



PATRIZIA
Foundation



PATRIZIA



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**LAKE DISTRICT 10 OR 24 PEAKS
CHALLENGE
UK**

Sun 19 Sep - Wed 22 Sep 2021





In aid of PATRIZIA Foundation

19 Sep - 22 Sep 2021



4 DAYS | UK | TOUGH

Please note: This is an exclusive event for employees of PATRIZIA only.

Unique multi-day mountain challenge in the heart of the Lake District. Choose to attempt either 10 or 24 peaks over the course of 2 days trekking on some of the most iconic mountains in the Lake District.

Based in the town of Ambleside, this challenge is a true challenge. During the two days, you will summit some of the most famous peaks in this stunning UNESCO world heritage site.

This is a fully supported challenge, with mountain leaders encouraging you every step of the way!

- 2 day trekking challenge in the Lake District
- Choose to challenge yourself to summit 10 or 24 peaks
- Climb Scafell Pike, England's highest mountain
- Based in Ambleside, in the heart of the Lake District
- Celebration meal in a Lake District pub at the end of the challenge!

YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 19 Sep

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Sunday evening

Participants will arrive at the hostel in the evening to meet the rest of the team and your challenge leaders. There will be a full safety briefing at approximately 8pm. 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 Mon 20 Sep

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Trekking Day 1

And we're off! After a very early start and a hearty breakfast, the group will head off in minibuses to the start of the challenge in the nearby village of Grasmere.

From here the route will take you up to the summit of Fairfield before heading east and ticking off peaks as you go. You will finish the day on the summit of Red Screes before descending directly down to Ambleside for dinner in the hostel.

The 24 Peaks option - Fairfield route - 21km and 1,433m of ascent.

This is a long day that includes some of the most famous mountains in the Lake District, all directly overlooking lake Windermere. The 12 peaks for this day will be:

1. Stone Arthur
2. Heron Pike
3. Great Rigg
4. Fairfield
5. Scrubby Crag
6. Hart Crag
7. Dove Crag
8. Little Hart Crag
9. Middle Dodd
10. Red Screes
11. Raven Crag
12. Snarker Pike

The 5 Peaks option - Fairfield route - 13km and 910m of ascent.

This route is very similar to the 24 peaks option but includes fewer diversions to reach the additional peaks. The 5 peaks for this route are as follows:

1. Fairfield
 2. Scrubby Crag
 3. Hart Crag
 4. Dove Crag
 5. Little Hart Crag
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DAY 3 Tue 21 Sep

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Trekking Day 2

This will be another early start with a minibus transfer to stunning Langdale.

You will begin the trek from the famous Old Dungeon Ghyll Hotel and your first objective of the day will be the summit of Scafell Pike, England's highest mountain. After reaching Scafell Pike the route heads back towards Langdale, ticking off the peaks as you go, before descending back into the valley to finish at the Sticklebarn pub. Here you will have your well-deserved celebration dinner before a minibus takes you back to the hostel.

The 24 Peaks option - Langdale route - 26km and 1,866m of ascent

This is the toughest of the two days and consists of greater distance, ascent and rougher terrain. However, with one day of walking in your legs, you will be surprised to find this easier going! The 12 peaks for the day will be:

1. Rossett Pike
2. Allan Crag
3. Great End
4. Ill Crag
5. Broad Crag
6. Scafell Pike
7. Esk Pike
8. Bowfell
9. Crinkle Crag
10. Long Top
11. Cold Pike
12. Pike O'Blisco

The 5 Peaks option - Langdale route - 19km, 1,235m ascent

The 5 peaks option of this route will still take you to the summit of Scafell Pike, but as you return to Langdale you take a more direct route. The 5 peaks on this route are as follows:

1. Rossett Pike
2. Allan Crag
3. Scafell Pike
4. Ill Crag
5. Great End

DAY 4 Wed 22 Sep

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Day of departure

After a relaxing breakfast overlooking lake Windermere, you will be free to depart.

NB

Please note: 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.

COSTS

In order to secure your place on the challenge, you will have to pay a non refundable registration fee of £100. You can pay this in two installments if you wish, £50 when booking and the remaining £50 will be automatically debited from your credit card 45 days later. A £10 admin fee will apply if paying in instalments.

PATRIZIA will pay the balance of challenge costs for PATRIZIA staff.

As ONE team we have a collective aim to raise £60,000 for the PATRIZIA Foundation (approximately £3000 per person) and together we can achieve this.

WHAT'S INCLUDED?

BEFORE YOU GO

- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm-up exercise routines

ON YOUR CHALLENGE

- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Travel to and from the start/finish point of the trek each day

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Travel to and from the challenge accommodation
- Clothing and equipment listed on your Kit List

ON YOUR CHALLENGE

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

THE DETAILS

TYPICAL GROUP SIZE

The typical group size is 20 - 50 participants

Why book with Charity Challenge

- Everything is included from the moment you arrive. Unlike other operators we include everything from hostel accommodation, your evening meals, 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 10 or 24 Peaks Lake District experience on the market!

10 or 24 Peaks?

On this challenge, you can choose to test yourself over 10 or 24 peaks? At the time of booking, you will be asked to choose which you wish to take part in. However, should you have a change of heart then you will be able to change to the other option at a later point (even during the challenge itself!) so please don't worry about this too much! To help you with your decision we can provide the following information:

The 24 Peaks option

Fairfield route - 21km and 1,433m of ascent.

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The 5 Peaks option

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This route is very similar to the 24 peaks option but includes fewer diversions to reach the additional peaks. The 5 peaks for this route are as follows:

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5. Great End

Both the 10 and 24 peak routes involve long days out in the mountains and should be considered a serious undertaking.

Level of Difficulty

The 10 or 24 Peaks challenge is graded as tough. 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 10 or 24 Peaks Challenge you will be:

- Trekking for around 24 hours across 2 days
- Summiting 10 or 24 beautiful Peaks in the Lake District, including England's highest mountain, Scafell Pike.
- Trekking across some of the wildest and most remote areas of the Lake District.
- Being self-sufficient when out on the hills. There are no resupply points during the days.

Clothing and Equipment

This challenge takes place in a remote and mountainous environment, away from roads and immediate access to vehicle evacuation. It is therefore extremely important that you come prepared with the correct kit for this challenge.

Please ensure that your waterproof jacket is able to keep you dry when subjected to rain for several hours at a time, and that you also have waterproof trousers as legs get just as wet as tops. Footwear should also be waterproof and most importantly should have good grip. Sports trainers are not appropriate for the terrain of this challenge. We also ask you to ensure that you bring with you a warm layer, along with a hat and gloves.

Once you book you will have access to kit discounts with our partners Cotswold Outdoor.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list will not be allowed to take part in the challenge.

Training

This challenge is a great adventure that will have you trekking up and down an incredible 10 or 24 Peaks, 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 no opportunities to purchase items.

In the evenings you may wish to purchase drinks at the hostel where credit cards are readily accepted.

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 20 and the maximum is 50. There will be approximately 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 throughout.

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 trek, and you should arrive at the confirmed accommodation by approximately 7pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your safety briefing.

The challenge will begin the next morning with a very early start and some breakfast prior to beginning the trek. You should expect to be trekking for around 12 hours each day. Those people who select the 10 peaks will be trekking for a slightly shorter time (approximately 10 hours)

You should arrive back at the hostel for approximately 7-8pm in time for dinner.

After the second day of trekking, and upon completing the challenge, you will finish the trek at a Lake District pub and have dinner here before returning to the hostel later in the evening.

On the final day of the challenge check-out at the hostel is by 10am.

Getting there

We will confirm all of your 'Final Details' one month prior to the challenge.

The base for your challenge will be the YHA Ambleside.

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 buses and taxi's can take you from the train station to the hostel.

Accommodation

You will spend three nights in same-sex, dormitory-style accommodation with shared bathrooms. It is all part of the challenge!

Food & Drink

You will be provided with all meals during the challenge, from breakfast on the first day of the challenge through to breakfast on your morning of departure.

Dinner on the day of arrival is not included.

Lunch during the challenge days is also included.

Dinner on the final night (after completing the challenge) will be at a Lake District pub. Please note that the trek will finish at the pub and you will have dinner here before returning to the hostel.

We would recommend that you also 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



“

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

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Any more questions?

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