

Three Peaks Challenge Guidelines

When's Best: Please avoid school and bank holidays. Parking and local amenities are under considerable pressure during these busy times.

Overnight, please keep noise to an absolute minimum, switch off engines and lights. Parking at Scafell Pike is right next to campsites and local residents, who experience noise and disturbance every Saturday night from April-October. Please respect the local community.

Seriously consider undertaking the challenge over three days.

Booking on: Remember, yours will not be the only event taking place and thousands of other visitors will be on the mountains during spring and summer. You will need to register your event if your group size is over **10 people**. More information on how to register can be found at threepeakspartnership.co.uk

Parking: Do not park in passing places, mountain rescue access points, clearways, private tracks, gateways, roadside verges or on the village green (Wasdale.) This leads to serious problems of access, litter, fouling and noise for residents and visitors. Please use the car parks provided. Parking fees are invested in local conservation projects.

Ben Nevis: Please park at Glen Nevis visitor centre pay and display car park (£3 for a car and £10 for a minibus per day.)

Scafell Pike:

Wasdale: Please park at Lakehead car park (NY182 074) which is pay and display (parking eye system.) Avoid parking on Wasdale village green.

Borrowdale: There is roadside parking available near Seathwaite farm (NY 235 121.)

Snowdon:

Llanberis: There is no vehicular access from the mini-roundabout on the main road up the narrow tarmaced lane to the start of the Llanberis path up Snowdon, so you will need to park in one of the many car parks in Llanberis (£4-8).

Pen y Pass: Pen y Pass car park (£10) is normally full after 7:30am in the summer months and even drop-offs here during busy times can be problematic.

Further parking is available either to the east, at Pen-y-Gwryd (£4), or to the west in Nant Peris (£4). The Sherpa shuttle bus service runs every half hour or so during busy times, between all three car parks and tickets for the bus are £1-£1.50. There is also a footpath connecting Pen y Pass and Pen y Gwryd which takes an additional 20 minutes to walk.

Litter: Simple, **Take it home!** Our small, rural communities have very limited waste collections and recycling facilities. Similarly, please don't build any cairns or memorials on the mountains.

Toilets: Please leave in a good condition, taking litter and clothing away with you. Don't use the mountains as an outdoor toilet, this has significant impacts on local water supplies, ecology and is unpleasant for other visitors. Where possible go before you arrive.

Ben Nevis: There are public toilets available at Glen Nevis visitor centre. Please be aware that these are on a timer; they open 7-8am and close 7-8pm. They can be left unlocked later for registered groups.

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Scafell Pike:

Wasdale: There are portaloos available at Lakehead car park and Wasdale green. All waste has to be transported out of this ecologically sensitive valley, so please try to go before you arrive.

Borrowdale: There is a public toilet available at Seathwaite farm. At present this is maintained by the local farmer, please keep the toilet tidy and litter free.

Snowdon: There are public toilets available at both the Pen y Pass and Nant Peris car parks, as well as in Llanberis.

Erosion: Ben Nevis, Scafell Pike and Snowdon are very fragile environments and are under pressure from the hundreds of thousands of visitors that come to enjoy these special places each year. Three Peaks challenge events do have a significant impact on these mountains and cost the charities and other landowners that manage them. Please seriously consider **donating**, this will help us to protect these Mountains and keep these wild places special for future generations

Safety: The British mountains can be a challenging place at all times of the year. Make sure that you are well prepared in terms of kit and have a good level of fitness.

Local Mountain Rescue teams are all Volunteers and should only be called in an emergency.

Visit mountain.rescue.org.uk for more information.

Please help us care for these special places by:

Keeping to the paths, not the grass edges and avoid shortcuts.

Following the Three Peaks Partnership guidelines.

Donating £1 is suggested per participant per mountain.

Volunteering your or your groups time.

For more information visit:

Threepeakspartnership.co.uk

