



3 Peaks Challenge

Friday 23rd - Tuesday 27th June 2017

Take on the exhilarating challenge of climbing the three highest peaks in the UK - Ben Nevis, Scafell Pike and Snowdon! *(See over for more details)*

Registration Fee: £50 / Minimum Sponsorship: £1,200

Register online at:

www.cancerfocusni.org/3peaks

For more information please contact:

T: 028 9068 0788

E: challenge@cancerfocusni.org



Proceeds in support of
Cancer Focus Northern Ireland



www.cancerfocusni.org

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Friday 23rd - Tuesday 27th June 2017

Registration: £50. Plus Minimum Sponsorship: £1,200

This exciting challenge will take place over a long weekend allowing you to take in the spectacular scenery these magnificent peaks have to offer! This will be an unforgettable experience, providing you with a wonderful sense of achievement.

BASIC ITINERARY:

Day 1: Sail from Belfast to Scotland. Drive to Fort William and stay overnight.

Day 2: Climb Ben Nevis, then drive to Gretna Green where we will stay overnight.

Day 3: Drive from Gretna Green to Climb Scafell Pike, then drive to Wigan to stay overnight.

Day 4: Drive from Wigan to climb Snowdon and stay here overnight.

Day 5: Take the ferry back to Dublin then drive back to Belfast.

General Information:

Your minimum sponsorship includes all travel over the 5 days to and from Belfast, twin sharing accommodation, a celebratory dinner on the last night and experienced guides and back-up support throughout the duration of the trip.

Fitness Levels:

This challenge is designed to be testing for those of good health and fitness, and is achievable for most people provided they train well in advance. We design our challenges so that everyone can go at their own pace – this is not a race.

Clothing and Equipment:

You will need to be prepared for all weathers and temperatures. We will provide you with a detailed kit list on registration. We are always available if you need advice.

Fundraising:

Once registered, you will receive a fundraising pack with hints and tips on how to reach your target and our fundraising team will be on hand to help you every step of the way.