



the
care
workers'
charity



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LAKE DISTRICT 3 PEAKS
CHALLENGE
UK

Fri 19 May - Fri 19 May 2023





In aid of The Care Workers' Charity

19 May - 19 May 2023



1 DAYS | UK | TOUGH

This challenge runs over just one day, but with three peaks to tackle it's certainly no walk in the park! Prepare for an exhausting but energising journey through the rugged and dramatic landscape of the Lake District, as you venture across 11.5 miles (18km) and tackle three of England's most demanding peaks, including its highest – Scafell Pike. The group will climb to over 3,000 feet (900m), crossing crags and moorland past the Langdale Pikes towards Scafell Pike.

- A one day challenge in the heart of the Lake District National Park
- Take on 3 of the Lake District's toughest peaks
- Trek to the summit of Scafell Pike, England's highest peak
- Fully supported by qualified mountain leaders
- Magnificent route in the heart of this UNESCO World heritage site

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 19 May*

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The challenge

You will arrive early for a full safety briefing and then from the Sticklebarn we head north-west across the moorland towards the first peak of the day: Allen Crag. These are the southern fells of Wainwright country, which offer some of the finest hill-walking in England. Only two peaks remain, but they are the toughest of the day so require everyone to be focussed and determined.

Next it is on to the highlight of the day, the craggy peak of Scafell Pike itself. There is, however, the small matter of the daunting field of boulders in between, as well as a steep climb to the summit of England's highest mountain at 978m. Ringed on all sides by crags, the expansive views take in Great End and Helvellyn to the north, Crinkle Crag and Windermere to the south-east and, on a clear day, the Isle of Man and the Scottish hills to the west.

Our return route takes us over the iconic final peak of Great End before descending back down into the Langdale valley in time to celebrate our achievement.

Please Note: The exact order that you will attempt each of the peaks will be determined by your mountain leaders on the day. It will be determined by weather and the groups walking speed.

NB

Please note: The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group or other unforeseen circumstances. We will do our very best to keep to the set itinerary, however we cannot be held responsible for any last minute changes that may occur. In all such circumstances though, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £40.00 when you book

Raise a minimum of £500.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Warm up exercise routines
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

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- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- Two meals including breakfast and lunch
- Accommodation during the challenge (usually same-sex dormitories)

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

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- Dinner on the night of arrival
- 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 5 weeks before departure (by 14/04/2023), and the remaining 20% within 4 weeks of completing the challenge (by 16/06/2023). 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 50 - 150 participants

Why book with Charity Challenge

- We are a globally respected, multi-award-winning challenge events company.
- We consistently deliver safe and reliable challenges, with the highest levels of quality and customer service, whilst helping raise millions of pounds for worthwhile causes.
- You'll be in very safe hands with our thorough safety management systems in place (Challenge Safe)
- 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 Lake District 3 Peaks experience on the market!

Level of Difficulty

The Lakes 3 Peaks 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 Lakes 5 Peaks Challenge you will be:

- Trekking for around 10 hours in a single day.
- Covering 11.5 miles (18km) of mountainous terrain.
- Trekking without support, carrying all your food and water for the entire day.
- Ascending more than 1390m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summitting 3 of the highest hills in the Lake District, Scafell Pike (978m) Great End (910m) and Allen Crag (785m)

Training

This challenge is a great adventure that will have you trekking up and down five peaks 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.

Group Size

We expect somewhere between 20 and 50 participants on this challenge. There will be one challenge leader for approximately every 10-15 participants. Larger groups will be split into smaller walking groups with mountain leaders to guide and support them.

Group Management

This is a leader-led challenge and you will be accompanied by our challenge mountain leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges 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.

Weather

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 March and November, 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.

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'.

Challenge Timings

You will meet the challenge leaders, as well as the rest of your challenge team, in time for your safety briefing.

You will be walking for approximately 10-12 hours, which makes your trek a very long day. You can expect to arrive back at the Sticklebarn National Trust car park 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.

Getting to and from the Challenge

You may drive your own vehicle to Langdale for the start of the walk, where there is limited parking available. You can also get the train to Windermere and it is approximately 11 miles from the railway station to the group joining point. 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, and then take the 516 bus to Langdale. 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 7pm.

Accommodation

There is no accommodation included.

If you would like to book any pre-or-post accommodation, there are several options in the Langdale area. Alternatively, the larger towns of Ambleside and Windermere are only a 20 minute drive away. For more information and to book accommodation please visit www.golakes.co.uk

Food & Drink

We will be providing you with the following meals during your challenge:

Saturday: Packed Lunch

We would encourage you to bring your own sweets, snacks etc to get you through your challenge according to your own tastes.

Dinner on the night before the trek is not included. However, dinner is available at the hostel but please book this in advance in order to guarantee availability.

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.

Clothing & 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.

Toilets

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

Money

You may wish to bring some cash or a credit card to pay for food and drinks at the hostel on Friday night.

If you are driving to the start of the trek then you will also need to have some loose change for the car park. Prices vary for parking, but you can expect it to cost around £8 for a day ticket.

During the trek there will be no opportunities to purchase anything.

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 few 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.
- The section of the challenge over towards Scafell Pike and Ill Crag follows a particularly rocky footpath and extra care should be taken over this section.
- 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 leading team are trained to deal with emergency situations in remote areas and will be carrying mobile phones 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 10-12hrs. **Should you find yourself unable to continue for any reason, then our support team will be able to assist you coming off the challenge. Emergencies will be coordinated with the local Mountain Rescue service.**

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 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.

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.

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.

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.



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A fabulous day. Met a lot of great people all raising money for different charities and who helped those who needed it. The team leaders were fabulous and raised spirits if needed. Really sad when it was over, an amazing experience everyone should have.

Louise Dawson



“

Loved this challenge, tough but enjoyable & led by a great team. Just make sure you pack your compeed!

Tracy Bloor



“

One of the best events you could do if you are looking for one in the UK. Beautiful view, amazing people, great leaders and a great challenge. Just don't underestimate how much of a challenge it is!

Lucy Bellamy

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Any more questions?

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