To take part in the 2024 challenge (30th May – 1st June 2025) please complete the registration form and confirm the booking terms and requirements. A non-refundable deposit of £100 is required to secure your place which enables us to pay for the accommodation.

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| **Registration Form**(All fields must be completed) |
| **Full Name** |  | **Email Address** |  |
| **Contact Number** |  | **Alternative Contact Number** |  |
| **Address** |  |
| **Post Code** |  | **Date of Birth** | \_\_\_ / \_\_\_\_ / \_\_\_\_ |
| **Health Issues that are applicable to this trip** | In some cases, we may ask for a doctor’s note for issues around the heart, lungs, spinal, eyes or even pregnancy. |
| **In Case of Emergency Contact** |
| **Name** |  | **Relationship To You** |  |
| **Contact Number** |  | **Alternative Contact Number** |  |
| **Payment Options** |
| The cost of the 2025 trip is budgeted at **£450** per walker. This includes transportation and accommodation from Friday evening. £100 is a non-refundable deposit to assist us to cover the upfront payments required to make this trip happen. I’d like to pay £450 up front in one payment (including £100 non-refundable deposit) I’d like to pay £100 deposit and the balance of £350 in 5 equal instalments of £70, commencing on 1 January 2025.If the cost of diesel exceeds £1.75 per litre we may have to ask for an additional contribution.Sort Code: 20-69-40 Account Number: 23747336Account Name: Innovations Fitness Reference: “*3P24HR Surname”* |

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| **Conditions of Booking** |
| Innovations Fitness (IF) will facilitate the challenge. We all place safety at the heart of everything that we do. By reading and accepting our terms and conditions you accept that there are risks in undertaking this arduous challenge and that your personal preparation is important is the safety and success of the event. Please read them carefully. 1. Your £100 registration fee is non-refundable and secures your place on the trip. If we have enough time and can fill your place, we will hope to return the deposit at this point. Deposits cannot be carried over to future trips.
2. You must be at least 18 years of age on 1 June 2025.
3. All those who take part in this event do so at their own risk. The organisers and the charity you are representing will do all that is reasonably possible to make the event safe. We are unable to accept liability for any injury, loss or damage, however arising, or for cancellation of the event for any reasons outside their control.
4. Due to the large amount of road travel involved anyone suffering from car sickness should not take part unless you are able to manage this with appropriate medication.
5. All participants must abide by the Countryside Code and the Highway Code and adhere to all safety guidelines and instructions given by the organisers.
6. All participants must abide by the rules of the event issued by the organisers and follow all instructions regarding essential mountain safety, equipment, and clothing. Anyone who does not abide by the rules may be asked to leave the trip.
7. I understand the need to physically and mentally fit for the event and commit to attend at least three training walks, one of which will be a minimum 6 hour walk in July 2024 to test fitness levels.
8. The organisers may at their sole discretion, withdraw walkers from the challenge, if they believe it is in the best interest of the individual and group’s safety.

**Disclaimer**I hereby waive all claims (the Innovations Fitness 3 Peaks Challenge permitted by law) that may arise from whatever cause against Innovations Fitness, or any other participant or agents for any loss, injury or damage to my personal property or myself during the challenge. I understand the existence of danger and volunteer to take part entirely at my own risk. I understand to inform organisers of any medical condition which may affect my participation.**I confirm that:*** I am aware that the event is strenuous (and potentially dangerous)
* I am not aware of any medical reason why I should not participate, and should any arise between now and the start of the event, I will inform the organisers
* I will be 18 years of age or over on the date of the event.

I have read and agree with all the above conditions, and I understand and agree to be bound by those terms and conditions and to comply fully with the same. |
| **Signed………………………………………………****Print……………………………………………………** | **Dated………………………..** |

**What is included in the trip**

As part of the £450 event fee, our service includes:

* Guidance on all 3 peaks by an experienced mountain leader. You’ll be walking 26 miles (42km) total horizontal distance with 3,000m (9,843ft) of vertical ascent
* Transport from and back to Emsworth, Hampshire in a long wheelbase minibus. The trip covers 1300 miles over the weekend, and you should expect to be in the minibus for a total of 30 hours during the challenge. You must sit in the rear of the minibus; the front seats are for the drivers only.
* Shared overnight accommodation at Ben Nevis, all accommodation has either ensuite or private washroom/showers. Rooms will accommodate 4 persons each.
* We plan to eat and stay at the Ben Nevis Inn. Please not only snacks are included in this trip.
* A driving team with lots of 3 Peaks experience. Please note: that for safety reasons we adhere to all road traffic safety regulations and the minibuses are limited to 62mph
* Many years of experience in providing this challenge

We aim to leave Emsworth at 5am on the Friday morning for the 12 hours trip to Ben Nevis. We plan to arrive back in Emsworth by 5pm on the Sunday evening, tired and fulfilled having conquered the three peaks. This is a tough event and people participating should have the necessary fitness to complete the three highest peaks in Scotland, England, and Wales on consecutive days.

We have taken teams on this challenge several times and know just how much you’ll gain from completing this, both in terms of the personal challenge and friends you’ll make along the way.