



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LAKE DISTRICT 5 PEAKS
CHALLENGE
UK

Thu 06 Jul - Sat 08 Jul 2023





In aid of Trekstock

06 Jul - 08 Jul 2023



3 DAYS | UK | TOUGH

This challenge runs over just one day, but with five 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 18km and tackle five of England's most demanding peaks. Over the day the group will ascend over 1400m, from the village of Grasmere to the plateau summit of Fairfield, down to Grisedale Tarn and then to Dollywaggon Pike, followed by a sloping descent of Seat Sandal.

- A weekend challenge in the heart of the Lake District National Park
- Take on 5 tough Lake District peaks
- Trek to the summit of Fairfield, an 873m 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 Thu 06 Jul

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Arrival and preparation

The adventure begins in the late afternoon in our hostel in the pretty village of Grasmere, where you will meet your leaders and have a full safety briefing.

Please note that dinner on this first night is not included, but is available at the hostel.

DAY 2 Fri 07 Jul

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The challenge

Rise and shine for breakfast and a bright and breezy start! These are the central fells of Wainwright country, which offer some of the finest hill-walking in England. From the hostel in Grasmere we will head towards the distinctive mountain of Fairfield, tackling a steep ascent to join part of the famous Fairfield Horseshoe route, and ticking off our first summit: Great Rigg.

After a well-deserved pit stop, we will head to the summit cairn of Fairfield, which offers fantastic views of nearby Helvellyn and Striding Edge, as well as Windermere. Three peaks remain, but they will require everyone to be focussed and determined.

From our high point of 873m, we will head over some rocky terrain to our third peak of St Sunday Crag to give us better views down into Patterdale and of Ullswater.

Doubling back on ourselves, we will descend to the picturesque Grisedale Tarn. Tarns are the local names for smaller bodies of water. Surrounded by hills, this is a meeting point of multiple routes. With legs fully warmed up, the group will head up to the summit of Dollywaggon Pike to look back on Fairfield and the day's route so far.

Our descent route takes in the final summit of Seat Sandal, and a grassy, sloping path back down to the hostel in Grasmere – where we will celebrate our day's 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.

DAY 3 Sat 08 Jul

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Day 3

After breakfast at the hostel, you are free to depart.

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.



IN SUMMARY

SELF FUNDER

Pay a non-refundable registration fee of £70.00 when you book.

Then a balance of £229.00
(5 weeks before your challenge).

Raise a minimum of £100.00 for Trekstock.

IN DETAIL

SELF FUNDER OPTION

The full cost of this challenge is £299.00. You will be required to pay the non-refundable registration fee of £70.00 at the time of booking, and 5 weeks before departure (01/06/2023) you will be required to pay the final balance of your challenge costs (£229.00). You will receive fundraising advice and sponsorship forms and be asked to raise a minimum of £100.00 for Trekstock. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by Trekstock.

WHAT'S INCLUDED?

BEFORE YOU GO

- 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

- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- Meals as per itinerary
- Accommodation during the challenge (usually same-sex dormitories)

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- 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

- Dinner on the night of arrival
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

RAISING THE SPONSORSHIP

Every day in the UK, 34 young adults are diagnosed with cancer, and we're the only charity that offers tailored support to this age group of cancer patients. We work to tackle social isolation and improve quality of life through and beyond their treatment, by getting young adults in their 20s or 30s moving again physically, socially and psychologically.

We'd love to have you on the team. If you have any questions please do contact Megan@trekstock.com or call 020 45417601

TYPICAL GROUP SIZE

The typical group size is 30 - 50 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 5 Peaks experience on the market!

Level of Difficulty

The Lakes 5 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 18km of mountainous terrain.
- Trekking without support, carrying all your food and water for the entire day.
- Ascending more than 1400m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting 5 of the highest hills in the Lake District, Fairfield (873m), Dollywaggon Pike (858m), St Sunday Crag (841m), Great Rigg (766m) and Seat Sandal (736m).

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

Our minimum group size is 30 and groups are typically made up of between 30-50 people. There will be one challenge leader for approximately every 10-15 participants.

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

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 10-12 hours, which makes your trek a very long day. You can expect to arrive back at YHA Grasmere at around 7pm. Delays can happen, and the return time will all depend on the speed of your group.

Getting to and from the Challenge

We will confirm your accommodation no later than 1 month prior to the start of the challenge.

You may drive your own vehicle to Grasmere for the start of the walk, where there is limited parking available. You can also get the train to Windermere and it is approximately 9 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 559 to Grasmere. 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.

Accommodation

You will spend two nights in hostel accommodation in the Lake District. 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 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:

Friday: Breakfast - Packed Lunch - Dinner

Saturday: Breakfast

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 Thursday 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 up to Great Rigg is particularly steep.
- Some sections of the challenge follow a particularly rocky footpath and extra care should be taken over these sections.
- 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?

Contact us:

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