

**WE ARE
MACMILLAN.**
CANCER SUPPORT



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**DEFEAT THE PEAK: SCAFELL PIKE
BY DAY
UK**

Sat 31 May - Sat 31 May 2025





In aid of Macmillan Cancer Support

31 May - 31 May 2025



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.

If you are up for the challenge, then why not attempt to summit 3 or 5 peaks during this epic challenge. After reaching the top of Scafell Pike participants will be given the option to extend their challenge should they wish.

- Climb to the top of England's highest mountain, Scafell Pike.
- Tackle this iconic peak via the toughest route!
- Incredible trekking challenge
- Raise money for Macmillan Cancer Support and make a difference

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 31 May*

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The Challenge!

You will meet your leader team at Langdale for a safety briefing before starting the trek.

We will ascend via the steep path of Rossett Gill before 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 7pm with the transfer back to Ambleside.

In Summary

Self funder

Pay a non-refundable registration fee of **£45.00** when you book.

Then a balance of **£120.00**
(5 weeks before your challenge).

Raise as much as you can for Macmillan Cancer Support.

Minimum sponsorship

Pay a non-refundable registration fee of **£45.00** when you book.

Raise a minimum of **£300.00** for Macmillan Cancer Support.

In Detail

Self funder option

The full cost of this challenge is **£165.00**. You will be required to pay the non-refundable registration fee of **£45.00** at the time of booking, and 5 weeks before departure (26/04/2025) you will be required to pay the final balance of your challenge costs (**£120.00**). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for Macmillan Cancer Support. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by Macmillan Cancer Support.

Minimum sponsorship option

You will be required to pay the non-refundable registration fee of **£45.00** at the time of booking and to pledge to raise a minimum amount of sponsorship, **£300.00** for Macmillan Cancer Support. You should send your sponsorship money to Macmillan Cancer Support as you raise it. At least 80% of the minimum sponsorship required (£240.00) must be sent to the charity 8 weeks before departure (by 05/04/2025), and the remaining 20% (£60.00) within 4 weeks of completing the challenge (by 29/06/2025). If you have raised the necessary funds, Macmillan Cancer Support will then pay the balance of your expedition costs (which will not exceed 49% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

What's included?

Before you go

- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Fitness training notes
- Risk assessment and emergency management planning

On your challenge

- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Macmillan branded snood and medal
- A packed lunch

What's not included?**Before you go**

- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

- Accommodation during the challenge
- 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 8 weeks before departure (by 05/04/2025), and the remaining 20% within 4 weeks of completing the challenge (by 29/06/2025). 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 100 - 400 participants

Why book with Charity Challenge

- 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 Scafell Pike experience on the market!

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 12 hours in a single day.
- Covering 15 miles of mountainous terrain.
- Trekking without support, carrying all your food and water for the entire day.
- Ascend more 1500m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting the highest mountain in England, Scafell Pike (978m)

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.

Group size

Our minimum group size is 100. There will be approximately one challenge 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.

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.

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

Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.

Your challenge begins early in the morning to meet your leader team and have a safety briefing.

You will be walking for approximately 12 hours, which makes your trek a very long day. You can expect to arrive finish at around 19.00.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

Getting there

Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.

If you are driving then Ambleside is easily found in the heart of the Lake District. You can also get the train to Windermere and it is approximately 4 miles from the railway station to Ambleside. 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.

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.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

Accommodation

No accommodation is provided for this challenge.

There are plenty of accommodation options in and around the Lake District. Please check www.golakes.co.uk for a range of different options.

Food and drink

The following meals are included in the cost of this challenge:

- A packed lunch to take with you on the trek

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

Please ensure you have had a substantial breakfast before arriving and that you arrive with your water bottles already filled.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

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.

Toilets

Please note that during the challenge, toilet facilities will be limited to the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Money

During the trek there will no opportunities to purchase other things.

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 at the summit can be very different to down in the valley. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 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 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.

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.

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.

CH>RITY CH>LLENGE

Any more questions?

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