

**Tommy's**

The pregnancy and baby charity



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**BIG STEPS FOR SMALL FEET  
SCAFELL PIKE CHALLENGE  
UK**

Sat 24 Jun - Sat 24 Jun 2023





In aid of Tommy's, Child Bereavement UK, Sands, Bliss, The Lullaby Trust, HELD IN OUR HEARTS, Twins Trust, Anam Cara Fasgadh

24 Jun - 26 Jun 2022



1 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!
- Raise funds for a cause close to your heart
- Over 20km of trekking and 1000m of ascent in a single day

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 24 Jun

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#### **The Challenge!**

You will meet your fellow trekkers in the beautiful Greater Langdale valley in the heart of the Lake District national park. After the important safety briefing with your leaders your trek will begin along the valley before ascending via the steep path of Rossett Gill and 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 6pm back at the starting point.

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## HOW TO FUND YOUR CHALLENGE

### SELF FUNDER

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Pay a registration fee of £40.00 when you book

Then a balance of £105.00

(5 weeks before your challenge)

Raise as much as you can 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.
- Public liability insurance
- Risk assessment and emergency management planning
- Travel to and from the challenge start/finish point
- Fundraising advice
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules

### On your challenge

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- All challenge management before, during and post event
- Two meals including breakfast and lunch
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- Group first aid supplies
- Celebratory drink at the finish line
- UK-based 24-hour emergency support line
- Celebratory drink and medal at the finish!
- Fully qualified Winter Mountain Leaders

## WHAT'S NOT INCLUDED

### Before you go

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### On your challenge

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- Personal spending money

## THE DETAILS

Raising the sponsorship

Tommy's will support you every step of the way:

Advice on your fundraising plans and how to set up your fundraising page

Free fundraising materials

Named contact at Tommy's to help you

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Typical group size

The typical group size is 30 - 200 participants

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### 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.

### 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.
- 8-10 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

Toilets are available at the start/finish point.

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

### Food and drink

Meals while on the challenge include a packed lunch which you will collect at registration. We strongly encourage you to bring additional sweets and snacks if desired.

### Accommodation

There is no accommodation included in the challenge costs.

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](http://www.golakes.co.uk)

### Getting there

The challenge start and finish point will be in the beautiful Greater Langdale valley at the National Trust's Sticklebarn pub.

Paid car parking is available at the start/finish point.

### Challenge Timings

Your challenge begins on the morning of the walk at 7.30am. You will meet the leaders, as well as the rest of your challenge team, before receiving a safety briefing. The trek will then begin at approximately 8am.

You will be walking for approximately 8-10 hours, which makes your trek a very long day. You can expect to arrive at the finish point at around 6pm. 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.

### 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'.

### 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 30 and the maximum is 200. There will be approximately one experienced and qualified mountain leader per 12 participants.

After one hour of walking your leaders will be coordinating splitting the group into smaller teams based on your walking speeds. These teams will then be joined by our qualified mountain leaders and will work together to complete the challenge.

### 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.

### 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 8-10 hours in a single day.
- Covering 20km of mountainous terrain.

- Trekking without support, carrying all your food and water for the entire day.
- Ascend more 1000m in a single day.
- Summiting the highest mountain in England, Scafell Pike (978m)

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)  
[www.charitychallenge.com](http://www.charitychallenge.com)

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