TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LAKE DISTRICT 10 PEAKS CHALLENGE
UK

Fri 12 Jul - Sun 14 Jul 2024

In aid of WWF

12 Jul - 14 Jul 2024

3 DAYS | UK | EXTREME

Unique one day mountain challenge in the heart of the Lake District. Attempt to summit 10 peaks and cover 25km over the course of 1 day over some of the most iconic mountains in the Lake District.

Based in the village of Grasmere, this challenge is a true challenge. During the challenge 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!

- One day trekking in the Lake District, plus accommodation before and after your trek
- Challenge yourself to summit 10 peaks and cover 25km
- Climb to the summit of Fairfield, one of the Lake District's most iconic peaks
- Beautiful views from the tops of some of the Lake District's most challenging peaks
- Based in the heart of the Lake District National Park

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 12 Jul*

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Arrival

Participants will arrive at the hostel in Grasmere at 7pm for an introduction and full briefing about the weekend's events. 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 *Sat 13 Jul*

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The challenge day!

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 directly onto the fells by beginning our ascent up Heron Pike. From here we will continue upwards, ticking off Great Rigg before summiting our highest summit of the day – the distinctive mountain of Fairfield. We'll head eastwards from Fairfield, ticking off peaks as we go before reaching our final summit of the day on Snarker Pike. We'll then descend directly down to Ambleside, where we'll walk a scenic 7.5km along the valley floor back to the hostel. After a quick freshen up, we'll relax and celebrate our achievements over dinner.

On this 10 peaks challenge you will aim to summit the following peaks:

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

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. A packed lunch will be included.

DAY 3 *Sun 14 Jul*

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Departure

After breakfast (7.30am - 9am), you are free to depart. Check-out from the hostel is by 10am.

NB

Please note that there are limited trains back from Windermere on Sundays so make sure you have booked an open ticket. You may want to book yourself another night at the hostel in case you miss your train or to avoid travelling/driving home when tired.

This itinerary is there as a guide and may change due to unusual weather patterns, 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.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £85.00 when you book
Then a balance of £200.00
(9 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £85.00 when you book
Raise a minimum of £450.00 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.
- Public liability insurance
- Risk assessment and emergency management planning
- 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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- All challenge management before, during and post event
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- 3 meals on the day of trekking and breakfast on the day of departure
- Accommodation during the challenge (usually same-sex dormitories)

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 11 weeks before departure (by 26/04/2024), and the remaining 20% within 4 weeks of completing the challenge (by 11/08/2024). 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 30 - 50 participants

Why book with Charity Challenge

- We are a globally respected, multi-award-winning challenge events company.
- 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 Lakes 10 Peaks Lake District experience on the market!

Level of Difficulty

The 10 Peaks challenge is graded as extreme. 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 Peaks Challenge you will be:

- Trekking for around 10-12 hours
- Covering nearly 25km with 1400m of ascent
- Summiting 10 challenging peaks in the Lake District, including iconic Fairfield.
- 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.

Training

This challenge is a great adventure that will have you trekking up and down an incredible 10 Peaks whilst covering almost 25km and over 1700m of ascent, therefore requiring a good level of fitness and experience of walking in the outdoors. 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, and a member of WWF staff will join the challenge too!

Group Management

This is a leader-led challenge and you will 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 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.

Throughout the day your leaders may split the group into smaller teams of different walking speeds. If this is necessary then your leaders will communicate this to you.

There are certain 'cut-off' times along the route which people must manage to meet in order to complete the full route. If you do not meet one of these cut-off times then alternative routes will be offered by your leaders. This will result in you not summiting all 10 of the peaks.

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 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'.

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.

You should expect to finish the challenge by approximately 6-7pm back at the accommodation.

Breakfast on the final morning is between 7.30-9am. Check-out from the hostel is by 10am.

Getting to and from the Challenge

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

The base for your challenge is in the YHA Butharlyp Howe in Grasmere.

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 Grasmere village.

Accommodation

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

You will be staying in the YHA in Grasmere.

Single room supplements are not available for this challenge. If you wish to book your own room then this needs to be done with the hostel directly.

Food & Drink

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

Saturday: Breakfast, packed lunch and evening meal

Sunday: Breakfast

All food will be either vegan or vegetarian in accordance with the WWF's policies.

Please note that dinner on the night of arrival is not included. Dinner at the hostel on this night needs to be pre-booked, or alternatively the village of Grasmere has lots of eating options and is a short walk away. We would recommend that you make reservations as restaurants can be very busy at this time of year.

All meals will be vegetarian. If you require a vegan meal, please note this within the dietary requirements section on your booking.

I would encourage you to bring your own sweets, snacks etc to get you through your challenge according to your own tastes. Please make sure you have at least 2l of water with you for each day of walking – we will not have the opportunity to fill up with water on the hills.

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.

Toilets

There will be bathroom facilities in the hostel at the start and end of the trek each day. However, during the trek such 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.

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 and descent of Fairfield 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 Leaders 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. 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 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-exiting 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.

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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Any more questions?

Contact us:

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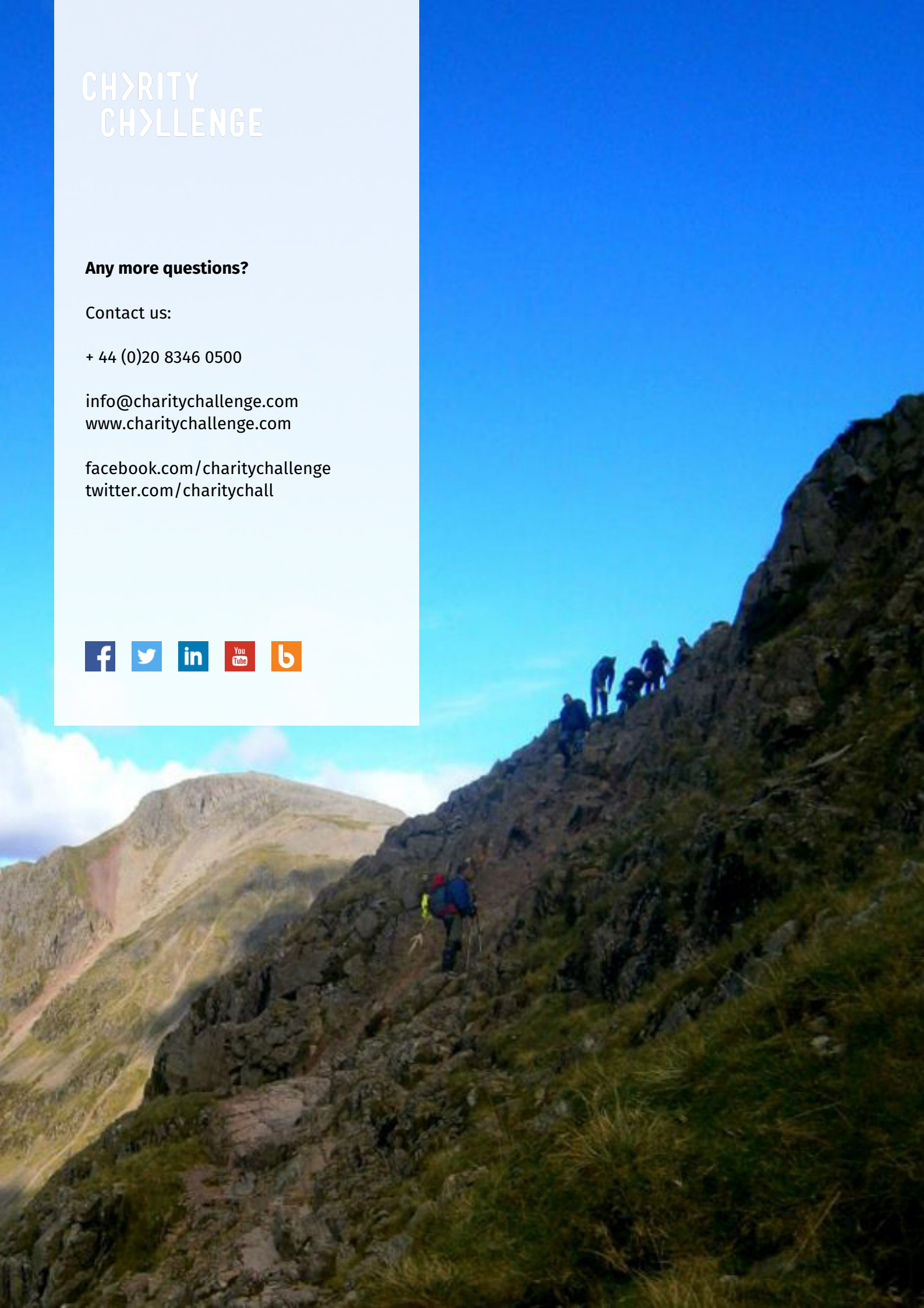
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