



ADS VENTURES
WALKING HOLIDAYS & SHORT BREAKS

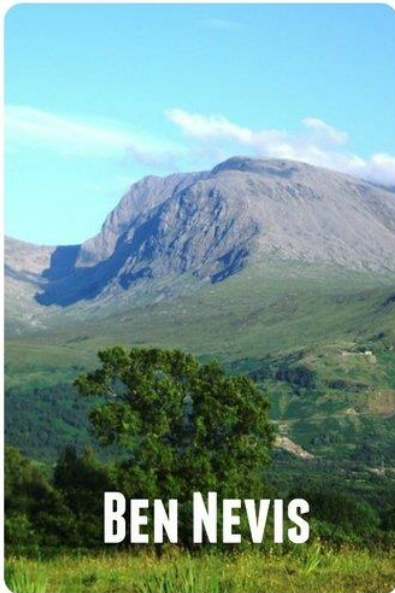
SAIL

THE 3 PEAKS

Trip notes (N2S)

Sail the 3 Peaks

Take the three peaks challenge in an exciting and leisurely way -by yacht!



- 7 nights, 3 full days walking, and 5 sailing days
- Departure dates: August 10th (Ben Nevis to Snowdon) and 17th (Snowdon to Ben Nevis) 2024
- Cost £1975 (deposit £250)
- Single room/sole occupancy supplement from £600

- Grade

Many people dream of completing the 3 peaks challenge -climbing each of mainland UK's national 3 peaks, Ben Nevis, Scafell Pike and Yr Wyddfa (Snowdon), often in 24 hours. This trip will take a far more leisurely approach to the whole adventure, turning each ascent into a day walk, giving us time to take in views from each peak and savour each summit. We sail as close to each peak by yacht as we can, then, access the mountain by various modes of

transport, including steam train for Scafell Pike. This trip is suitable for experienced and non-experienced sailors alike. Before the holiday starts, we will establish how involved you want to be in crewing the boat; you are welcome to be as involved (or not!) as you would like.

Holiday highlights

- Climb each of the national 3 peaks (as a day-walk in daylight!) with Ads, a qualified and professional guide. [More about Adelene Cogill](#)
- Sail on board our yacht for the week, Morning Star. A professional skipper, Olly will guide us safely between the 3 peaks; you are welcome to be as involved in the sailing as you would like. [More about Olly Cottrell](#)
- Anchor in tranquil and picturesque coves on our journey, with opportunities to go ashore and explore.
- Travel by steam train through the Cumbria countryside to reach the entry point for the route up Scafell Pike.
- 8 full holiday days and 7 nights on Morning Star

Morning Star



Morning Star is a well appointed and beautifully maintained Bavaria 40 cruiser. She has 8 berths in 3 double cabins with crew sleeping space in the saloon.

[More about Morning Star](#)

Cabins

There are two aft cabins both of which have large double berths with good height over, a small seat for dressing and plenty of storage. The forecabin is a large well laid out cabin with plenty of floor space. The double V berth is offset to starboard and there is a bench seat to port and 3 large lockers. Door fronted lockers run the full length of the cabin on either side at the deck head. This cabin has en-suite heads (toilet and shower).

For those booking individually, cabins will be allocated on a same-sex share basis. One or two cabins are available for single occupancy for a supplement.



Sole occupancy of an aft cabin £600

Sole occupancy of the forecabin (with en-suite heads) £800

Dining area and meals

The saloon is light and airy with a large central table for comfortable on-board meals. The holiday is run on a half-board basis with meals taken on board. Snacks and soft drinks are also provided as required. There may be an opportunity to go ashore and eat in a local pub/restaurant on some evenings, this will be at your own expense, however, a meal will always be available on board if you prefer not to go ashore.



Included

- Twin share of a double cabin on Morning Star
- Breakfast, lunch and an evening meal each day as well as soft drinks and snacks on board
- The services of a qualified and professional skipper
- A guided walk up each of the three peaks with a qualified and professional leader
- All transport to and from walks as necessary

Not included

- Any meals ashore and incidental expenses such as drinks
- Alcoholic drinks on Morning Star -a limited amount will be available to purchase on board or please bring your own.
- Bedding; please bring a sleeping bag
- Accommodation the night before/after the holiday

Detailed Itinerary



The following is the proposed itinerary. However, please bear in mind that sailing is very weather dependent. There is ample time on this trip to work around some adverse weather, however, please bear in mind that in extreme unforeseen circumstances, it may be necessary to change the itinerary. The skipper's decision on when/where to sail is final. N.B. All times are approximate.

Itinerary 1: August 10th 2024
N2S -Fort William to Caernarfon

Day 1: Climb Ben Nevis (1345m)

Saturday August 10th

The holiday kicks off with a bang as we climb the highest peak in the British Isles, Ben Nevis! We meet in the Ben Nevis Visitors centre car park (buses available from Fort William) and from there ascend and descend the mighty Ben Nevis via the Mountain Path (also known as the Pony Track or Ben path) to achieve our first summit.



5pm approx travel to Corpach Marina in Fort William to board Morning Star. Boat orientation and safety briefing followed by dinner (and perhaps just a small celebration of our first success!) on board.

15 km (9.5 miles) ascent/descent 1310 m

Meals included: dinner -please bring your own lunch.

Days 2 to 5: Sail to Whitehaven via the Isle of Man.

Sunday 11th to Wednesday 14th August



The passage south will be completed as a series of day sails, anchoring overnight in sheltered and picturesque coves and inlets. Nights at anchor are a delight, it is hard to imagine the peace and calm of the sea at night in a sheltered spot until you have experienced it. Departure and arrival times, length of day, and overnight anchorages will be determined by tides and prevailing weather conditions; there are several places on our journey

where tides are strong and we need to time our departure to ensure that we hit the tide 'right'. Possible overnight anchorages are Puilladobhrain, Gigha Island and Ramsey on the Isle of Man. Wednesday evening will be spent in the marina at Whitehaven.

All meals included.

Day 6: Climb Scafell Pike (978m)

Thursday 15th August

Today we tackle the second of our 3 summits, the highest peak in England, Scafell Pike.

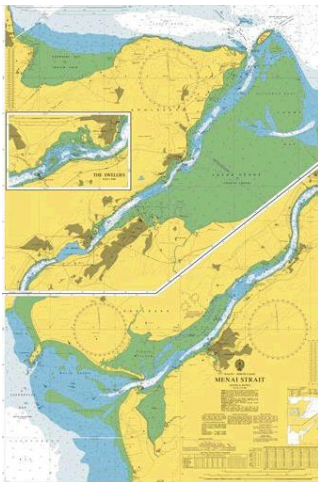
Probably the most difficult to access from the sea, we travel by train from the marina at Whitehaven to Ravenglass and then pick up the Ravenglass and Eskdale steam railway to travel into Dalegarth in Eskdale. From there we climb Scafell Pike for spectacular views of

Wales, Ireland, the Isle of Man and Scotland (on a clear day!) We descend into Wasdale for a celebratory pint in the Wasdale Head Inn before being collected by taxi to take us back to Whitehaven.



Meals included: breakfast, packed lunch and dinner.

15 km (9 miles) ascent/descent 1000 m



Day 7: Sail to Caernarfon (or Port Dinorwic)

Friday 16th August

Having conquered the second of our 3 peaks we head south to the Welsh Coast. Sailing around Anglesey is just one spot on our trip where negotiating the tides correctly to get into Caernarfon Marina is critical, making this a long sailing day that will include some night sailing.

All meals included.

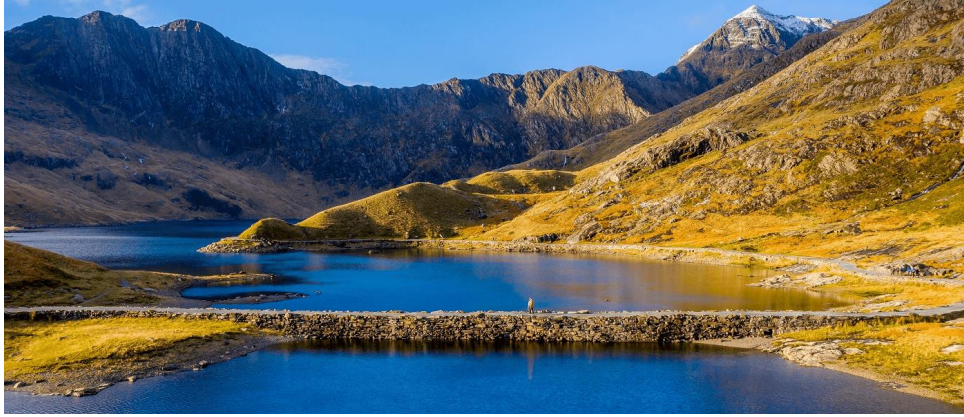
Day 8: Climb Yr Wyddfa (Snowdon) (1085 m)

Saturday 17th August

Today we tackle the third and final national peak, Yr Wyddfa, the highest peak in Wales.

Departing from Caernarfon marina we travel by bus to Pen-y-pass. Luggage will be stowed in the Youth Hostel where I have booked a private room for our use.

From Pen-y-pass we ascend Snowdon via the rugged but beautiful Pyg track. After taking in the sights from our final peak we descend via the Miners path back to Pen-y-pass where we say our goodbyes.



From Pen-y-pass there is a good bus service available to take you down to Betws-y-Coed. From there you can catch a train for your onward journey. If you would rather complete the journey home after a night's rest, there are beds available (for a small charge) in the hostel room I have booked. Let me know if you are interested in one of these; or there are hotels in Betws-y-Coed.

Meals included: breakfast and lunch.

15 km (7.5 miles) ascent/descent 700 m

Kit list

For walking:

- Good walking boots or shoes
- Waterproof jacket and trousers
- Lightweight, quick drying trousers
- Base layer
- Mid-layer such as a fleece jacket and an additional 'spare' layer depending on the forecast
- Walking socks
- Warm hat and gloves -just in case the weather turns
- Sun hat, sunglasses, lip salve and high SPF sun block
- Day sack (25 litre capacity is a good size) to comfortably carry your kit, lunch and water
- Dry bag or rucksack cover to keep the contents of your daypack dry
- Water bottle
- Basic first aid kit (plasters, blister treatment, antiseptic etc)
- Some snacks to keep you going
- Walking/trekking poles (if you use them)

For life on board:

- All safety equipment (life jackets etc) is provided, your walking waterproof jacket and trousers will be good enough for a one-off sailing trip
- Sleeping bag (pillows and pillow cases are provided)
- All belongings must be packed in a soft bag which can flattened and stored.

Maps

OS Explorer maps 392 Ben Nevis and Fort William, OL6 The English Lakes -South Eastern area, OL17 Snowdon/Yr Wyddfa

Group size

This guided holiday will normally have a maximum group size of 5. In certain circumstances, for example, a private group or 3 couples booking, this may be extended to 6.

Any other queries, please get in touch with me.