



Three Peaks Challenge

Britain doesn't have any towering mountains like Mount Everest or Mount Kilimanjaro. Still, it does have some of its own high points.

Ben Nevis (1,345m) in Scotland is the highest of what are known as the three peaks. Scafell Pike (978m) is the highest mountain in England, and Snowdon (1,085m) is the highest in Wales. These three mountains are often climbed together in an event known as the Three Peaks Challenge.

The National Three Peaks Challenge involves climbing the three highest mountains in each of the countries of mainland Britain. There are lots of mountains in Scotland that are taller than Scafell Pike and Snowdon. Most challengers try to complete it within 24 hours. The total walking distance for the challenge is 23 miles. That's a little under a marathon. Climbers will ascend and then descend over 6,000m in total.

Anybody who wants to take part in the challenge can apply. There are professional guide groups who can help, or people can organise it on their own. Professional groups can help by organising minibuses and making sure people stay on track. Once the challenge begins, the day is pretty intense. The only way to complete the challenge in 24 hours is to keep moving. According to the Three Peaks Challenge website, a typical challenge day looks like this:

8:00am: Meet the group for a safety briefing.

8:30am: Begin climbing Ben Nevis.

1:30pm: Travel by minibus to Scafell Pike (around 6 hours).

7:30pm: Begin climbing Scafell Pike.

11:30pm: Drive to Snowdon (around 4 hours).

3:30am: Begin climbing Snowdon.

8:30am: Complete the challenge!

As you can see, the entire day is spent either driving or climbing. There's not much time for rest. There is no requirement to complete the challenge within 24 hours. People aim for that, but bad weather, traffic or other elements can mean people get delayed. The most important thing is always people's safety and having fun doing it!

One of the most important things to consider before the challenge is training. Because climbers are walking and driving for so long, it is very hard to get any sleep. Being tired makes the challenge even harder. Making sure their body is used to the aches and strains of long-distance hiking is also important for climbers. Even small things can make the experience harder. When walking back down the mountains, a climber's toes will be pressed into the front of their shoes. This can be extremely painful if they haven't prepared properly.

Whether you decide to complete the Three Peaks Challenge for charity or to get fit and healthy, it's a great way to see some of the highest peaks in Britain.

To find out more visit: <https://www.threepeakschallenge.uk/>

SUMMARY FOCUS

1. Why have the three mountains been chosen for the challenge?
2. Write a paragraph outlining the day of the challenge.
3. Why might somebody choose to use a professional guide group to help them?
4. Explain what kind of things might make the challenge harder.
5. List the main points from the text.

VIPERS QUESTIONS

R

Which mountain is 978m high?

I

Why might people want to complete the challenge, according to the text?

V

Find a word or phrase that tells you the challenge is fast-paced and hard.

R

What might stop somebody completing the challenge within 24 hours?

P

What do you think you would find most challenging about the day? Explain why.

Answers:

1. They are the highest mountains in each individual country (look for misconceptions about being the highest three in Britain)
2. Accept answers that use the timetable to inform their paragraph. More able answers will make good use of time conjunctions to link ideas.
3. They organise minibuses and make sure people don't get lost
4. Accept answers that talk about a lack of preparation, poor equipment, toes pressing into the front of shoes and lack of sleep
5. The three peaks are the highest in their respective countries. People climb them as part of the Three Peaks Challenge. It is very challenging but anybody can apply. People need to be well prepared. Accept answers that show a good understanding of the main points of the text.

R: Scafell Pike

I: For charity or to get fit

V: (Pretty) intense

R: Traffic or the weather

P: Accept any responses that show an understanding of the day with a good explanation i.e. hard exercise, no toilets, no sleep