

The challenge of a lifetime...
...for the charity of your choice

Lakes 4 Peaks

Trek



Summit four of England's highest peaks in two days!



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**GLOBAL
ADVENTURE
CHALLENGES®**

A fantastic weekend trekking in the beautiful English Lake District - One of Britain's most stunning regions...

Your trekking challenge...

This stunning event takes place in one of the UK's most beautiful locations, The Lake District in Cumbria. Your challenge is to summit four of the highest peaks of this spectacular region – Scafell Pike; England's highest mountain and its neighbours, Scafell, Helvellyn and Skiddaw.

Stamina and determination are a must on this fantastic but strenuous challenge; although it involves some tough trekking, the stunning views of the Lake District will be with us all the way and the close proximity of the four peaks means that it's possible to do all this in one great weekend!

To leave your footprints across the 4 Peaks, simply register online at www.globaladventurechallenges.com or complete the enclosed registration form and send it back to us along with your registration fee to the following address:

Global Adventure Challenges,
Red Hill House, Hope Street, Chester, Cheshire, CH4 8BU.





Your itinerary...

Day 1

We meet at Penrith train station, then transfer to our accommodation in Keswick for event registration and a full briefing of the challenge ahead. After dinner as a group, we settle down to get some rest before our weekend of trekking commences.

Day 2

The challenge begins. After a good breakfast, we depart by minibus for Wasdale Head and tackle Scafell Pike and Scafell via Lingmell Gill. This is the toughest part of the challenge and involves steep ascents and rugged terrain, but the spectacular views afforded will be more than enough to spur on trekkers to complete the day's task.

Once we have summited, we descend and return to our accommodation for a well-earned rest, a hearty meal and possibly a pint of beer to celebrate and stand us in good stead for the final two peaks of the challenge tomorrow.

Day 3

After breakfast we depart by minibus for Thirlmere where we start our summit of Helvellyn (3,117ft); although not the highest, Helvellyn may well be the most frequently visited mountain in the area. This is a short but steep ascent with some minor scrambling; the view from the top is one of the most extensive over the Lake District and on a clear day can stretch from Scotland to Wales.

Once we have reached our goal, we return to Thirlmere and take a transfer direct to Millbeck where we will ascend our final peak of the Lakes 4 Peaks Challenge, Skiddaw (3,054ft). Once at the summit, Skiddaw offers an incredible panoramic view; the Cheviots and the North Pennines, vistas of the Yorkshire Dales and Forest of Bowland and a portion of Snowdonia. The Isle of Man is visible 60 miles away, as is the coastal plain and distant Solway Firth, backed by the hills of Galloway. Incredibly, Goat Fell on Arran can sometimes be seen, 105 miles away and on exceptionally clear days the Mourne Mountains are visible, some 120 miles away! There is also a fine view of Helvellyn and the Scaffells, so look back and

feel proud of your amazing achievement.

Once our senses have had their fill of our epic surroundings, we descend back to Millbeck and return to Keswick, before transferring to Penrith train station for goodbyes and our journey home after a weekend of trekking to remember!

(Please note, this is a complex itinerary and subject to change)



Your questions answered...

Is this trip for me?

ABSOLUTELY! This trekking challenge is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a great sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals meaning you will all be in the same situation.

How fit do I need to be?

This trek is challenging, but achievable by anyone as long as you fitness train beforehand. Remember, you are trekking to summit four of the highest peaks in England, so the fitter you are, the more you will enjoy this challenge. Trekking training tips can be found on the Global Adventure Challenges website to point you in the right direction.

Where will we stay?

We will stay at a local campsite. It will be 2 people to a tent in comfortable and spacious 3 man tents. All accommodation will have basic washing facilities available. Remember this is a challenge!

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and maybe some trekking poles you do not need any specialist kit.

Do I have to carry my own luggage?

No – all you will need is a small day pack while trekking to carry items such as camera, sun-screen, energy snacks and your packed lunch etc.

Food matters...

All meals will be provided from evening meal on day 1 through to lunch on day 3. We cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form.

What's included?

All accommodation on day 1 and 2 of the challenge, all meals from evening meal on day 1 through to lunch on day 3, qualified Global Adventure Challenges leaders, vehicles for back up and support, medical support, any transfers during the challenge and transfer to and from Penrith Train Station.

What's not included?

Alcoholic drinks and tips, own personal kit (trekking boots, poles etc), private travel insurance. Travel between Penrith Train Station and your home.

What sort of back-up is there?

There will be a strong support team with professional Global Adventure Challenges leaders. Full, comprehensive first aid kits will be taken. A support vehicle will be located at the start of each day's trail, providing extra support if needed. Mobile phones and radios will be used to ensure your safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more. A guide will lead each group ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and are on a first come, first served basis, so try to register as soon as you can! You will need to fill in the enclosed registration form and medical questionnaire and post it back to us along with the registration fee, or register online at www.globaladventurechallenges.com – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, we will write to you with further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

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Register online today!

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