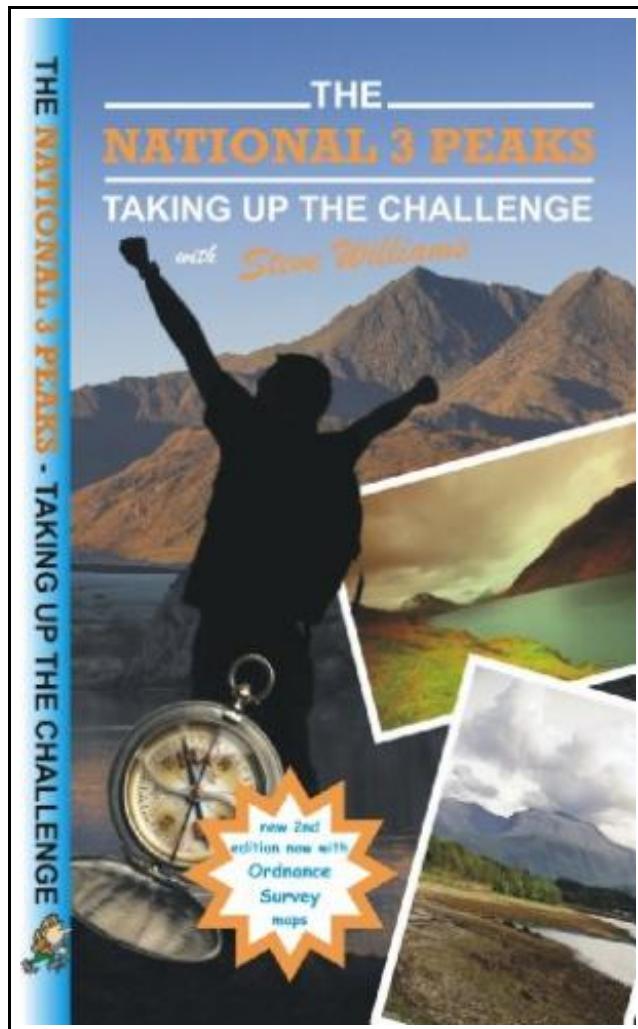


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Discovery Walking Guides Ltd. Paperback. Book Condition: new. BRAND NEW, The National 3 Peaks - Taking Up the Challenge, Steve Williams, Discovery Walking Guides "Celebrating 25 Years of Adventures" is slashing the selling price of its Challenge books from GBP8.99 to GBP4.99 until 30 September 2013. Undertaking the National Three Peaks walk has become a hugely popular challenge. Many 'challengers' are motivated by a wish to raise money for a charitable cause. But as well as that, more and more people are seeking personal milestones in their lives; seeking to test themselves, their stamina, their grit and determination. For many the National Three Peaks provides one such milestone. But it can be even more. It can be great fun, an adventure, a memorable, enjoyable experience of team and individual achievement. For a few it can even be a life changing event. Sadly for others it can be a failure, a disappointment. One of the most common reasons for this outcome is preparation or rather the lack of it combined with mistaken or unrealistic expectations about the event and perhaps even themselves. The Three Peaks Challenge is never going to be a walk in the park. But with proper preparation and know-how it is eminently attainable for most people. That's the reason for this book. When Steve's team started to plan for the challenge they found information was readily available on routes, timings, advice on training and hillcraft. But nowhere could they find such advice combined with a full account of a successful challenge attempt. What they really wanted and needed was to get a true feel for what they would be facing. They wanted to gauge their capabilities against others who had already succeeded, to identify with the highs and lows and anticipate or forestall their own. This then is...

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