CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

24 PEAKS UK

Fri 21 Aug - Sun 23 Aug 2015

In aid of your choice of charity

21 Aug - 23 Aug 2015

3 DAYS | UK | TOUGH

The clock is ticking and you have just 24 hours to scale 24 peaks in one of Britain's best and most beautiful settings for adventurers: the Lake District.

It may be short, but this itinerary should not be taken lightly as the terrain is extremely varied and involves some steep ascents and descents. Over the course of 24 hours trekking time, you will ascend a total of 13,986 feet. You should be comfortable ascending peaks like Snowdon, Ben Nevis or Scafell Pike before taking on this challenge.

- A weekend challenge in the heart of England
- Take on 24 challenging peaks in 24 timed hours
- Climb Scafell Pike, Englands highest mountain
- Beautiful views from the tops of some of the Lake Districts most challenging peaks

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 21 Aug*

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Friday Afternoon

Participants will arrive at the hostel in the late afternoon for an introduction and full briefing about the weekend's events. Please note that tonight's evening meal is not included, although you can purchase it from the hostel, a nearby restaurant or alternatively bring your own food to cook at the accommodation.

DAY 2 *Sat 22 Aug*

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24 hours to go...

And we're off! After a very early start and a hearty breakfast the group will head to Honnister Pass, from where the trek begins.

You will ascend the mountains and cross the Central Fells to climb Scafell Pike, England's highest mountain for some stunning vistas across the horizon – and that's all before lunch!

18 hours to go. Having refuelled, we now aim for summit No 9, Great End. Now a third of the way through the challenge, there are only four more summits to tackle before the end of the day. The final descent is into Great Langdale, where we stop the clock. The group will be transferred by vehicle to the hostel, where we will freshen up and spend the night. The day involves approximately 12 hours trekking overall.

DAY 3 *Sun 23 Aug*

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12hrs to go...

With so much ground still to cover, the day begins with another early start. The route initially heads off to the Eastern Fells. Starting at Kirkstone Pass, it then meanders across this rugged landscape.

7.5 hours to go...
Summit Helvellyn and enjoy the inspiring views over the Lake District during lunch, as we prepare for the final leg of our journey.

3 hours to go...
Almost there! There are just three more summits to go before we can celebrate our achievement in the Therlmere Valley this afternoon. The group will arrive back at the hostel during the late afternoon, after which exhausted but elated participants will be free to depart.

NB

Please note that there are limited trains back from Windermere on Sundays so make sure you have booked an open ticket. You may want to book yourself another night at the hostel in case you miss your train or to avoid travelling/driving home when tired.

This itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the

strength of the group and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition 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 £70.00 when you book
Then a balance of £355.00
(5 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £70.00 when you book
Raise a minimum of £735.00 for your charity.

FLEXI

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Registration fee of £70.00 when you book
Then £70.00 towards challenge costs
(8 weeks before your challenge)
Raise a minimum of £590.00 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 12/06/2015), and the remaining 20% within 4 weeks of completing the challenge (by 20/09/2015). 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.
Typical group size	The typical group size is 8 - 24 participants
Optional extras	Travel insurance (*subject to availability)

Why book with Charity Challenge

- Everything is 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 24 Peaks Lake District experience on the market!

Level of Difficulty

The 24 Peaks challenge is graded as extreme. This is perfect for adventurous types who have previous experience with strenuous mountain walking within the UK, and who are looking for their next challenge. You can tell your supporters that on your 24 Peaks Challenge you will be:

- Trekking for around 24 hours across 2 days
- Summiting 24 beautiful Peaks in the Lake District, including Englands highest mountain, Scafell Pike.
- Trekking across some of the wildest and most remote areas of the Lake District.
- Being self sufficinet when out on the hills. There are no resupply points during the days.

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 an incredible 24 Peaks in 24 hours, therefore requiring a 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 this you should need no more than £50, 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, and you can see our cancellation policy in 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 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 and will be in radio communication with the vehicle drivers at the base of each peak.

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 weather, including warm and sunny temperatures as well as wind and 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.

The challenge will begins the next morning with a very early start and some breakfast prior to heading to Honnister Pass for the beginning of the trek. You will ascend the mountains to cross the Central Fells and climb England's highest mountain, Scafell Pike, all before lunch! Throughout, you will be able to enjoy fantastic views across the beautiful rugged mountains.

After a hearty lunch, summit No 9, Great End, beckons. We are now a third of the way through the challenge, with only four more summits to complete before the end of the day! Your final descent is into Great Langdale, where you will stop the clock. Your team driver will be waiting to take you to your accommodation for the night and a much needed rest and shower. You will have completed 12 hours of walking on this day.

The next morning, the group will once again be getting up early where you'll be having a filling breakfast to keep your strength up. After this you'll head off to the Eastern Fell, starting from Kirkstone Pass you'll spend the day working your way across this rugged landscape. As the day goes on you will summit Helvellyn and enjoy the stunning scenic views over the Lake District during lunch, preparing for the final leg of our challenge. You will then finish the final three peaks before heading to Therlmere Valley late afternoon, where your challenge is complete. You arrive back at the Hostel late afternoon before being dropped off at the train station to return home weary but successful.

Getting there

We will confirm your accommodation at no later than 1 month prior to the start of the challenge. Limited car parking is available at no extra cost. We would strongly encourage all participants to car share where possible to limit the disturbance to local residents. The nearest train station is at nearby Windermere and a free shuttle service will be provided from the station to the hostel.

Accommodation

You will spend two nights in bunk accommodation in the Lake District. Accommodation is provided in twin rooms

with en-suite facilities. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Food & Drink

You will be provided with all meals during the challenge, from dinner on the day of arrival through to lunch on the final day of the challenge. Dinner on the final day is not included. Lunch during the challenge is also included. You may also wish to bring additional sweets and snacks to keep you going throughout the challenge.

Toilets

There will be bathroom facilities both at the start and end of the trek each day. 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.
- 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 Mountain Leader will have a mobile phone and radio in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, then our support team will be able to assist you coming off the challenge. A support vehicle will be available at all checkpoints. Emergencies will be coordinated with the local Mountain Rescue service.

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An amazing, life changing and challenging experience. I feel a fantastic sense of achievement both in the long term training and completing the challenge and in raising a lot of money for a fantastic charity. All positive!

Susanna Hoar

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24 peaks was really tough but that made it so much more rewarding to complete it. The trip leaders were excellent - they kept us going despite the long days, our sore legs and the "challenging" weather conditions.

Jolene Retallick

"

Whilst physically and emotionally demanding, an amazing and rewarding experience.

Jeff Clark

CHARITY CHALLENGE

Any more questions?

Contact us:

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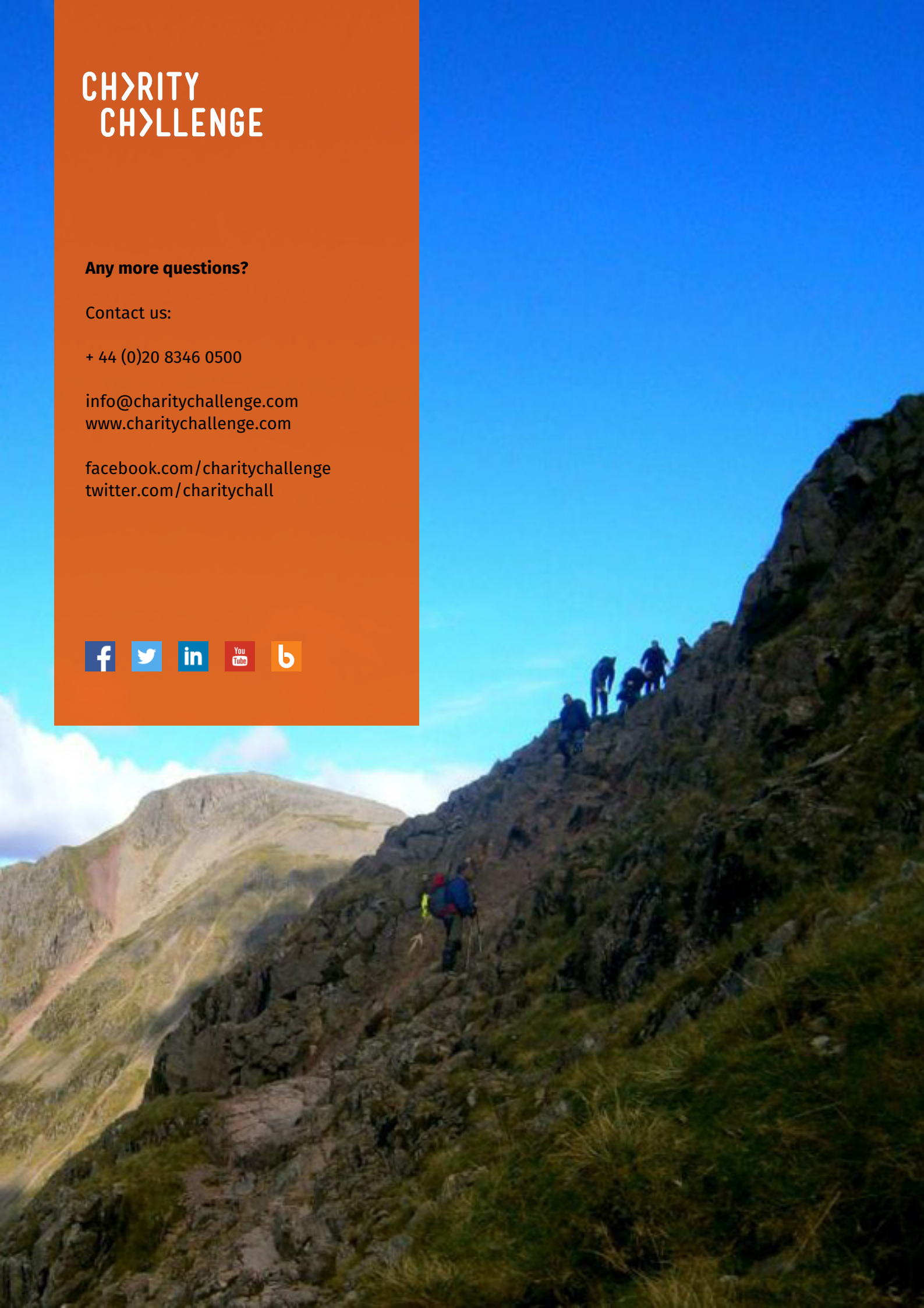
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