snowdon / Yr Wyddfa (Wales)

- Route: Pyg or Llanberis Path (TBC)
- Duration: ~4 hours
- Terrain: Gradual or stepped ascent depending on route; final summit push

Total walking distance: ~23 miles over 24 hours

Total ascent: ~3,000 metres

4. Logistics & Timeline

Provisional Event Weekend: Friday 26 Sept to Sunday 28 Sept.

Schedule:

- Friday Evening (~6–7pm): Depart Mid Wales and travel overnight to Fort William
- Saturday Early AM (~3–4am): Begin ascent of Ben Nevis (~5–6 hours)
- Saturday Morning (~9–10am): Descend and depart for Wasdale Head
- Saturday Early PM (~2–3pm): Arrive at Wasdale, rest briefly, then climb Scafell Pike (~4 hours)
- Saturday Evening (~7pm): Depart for Snowdonia
- Late Saturday Night (~11pm–12am): Arrive at Snowdon and rest before final ascent
- Sunday Early AM (~4–5am): Begin Snowdon climb to reach the summit for dawn
- Sunday Morning (~8–9am): Descend and celebrate finish, then return to Mid Wales (~8–9am): Depart Snowdonia and return to Mid Wales

Transport:

- We will hire self-drive 17-seater minibuses.
- Participants will travel together in minibuses with dedicated drivers, allowing the team to rest and recover between climbs. Drivers will hold the appropriate D1 licence.
- There is no overnight accommodation; rest will take place in the vehicle between peaks.

Food & Hydration:

- Participants are responsible for bringing their own food, snacks, and hydration.
- A food planning guide will be shared with suggestions for high-energy, easily digestible meals.

Gear Required:

- Hiking boots, waterproofs, headtorch with spare batteries, layered clothing, gloves, warm hat, reusable water bottle, backpack, and basic first aid kit.
- A full kit list will be provided upon confirmation.

Safety:

- One peak will be climbed in the dark; safety briefings and route information will be given in advance.
- Participants must be physically fit and comfortable walking long distances with elevation gain.
- Some team members will be first aid trained, and a risk assessment will be in place.
- Insurance will cover the transport element of the trip; however, participants will not be covered during the mountain walks and are advised to take out their own personal cover if desired.

5. Costs and Fundraising

To take part in the Three Peaks Challenge, each participant is asked to:

- **Contribute £300** to cover their share of transport, logistics, coordination, and event support.
- **Raise £500 or more** in sponsorship to support APT's work in Sierra Leone.

We'll provide guidance and resources to help with fundraising, and keep everyone informed and supported along the way.

Refund Policy

Due to the upfront costs involved in organising the challenge—such as vehicle hire, fuel, insurance, and coordination time—we are only able to offer partial refunds in case of participant cancellation:

- **Cancellation more than 30 days before the challenge:** 50% refund of the £300 participation fee
- **Cancellation less than 30 days before the challenge:** No refund (unless a replacement participant is found)
- **Fundraising donations are non-refundable**, but participants who can no longer take part are encouraged to remain involved in a support or ambassador role for the team.

In exceptional circumstances, we will do our best to be flexible. Please contact us as early as possible if you anticipate any issues with participation.

6. Application Process

We are looking for motivated individuals who are passionate about making a difference, enjoy physical challenges, and are ready to be part of a team.

To apply, please fill out our short online **Expression of Interest Form**.

Apply here: <https://forms.gle/9g6YY3Mr2FpTQSqg9>

We'll review all submissions and contact selected participants to confirm their place. Successful applicants will be invited to an informal briefing session (online or in person), with optional planning and training sessions held over the summer.

Get Involved To register interest or ask questions, contact:

Luc-Antoine Bonte

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Let's climb for change – together!