



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**BHF LAKES PEAKS CHALLENGE
UK**

Sat 02 Sep - Sat 02 Sep 2017





In aid of British Heart Foundation

02 Sep - 02 Sep 2017



1 DAYS | UK | CHALLENGING

Scale the peaks of the Lake District and raise money for British Heart Foundation. Tackle 3, 5 or 8 peaks set in the majestic surroundings of the Great Langdale valley. Scale the famous Scafell Pike, with extremely varied terrain.

This challenge includes some very steep ascents and descents so trekkers must be fit and confident. This is a tough challenge which is not for the faint-hearted, but the sense of achievement is immense.

- Take on 3, 5 or 8 of the Lake's most famous peaks
- Summit Scafell Pike, England's highest mountain
- Journey through the majestic Lake District
- Take on this tough challenge for British Heart Foundation
- Celebrate at the finish with a hot dinner

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 02 Sep

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The challenge!

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on either 3, 5 or 8 of the Lake District's most famous peaks. Set against the dramatic backdrop of the Lake District National Park you will put mind and body through the ultimate test, as you tackle some of the most demanding and rugged mountains in England... in just a single day.

The challenge is to summit all peaks, including the famous Scafell Pike, England's highest mountain. You will trek through the heart of some of the most majestic scenery in the country, pushing yourself to ever greater limits.

Not for the faint hearted, whichever option you choose this is a tough challenge and should not be undertaken lightly, however the sense of achievement is tremendous. The terrain is extremely varied and involves some very steep ascents and descents and anyone undertaking this challenge should be comfortable with taking on peaks such as Snowdon, Ben Nevis and Scafell Pike.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £50.00 when you book

Raise a minimum of £275.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Public liability insurance
- Risk assessment and emergency management planning

On your challenge

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- All challenge management before, during and post event
- 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 8 weeks before departure (by 08/07/2017), and the remaining 20% within 4 weeks of completing the challenge (by 30/09/2017). 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 10 - 150 participants

Optional extras

Travel insurance
(*subject to availability)

3, 5 or 8 peaks? How does it work?

When you register you will be asked whether you wish to take part in a group attempting to summit 3, 5 or 8 peaks during the course of this challenge. The number of peaks you attempt will alter the route that you walk during the day. However, all of these routes follow very similar paths.

When you arrive at registration you will then meet your group of like-minded trekkers who have all selected to take on the same number of peaks and your leaders who will look after you on the mountains.

What if I change my mind about the number of peaks I wish to attempt?

No problem! Just drop a quick email to challenges@charitychallenge.com and let us know which group you wish to change to and we will change it for you.

What peaks are included?

3 Peaks - 18km. 1,200m of ascent. Scafell Pike, Great End, Allen Crag.

5 Peaks - 20km. 1,400m of ascent. Rossett Pike, Allen Crag, Great End, Ill Crag, Scafell Pike.

8 Peaks - 23km. 1,600m of ascent. Rossett Pike, Allen Crag, Great End, Ill Crag, Scafell Pike, Broad Crag, Esk Pike, Bowfell.

Note: All distances and ascents are approximates.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is predominantly on good paths, but it's the variation of rugged boulders, scree and bog that makes this challenge a unique and fun experience. In particular terrain on the approach to scafell Pike, and on the paths around Bowfell and Crinkle Crag can be loose and very rocky.

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.
- The terrain across Bowfell and Crinkle Craggs can be very loose and rocky and should be taken with care.

Toilets

There will be toilet facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

Food & Drink

Breakfast, a packed lunch and a buffet dinner will all be available at the event start/finish point. The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

Accommodation

No accommodation is provided for this challenge. We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local communities. However, there are lots of excellent accommodation options to suit all budgets. In the Langdale valley there are several hotels and two campsites. One is the Langdale National Trust campsite and the other can be found at Baysbrown Campsite. There is also an excellent hostel in the beautiful village of Elterwater, this is only a 15 minute drive from the start/finish of the trek. A more comprehensive choice of accommodation can be found in the larger towns of Ambleside and Windermere which are approximately a 30 minute drive away. For a full list of accommodation choices in the Lake District please check out the Go Lakes website.

Getting there

We will confirm the event location at no later than 1 month prior to the start of the challenge. However, we usually use the Sticklebarn pub in Greater Langdale as a base for your challenge. This town is not conveniently served by a nearby train station. the nearest train station is at Windermere and although a bus service does operate to Langdale it does not do so early in the morning.

We will send across all driving details, plus the address of the registration point, at no later than 1 month prior to departure.

Challenge Timings

Your challenge begins early in the morning and you will need to arrive in Greater Langdale for around 6.30am in order to maximise the time available to complete the challenge (precise arrival times and instructions will be sent out 1 month prior to the challenge) When you arrive you will be able to register and then enjoy a hearty breakfast whilst meeting your leaders and listening to their safety briefing.

You will be walking for approximately 12 hours, which makes your trek a very long day. You can expect to arrive back at the finish 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. At the finish there will be a hot buffet dinner available before you depart.

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. Fix the Fells have an excellent website that provides information on their fantastic work and allows you to donate to them directly. Their website can be viewed [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](#) section.

Why book with Charity Challenge

- Everything included from the moment you arrive. Free car parking, breakfast buffet, packed lunch and then a glass of champagne and a buffet dinner to celebrate at the end.
- 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.
- Ethical consideration. For every participant we donate money to 'Fix the Fells' in order to protect the beautiful route that we use. We also do our best to use local suppliers, which helps us to put money back into the local area.
- The highest quality Lake District charity trekking experience on the market!

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will 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 warm sunny walking weather and also sudden wind and downpours should they occur.

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.

Group Size

Our minimum group size for this challenge is 10 and the maximum is 100. There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Money

During the trek there are not any opportunities to spend any money. At the end of the trek there are several very nice pubs next to the finish area. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Training

The Lakes 8 Peaks Challenge is a long, sustained event over 12 hours and covering mountainous terrain with steep ascents and descents. Therefore it requires 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. Also see your Charity Challenge Fitness Training notes.

Clothing and Equipment

Equipment of good quality and durability 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. Sports 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, Outdoor Hire and Cotswold Outdoor.

Level of Difficulty

The Lakes 8 Peaks challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who have taken part in other trekking challenges and now wish to test themselves in a slightly more wild environment. You can tell your supporters that on your Lakes 8 Peaks Challenge you will be:

- Trekking for around 12 hours in a single day.
- Covering 14 miles of undulating mountainous terrain, in a remote area of the Lake District.
- Ascending over 1600m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting 8 of the highest hills in the lake District, Rossett Pike (651m) Allen Crag (784m) Ill Crag (930m) Broad Crag (934m) Scafell Pike (978m) Great End (907m) Esk Pike (885m) and Bowfell (903m)

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Any more questions?

Contact us:

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