charity Challenges for kids

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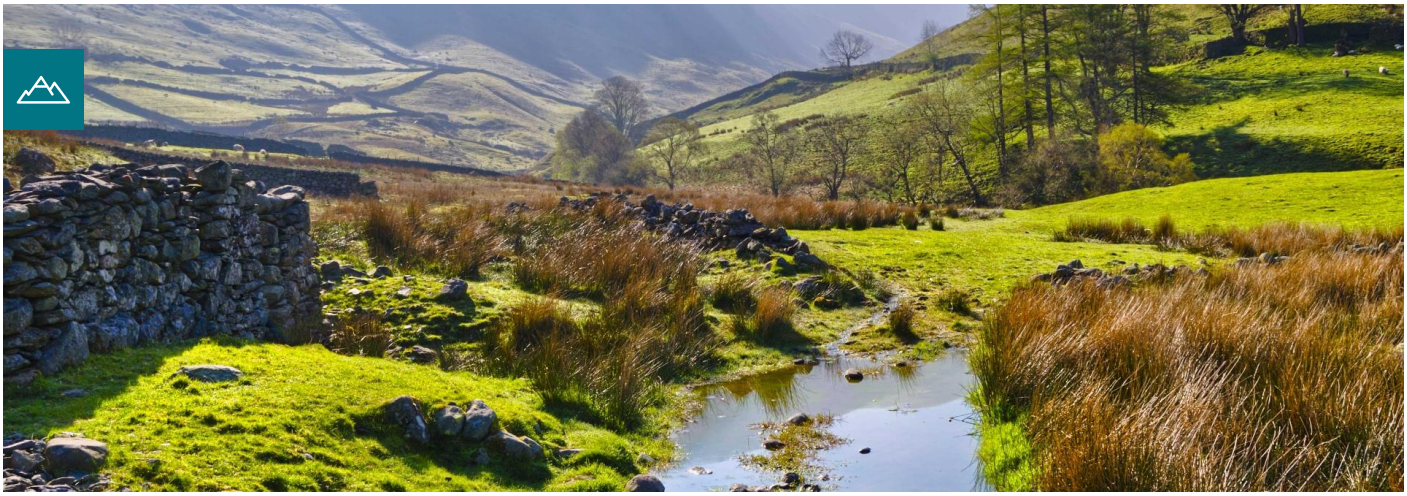
TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LAKE DISTRICT 5 PEAKS CHALLENGE UK

Fri 26 Sep - Sat 27 Sep 2014



In aid of Charity Challenges for Kids

26 Sep - 27 Sep 2014

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2 DAYS | UK | MODERATE

This challenge runs over just one day, but with five peaks to tackle it's certainly no walk in the park! Prepare for an exhausting but energising journey through the rugged and dramatic landscape of the Lake District, as you venture across 14 miles and tackle five of England's most demanding peaks, including its highest – Scafell Pike. The group will climb to over 3,000 feet, crossing crags and moorland past the Langdale Pikes towards Scafell.

- A weekend challenge in the heart of England
- Take on 5 of the Lake District's toughest peaks
- Climb the stunning Scafell Pike
- Beautiful views looking down onto the Lake District

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 26 Sep*

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Arrival and preparation

The adventure begins in the late afternoon at our hostel, in the heart of the Lake District. The evening will be spent enjoying our first team dinner, followed by a full briefing about the challenge ahead.

DAY 2 *Sat 27 Sep*

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The challenge

Rise and shine for breakfast and a bright and breezy start! From the Old Dungeon Ghyll we head north-west across the moorland towards the first peaks of the day: Crinkle Crags and Bow Fell. These are the southern fells of Wainwright country, which offer some of the finest hill-walking in England. Admire the awe-inspiring views across the Lake District National Park as we progress towards Esk Pike. On a clear day, you can see as far as the Irish Sea and southern Scotland.

After a short pit stop for lunch, the next challenge beckons. Esk Pike represents the halfway mark and from its stony summit the view stretches across the Scafells, Derwent Water and part of Windermere. Only two peaks remain, but they are the toughest of the day so require everyone to be focussed and determined. It's hard work but rewarding as we wind our way up towards the notorious crossing at Esk Haus and on to the summit of Great End.

Finally, our ultimate destination is in sight: the craggy peak of Scafell itself. There is, however, the small matter of the daunting field of boulders in between, as well as a steep climb to the summit of England's highest mountain at 978m. Ringed on all sides by crags, the expansive views take in Great End and Helvellyn to the north, Crinkle Crags and Windermere to the south-east and, on a clear day, the Isle of Man and the Scottish hills to the west.

There's plenty of time to celebrate this impressive achievement from up high, before we return to our starting point via a more direct route. Participants will have the opportunity to shower and change back at the hostel before saying farewell to the group and heading home.

NB

Please note: The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group or other unforeseen circumstances. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that may occur. In all such circumstances though, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £55.00 when you book
Then a balance of £98.00
(8 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £55.00 when you book
Raise a minimum of £200.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Public liability insurance
- Risk assessment and emergency management planning
- Warm up exercise routines
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Template press release
- Sponsorship forms (online and hard copy)
- Fitness training notes
- 16 and 20 week trek/bike training schedule

On your challenge

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- All challenge management before, during and post event
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 18/07/2014), and the remaining 20% within 4 weeks of completing the challenge (by 25/10/2014). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Raising the sponsorship	Raising funds for children with life changing and life threatening illnesses to provide treatment in America or Germany when not available in UK. Children with Neuroblastoma or Cerebral Palsy may need between £50,000 and £250,000 per child. Please help us to help them.
Typical group size	The typical group size is 12 - 20 participants
Optional extras	Travel insurance (*subject to availability)

Why book with Charity Challenge

Everything included from the moment you arrive. Unlike other operators we include everything from hostel accommodation, your evening meal when you arrive, transfers to the start of the trek and back again and plenty of lunch and snacks whilst on the trek.

- The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.

- The highest quality Lake District 5 Peaks experience on the market!

Level of Difficulty

The Lakes 5 Peaks challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and who wish to push themselves in a wild and remote region of one of the UK's most iconic landscapes. You can tell your supporters that on your Lakes 5 Peaks Challenge you will be:

- Trekking for around 12 hours in a single day.

- Covering 15 miles of mountainous terrain.

- Trekking without support, carrying all your food and water for the entire day.

- Ascend more 1500m in a single day. That’s more ascent than Ben Nevis, the UK’s highest mountain!

- Summiting 5 of the highest hills in the Lake District, Scafell Pike (978m) Great End (910m) Esk Pike (885m) Bowfell (902m) Crinkle Crags (815m)

Clothing and Equipment

Good quality and durable equipment could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof and well-worn in boots will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Trainers are not suitable. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that jeans should not be worn on this challenge. A full kit list for this challenge can be found here. Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Training

This challenge is a great adventure that will have you trekking up and down five peaks in the Lake District over one day, therefore requiring a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill

walking. However, if you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge.

There is no substitute for walking in the hills so try if possible to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it.

Money

During the trek there will be opportunities to purchase an ice cream, some extra snacks or a cup of tea, for which you should need no more than £20.00, excluding your joining and returning home travel costs.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Group Size

Our minimum group size is 8 and the maximum is 50. There will be one challenge mountain leader per 12 participants.

Leadership

We employ experienced and fully qualified mountain expedition leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts up to ensure that you bring clothing suitable for all weathers, including warm and sunny temperatures as well as wind and sudden downpours.

Terrain

The majority of this challenge takes place over mountain paths within the Lake District, which, although uneven underfoot, are fairly well maintained and regularly used. However, there are a couple of small sections where you will be climbing down over rocks and using your hands to help you up and down. These sections are very few and far between, but may be termed a slight 'scramble'.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the Lake District National Park to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support 'Fix the Fells' who maintain the excellent footpaths we will be walking on. For more information about Fix the Fells please visit their excellent website by clicking here. We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.

Challenge Timings

Your challenge begins on the evening before the walk, and you should arrive at the confirmed accommodation by approximately 6pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your evening briefing and dinner.

On the day of the trek itself, you will have a very early start for your hearty breakfast. You will be walking for approximately 12 hours, which makes your trek a very long day. You can expect to arrive back at the hostel at around 19.00. Delays can happen, and the return time will all depend on the speed of your group, so please do try and book flexible return arrangements.

Getting there

We will confirm your accommodation at no later than 1 month prior to the start of the challenge. You may drive your own vehicle to Langdale, where there is limited parking available. You can also get the train to Windermere and it is approximately 11 miles from the railway station to the group joining point. From there the simplest option is to get a taxi, though if you wish to travel by public transport, you can take bus number 555 or 556 to Ambleside, and then take the 516 bus to Langdale. We would encourage you to car-share where possible, or alternatively we can also put participants in touch in order to communicate train times, and share a taxi from Windermere station. If not staying an extra night after the challenge, we do recommend that you get a flexible ticket for the return journey or one which is not bound to a particular train in case of any delays to your progress during the day. Normally we expect the challenge to be over by 7 pm on day 2.

Accommodation

You will spend one night in hostel accommodation in the Lake District. You will be sharing single-sex dormitory style accommodation with your fellow challenge participants. If you would like to book any pre-or-post accommodation either before or after the challenge, there are several options in the area. We can give you some recommendations if you would like to contact us on challenges@charitychallenge.com.

Food & Drink

Meals while on the challenge include an evening meal the night before, breakfast, and a packed lunch and snacks during the trek. We strongly encourage you to bring additional sweets and snacks if desired. If you wish to eat your own meal, on the evening before, elsewhere then that is fine but the drinking of alcohol is strongly discouraged for your own health and safety during this tough challenge.

Toilets

There will be bathroom facilities both at the start and end of the trek. However during the challenge such facilities will be limited to the great outdoors!

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.

- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.

- The ascent of Scafell Pike is particularly steep and does involve the use of your hands to a small extent.

- The section of the challenge over Crinkle Crags and Bowfell follows a particularly rocky footpath and extra care should be taken over this section.

- 12 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within 12hrs. If we find that you are unable to trek at all, then we will arrange for you to be collected and taken back to the hostel.

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A fabulous day. Met a lot of great people all raising money for different charities and who helped those who needed it. The team leaders were fabulous and raised spirits if needed. Really sad when it was over, an amazing experience everyone should have.

Louise Dawson

"

Loved this challenge, tough but enjoyable & led by a great team. Just make sure you pack your compeed!

Tracy Bloor

"

One of the best events you could do if you are looking for one in the UK. Beautiful view, amazing people, great leaders and a great challenge. Just don't underestimate how much of a challenge it is!

Lucy Bellamy

CHARITY CHALLENGE

Any more questions?

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