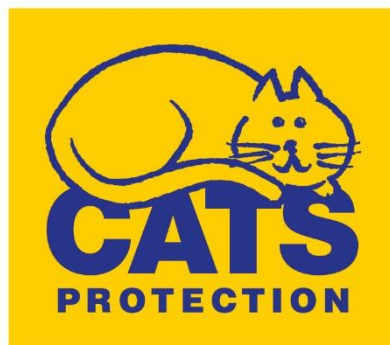




Trek for cats!



#CatChampions

FUND 1588

Friday 20 March 2020

Scafell Pike, Lake District National Park, Cumbria

Scafell Pike Climb in aid of Cats Protection 2020

Take on England's highest peak which summits at 964 metres above sea level. Led by an experienced guide you will take on the challenge of conquering Scafell Pike to raise vital funds for Cats Protection.

Registration fee – £25

Minimum sponsorship pledge – £150

Your itinerary

Meet at the National Trust Car Park, Wasdale, Wasdale Head, Seascale CA20 1EX at 9am on 20 March 2020 with a view to returning to the start point by 5pm at the latest. The car park costs £8 for the day, please bring change for this.

The ascent path, locally called the Brown Tounge path or commonly the Tourist route, climbs the 900 meters to the summit and covers a distance of 4.5 km (9 km total distance). The descent is the ascent path.

The first kilometre is general uphill walking that leads to the only stream crossing of any mention using stepping stones; it is very shallow in dry to light rain. The second kilometre is steeper and on a stepped path, the third kilometre is across an area locally known as Hollow Stones and is an easy angle ascent onto a winding path to an area known as Lingmell Col. The last kilometre starts with a 500 metre steep ascent that eases off to the plateau and the summit cairn.

The route will take between 3 to 3½ hours to ascend and roughly 3 to 3½ hours to descend. The ascent path is in good condition but steep in places, a shallow river has to be crossed using stepping-stones. Please note the path is loose underfoot in places.

It is physically demanding, so you will need to be a reasonable level of fitness and suitably equipped.

We will be led by guide David Thompson who is a qualified mountain leader from Cumbria Ventures; he is also a member of Wasdale Mountain Rescue Team.

FAQs

What is the minimum age I can take part?

16 years or 14 years with parental consent.

What if the weather is poor?

We cannot guarantee good weather but we will get in touch if the weather does not allow us to trek.

Is accommodation included?

No, accommodation is not covered; you will need to ensure you can arrive at the meeting location by 9am on 20 March 2020.

Are there toilets?

Yes, there are portaloos at the car park before we set off. However, you might need to be prepared to go out in the wild. Please do bring biodegradable bags to put any toilet paper into.

Where can I fill up my bottle of water?

It's a good idea to bring enough water with you (at least 2 litres) and an energy or juice drink. You can fill up your bottle on the mountain at the stream we pass on the ascent but you will need water purification tablets.

Do I need to bring food and how much?

Please bring a packed lunch, snacks, energy bars and sweets to keep you going.

What kit do I need to bring?

A recommended kit list is on the next page.

How many miles up is Scafell?

You will be covering 5.5 miles in total (up and down the mountain).

Suggested Kit list

Please remember that the weather can be very changeable; make sure you have the right clothing! You may also wish to bring a small amount of money for any café we might find.

Hillwalking

Please wear/bring along

- Footwear: walking boots preferably with decent ankle support
- Base layer: wicking top, a cotton t-shirt is not recommended
- Mid layer: fleece/thermal
- Walking trousers, tracksuit bottoms or cargo pants (not jeans)
- Waterproofs: jacket and over-trousers
- Gloves, hat, scarf/buff
- Spare clothing in case you get wet/cold (minimum of another fleece/thermal and gloves)
- Small rucksack
- Food and drink for the day (plenty of water!) – extra energy-giving food for emergencies
- Sun cream/lip salve (depending on the weather)
- Sun protection ie sunglasses, sun hat
- Personal medication (asthma inhaler etc.)

Please note all items are carried at your own risk and not covered under any insurance.

Accommodation suggestions

Name	Tel	Contact Email
Wasdale Head Inn and Campsite	01946 726229	reception@wasdale.com
Lingmell House B&B	01946 726261	lingmellhouse@wasdale.com
Burnthwaite Farm B&B	01946 726246	bookings@burnthwaitefarm.co.uk
Wasdale National Trust Campsite	01539 432733	lakescampsites@nationaltrust.org.uk

All the above are located at the head of the valley and close to the start point.