



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SCAFELL PIKE CHALLENGE
UK

Fri 20 Oct - Sat 21 Oct 2017





In aid of your choice of charity

20 Oct - 21 Oct 2017

RedEye

2 DAYS | UK | TOUGH

This challenge will see you climbing to the summit of Scafell Pike via this tough route that starts and finishes in Greater Langdale. This is an epic challenge that will take you through some of the most stunning scenery the Lake District has to offer.

- Climb to the top of England's highest mountain, Scafell Pike.
- Tackle this iconic peak via the toughest route!
- Additional option to extend your challenge and summit 3 or 5 peaks!
- Accommodation on the edge of lake Windermere

If you are up for the challenge, then why not attempt to summit 3 or 5 peaks during this epic challenge. After reaching the top of Scafell Pike participants will be given the option to extend their challenge should they wish.

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 20 Oct*

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Day 1 - Arrival at the hostel

We will ask everyone to arrive at the hostel in Ambleside by 8pm.

We will reserve a table for the group in the bar that overlooks Lake Windermere and you are welcome to join us for dinner.

After dinner, and at approximately 9pm, a full safety briefing will be conducted by your leaders.

DAY 2 *Sat 21 Oct*

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Day 2 - The Challenge!

Due to the shorter hours of daylight available to us, your challenge day will begin early on Saturday morning with a cold buffet breakfast in the hostel before we transfer you to Langdale for the start of the trek.

We will ascend via the steep path of Rossett Gill before continuing the slow ascent across to Scafell Pike.

Upon reaching the highest point in England you will have the option to extend your challenge if you wish to tackle a few more peaks! This will be completely at each persons own discretion.

The challenge will end at approximately 7pm with the transfer back to Ambleside.

For this challenge you will need to pay the £50 registration fee. The rest of your challenge cost will be covered by Redeye.

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'.

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.

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.

Toilets

During the challenge toilet facilities will be limited to the great outdoors!

Food and drink

Meals while on the challenge include breakfast, and a packed lunch and snacks during the trek. We strongly encourage you to bring additional sweets and snacks if desired.

Dinner on the first night is not included. However, we will be booking a table in the beautiful bar area of the hostel for the group to meet up and eat together. More information about this will be sent in your 1 month 'Final Details'.

If you wish to eat elsewhere on the evening before then that is fine but the drinking of alcohol is strongly discouraged for your own health and safety during this tough challenge.

Accommodation

You will spend one night in hostel accommodation at the YHA Ambleside. 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 many options in Ambleside area. Alternatively, the larger town of Windermere is only a 5 minute drive away.

For more information and to book accommodation please visit www.golakes.co.uk

Getting there

Your accommodation will be at the YHA Ambleside. Full details about arriving at the

hostel will be sent to you 1 month prior to the challenge.

If you are driving then Ambleside is easily found in the heart of the Lake District. You can also get the train to Windermere and it is approximately 4 miles from the railway station to Ambleside. 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.

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.

Challenge Timings

Your challenge begins on the evening before the walk, and you should arrive at the confirmed accommodation by approximately 8pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your evening safety briefing.

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.

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.

Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from hostel accommodation, breakfast 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 Scafell Pike 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 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.

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 is 20 and the maximum is 40. There will be approximately one challenge mountain leader per 12 participants.

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.

Money

You will require money for your evening meal on Friday.

During the challenge you will be walking in remote, mountainous terrain and so you will not require spending money during the day of the trek.

Training

This challenge is a great adventure that will have you trekking up and down the highest peak 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.

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.

Level of Difficulty

The Scafell Pike 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 Scafell Pike 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 the highest mountain in England, Scafell Pike (978m)

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Any more questions?

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