



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

BHF LAKES PEAKS CHALLENGE
UK

Sat 31 Aug - Sat 31 Aug 2019





In aid of British Heart Foundation

31 Aug - 31 Aug 2019



1 DAYS | UK | CHALLENGING

Challenge yourself to take on three, five or EIGHT peaks of the Lake District – and in just one day! This is one of the toughest challenges that the UK has to offer, putting you through the ultimate test of strength, endurance and determination. You will tackle some of England's most rugged and demanding mountains over a matter of hours.

Scafell Pike and Great End will be among the peaks you ascend on this journey through the majestic Lake District. The terrain is extremely varied and involves 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.

- Choose between 3, 5 or 8 peaks in one challenging day!
- Summit Scafell Pike, England's highest mountain
- Trek in Greater Langdale, one of the Lake Districts most stunning areas
- Celebrate with a buffet dinner in a beautiful Lake District pub
- Raise life-saving funds for the British Heart Foundation

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 31 Aug

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The challenge!

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on up to eight 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 test yourself against either 3, 5 or 8 peaks, including the famous Scafell Pike, England's highest peak. 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, 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 £300.00 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.
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days

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 7 weeks before departure (by 13/07/2019), and the remaining 20% within 4 weeks of completing the challenge (by 28/09/2019). 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 60 - 150 participants

Optional extras

Travel insurance
(*subject to availability)

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!

Level of Difficulty

The BHF Lake District 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.

The Lake District Peaks Challenge is designed to be accessible to all abilities. During the booking process you will be asked to select from between the 3, 5 or 8 Peak challenge.

3 Peaks - This is aimed at people for whom this might be one of their first trekking challenges, and their first time walking in the mountains of the UK. It is still a considerable challenge, with steep ascents. The aim of the day will be to reach the summit of Scafell Pike, and then two additional peaks. You can expect to be walking for between 9-10 hours and covering approximately 18km with 950m of ascent.

5 Peaks - This is aimed at people who have a little bit of experience walking in the mountain of the UK and have perhaps reached the summit of Snowdon, or similar popular walks. The aim is to reach the summit of Scafell Pike before summiting Great End and 3 other peaks on the way back. You can expect to be walking for 10-11 hours and covering approximately 20km with over 1,100m of ascent.

8 Peaks - This is the toughest choice that will really test you with a BIG day out in this stunning mountain area. On the way to Scafell Pike you will tick off the peaks of Rossett Pike and Allen Crag. Once you reach Scafell Pike you will then head up to Ill Crag and Great End before the final push starts with the tough and rocky ascents of Esk Pike and Bowfell before you descend back into Greater Langdale. You can expect this epic challenge to take between 11-12 hours and you will be covering approximately 22km with over 1,500m of ascent.

How do we manage the teams during the challenge?

There will be between 60 and 150 people taking part in this challenge, all raising money for BHF.

Due to the fact this challenge takes place in a remote mountain environment it is vital that all participants are accompanied at all times by a qualified mountain leader. These leaders are experts in the mountains of the UK and are fully trained to navigate if visibility is poor. They are also there to keep you safe.

We operate with a ratio of 1 mountain leader per 10 participants.

At the start of the challenge all participants attempting either the 3, 5 or 8 peaks will begin in separate waves.

Over the first 45 minutes of the challenge we will encourage everyone to walk at a pace that is comfortable to you. As we begin the initial ascent the mountain leaders will begin to organise you into teams of between 10 and 20 people. These teams will then work together to complete the challenge.

We would encourage everyone to see this as a team challenge. This challenge is not suitable for people wishing to race and the route will not be marked with route arrows.

If you wish to be in the same team as your friends or family then please just indicate this to the mountain leaders when they are creating the teams and they will be happy to facilitate this.

Which peaks will we be aiming for?

Due to the nature of conditions in the mountains, and differing walking speeds between groups your mountain leaders will be constantly assessing which peaks to aim for, and in what order.

Our intention is to give everyone the opportunity to reach the summit of Scafell Pike and to then collect as many peaks as possible after this. However, the precise peaks you reach will vary between different groups.

The 8 peaks that form the complete route are as follows:

- Rossett Pike (651m)
- Allen Crag (784m)
- Ill Crag (930m)
- Broad Crag (934m)
- Scafell Pike (978m)
- Great End (907m)
- Esk Pike (885m)
- Bowfell (903m)

Challenge Timings

Please note: Precise arrival times and instructions will be sent out 1 month prior to the challenge

Your challenge begins early in the morning and you will need to arrive at the Sticklebarn in Greater Langdale for around 6am in order to maximise the time available to complete 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. The trek will finish back at the Sticklebarn and you can expect to arrive back here at around 7pm.

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.

Getting There

The start and finish point for this challenge will be the Sticklebarn pub in Greater Langdale. the website for the pub can be found [here](#).

Parking will be available at the pub, but you will need to pay for this yourselves. All the money from the car parks goes directly to the National Trust.

Greater Langdale 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 would like to encourage everyone to car share as much as possible to reduce the disturbance caused to the local villages.

We will send across all driving details at no later than 1 month prior to departure.

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.

There are several hostels that are within a 10-20 minute drive of the start of the challenge.

The two closest are the Elterwater Hostel and the YHA Langdale:

<http://www.yha.org.uk/hostel/langdale>

<http://www.elterwaterhostel.co.uk/>

Alternatively there is the YHA in Ambleside, this is about a 25 minute drive away.

<http://www.yha.org.uk/hostel/ambleside>

If you wish to stay right next door to the start/finish of the trek then you can also stay in the Great Langdale Bunkhouse:

<http://www.greatlangdalebunkhouse.co.uk/>

Other more expensive options for you would include the New Dungeon Ghyll Hotel which is also located right next to the start/finish.

Finally, a whole host of accommodation options can be found at the GoLakes website:

<http://www.golakes.co.uk/accommodation/>

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.

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 Esk Pike 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!

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. The excellent [Go Lakes website](#) has a whole host of accommodation options.

For extra information, please visit our [Responsible Tourism](#) section.

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 Esk Pike can be loose and very rocky.

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.

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 BHF Lake District 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 & 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.

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

facebook.com/charitychallenge

twitter.com/charitychall

