

FURTHER INFORMATION



LAKES 4 PEAKS

The Lake District is one of the most beautiful areas in the UK, filled with breath taking mountains and valleys – it is the perfect backdrop to this awesome challenge.

Our trek begins at Seathwaite, from where we tackle Scafell and Scafell Pike via the Corridor route. This is the toughest part of the challenge and involves steep ascents and rugged terrain.

The next day our start point is Thirlmere and from where we will ascend Helvellyn. This is a short but steep ascent with some minor scrambling. On return to Thirlmere we will transfer to Millbeck where we will ascend our final peak, 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!



“BELIEVE YOU CAN”



LAKES 4 PEAKS TREK



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INTRODUCTION

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

If you have any other questions which are not answered in this document, about the challenge you are about to embark upon, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

All participants booking a non-flight challenge with Global Adventure Challenges are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of GAC. This insurance has been arranged with MGA Cover Services Limited (registered address: Farren House The Street, Farren Court, Cowfold, West Sussex, RH13 8BP. Company registration number: 08444204. Authorised and regulated by the Financial Conduct Authority registration number: 597536) under a binding authority with the insurer CBL Insurance Europe Limited (registered address: 2nd Floor, 13-17 Dawson Street, Dublin 2, Ireland, who are authorised and regulated by the Financial Conduct Authority registration number: 203120).

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.



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ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours! We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising event experience, are what makes us different from

other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 15.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is normally 20 participants.



RESPONSIBLE TOURISM

We recognise our responsibility to the places we visit, and also to local people. We believe that we need to preserve and respect the locations in which our challenges take place, in order for future generations to have the same fantastic experience as you. We are passionate about the environment and as a participant of Global Adventure Challenges it is expected that you share our passion and follow the guidelines below:

Respect other people

- Be courteous to the local community and other people enjoying the outdoors.
- Keep noise to a minimum, especially in areas near dwellings.
- Keep to the marked route and do not stray onto private property.
- Leave gates and property as you find them.

Protect the natural environment

- Leave no trace of your visit.
- Take your litter home including fruit peelings.
- Follow paths unless wider access is available.
- Pick up any litter that you see along the route and dispose of it at the next checkpoint.
- Do not disturb wildlife or livestock.



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INSURANCE

We strongly recommend you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges, details of how to apply are given in your welcome letter.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect to medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.

CHALLENGE INFORMATION

- The Lake District covers an area of approximately 2,362 square kilometres.
- The Lake District became a UNESCO World Heritage Site in 2017.
- All of the land in England that is higher than 3,000 ft. above sea level lies within the Lake District National Park, including Scafell Pike, the highest mountain in England.
- The Lake District also contains the deepest and longest bodies of water in England, respectively Wast Water and Windermere.
- The original name for Scafell Pike was 'The Pikes of Sca Fell', changed in error by an Ordnance Survey map. The error wasn't reversed so the name stuck!
- In good weather you can see the Isle of Man, Scotland and Wales from the summit of Scafell Pike.
- In 1926 John Leeming and Bert Hinkler landed a plane on top of the flat summit of Helvellyn... and took off again!

CHALLENGE GRADING

Our challenges are graded 1 (Challenging), 2 (Tough) or 3 (Extreme). This challenge is graded at 2 (Tough).

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give you an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' section, or we may find that a 'Tough' challenge, may have a 'Challenging' section.

TOUGH

A 'Tough' trek features more demanding activities and the days are generally longer and harder than a challenge graded as 'challenging'! The challenge is likely to involve camping with basic facilities.



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DIFFICULTY & TERRAIN

You will be trekking for 8 – 9 hours per day covering a total distance of approx. 18 miles. We will walk on varied terrain which at times will be rocky and uneven underfoot.

This itinerary has been designed to maximise your chances of success, it is worth remembering it is not a race and one top tip you should follow is to trek at a steady pace.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions.

Global Adventure Challenges reserves the right to refuse a booking if we feel unable to accommodate the particular needs of the person(s) concerned. If you have any doubts regarding your suitability for your challenge please contact our office immediately to speak to one of the team.

WEATHER

Although it is impossible to predict in advance what the weather in mountainous areas will be like for any particular day; it is hoped that the information provided in this section will give you an idea of how best to prepare yourself for your trek.

Before starting on any trek, the Event Manager will check the mountain weather forecast and make a final decision about the appropriateness of the route to be taken. The weather on higher ground, in particular at summits, will be dramatically different from the weather at sea level or from where you are staying, it can also change rapidly during the course of the day.

Temperatures at higher levels are much cooler. For every 100 metres that you climb, the temperature will drop by about 0.5°C. The average temperature on the summit will be less than 5°C, so if you start walking in a t-shirt, expect to feel a chill as you climb higher.

The wind will also play a part in reducing the temperature. Naturally, being on higher ground we will be exposed to the wind, so even when the sun is shining it can be a few degrees colder.

It goes without saying that rain on higher ground is a significant possibility, anything from showers to storms at any time of the year. So forgetting that waterproof is not a wise idea!

The information in the table below is provided as an overview to weather in the UK. Paired with the information in this section it should provide some indication of the conditions to expect on your challenge.

Month	Average Sunlight Hours	Average Temp °C		Average Wind Speed (mph)
		Min	Max	
May	6	8	17	9
June	7	12	20	8
July	6	14	22	8
Aug	6	13	21	8
Sept	5	11	19	9
Oct	5	7	15	10

The temperatures and wind speeds stated above are averages taken over a number of years and will differ between locations.



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PERSONAL CARE

First Aid

Global Adventure Challenges will provide first aid cover during the challenge. All Global Adventure Challenges first aiders are 16 hour Outdoor First Aid qualified.

Although we do provide first aid, we do require that all participants bring their own personal first aid kits so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them any prescription medication along with a personal supply of over the counter medication.

Health and Hygiene

Hygiene is very important to avoid stomach upsets – wash hands wherever possible, especially before eating, by using antibacterial hand gel.



NAVIGATION

When you register on the day, you will be supplied with a route guide in your trekking pack. It is important that you carry this with you during the trek so you can regularly check where you are on the route.

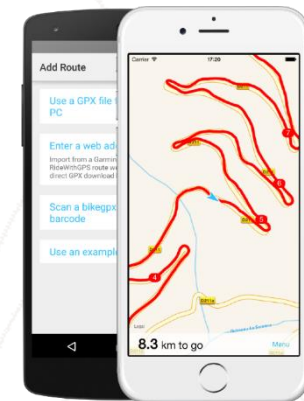
Walking guides will lead the group throughout your challenge. Dependent on group size there may be multiple walking guides who will each take a group, to ensure that the footpaths don't get overcrowded. This will also mean that we can accommodate different walking speeds in different groups. Don't worry if you feel you've ended up in a group that's too slow or fast, there will be an opportunity to change groups at appropriate points on the trek.

Depending on the group size, the walking guides may allow the group to spread out and then regroup at a nominated point. However, there are some sections on the challenge where the group will be instructed to remain together due to navigation being difficult and/or the terrain being particularly challenging.

GPX'S

If you have a Garmin or a GPX viewer app please contact the office as we can provide you with the GPX files for each day. GPX's will only be made available 2 weeks prior to departure to ensure that only the most accurate versions of the route are provided for the event.

All distances shown are approximate and are based on our mapping software, Memory Map. These may differ slightly to other software packages and data recorded on GPS devices.



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START VENUE

Registration

Registration takes place on the evening of day 1 and will be from 6:00pm to 6:30pm.

There will be an event registration desk located at the start venue which you will need to find to register. Details of the start venue will be communicated to you in the lead up to the challenge.

As part of registration you will be given your trekking pack which contains route information and emergency procedures along with an armband that must be worn during the challenge. You will be asked to re-confirm details such as contact number and next of kin details to ensure these are still accurate. During registration you will also be advised of when the event briefing will take place and what time the group will start trekking.

Car Parking

There is car parking available for a small charge. This is payable directly to the campsite and the expected cost is £3.50 per night. Please note that car parking availability is limited and will be given on a first come, first served basis.

TRANSFERS

There will be a transfer service at 5:30pm on Friday afternoon from Penrith Train Station to the campsite. The transfer vehicle will be waiting outside the station. The address for the train station is as follows:

Penrith Train Station, Ullswater Road, Cumbria, Penrith CA11 7JQ.

If you requested the transfer from the train station to the campsite on Friday, there will also be a transfer from the campsite to the train station on Sunday evening.

The transfer will leave the campsite at approximately 5:00pm and arrive at the train station at approximately 5:30pm. Please do not make any onward travel arrangements until after 6:00pm and ensure that they are flexible. The time of the transfer is dependant on the speed the group is walking and therefore the transfer times can and often change.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to



operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of any necessary accommodation for a period not exceeding 3 nights.



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ACCOMMODATION

We will stay at a campsite during our challenge. Tents will be allocated on a twin share basis and will be pitched before your arrival by our event crew.

Approximately 6 weeks before the challenge, we put together rooming lists, and partner you up with someone of the same sex and approximately the same age where we can. If you would like to share with someone you know on the challenge please let us know no later than 7 weeks prior to the departure date and we will endeavour to partner you up with that person for the duration of the challenge. If you have chosen to do this challenge with a group of friends or work colleagues please let us know who is in your group and where possible we will try to accommodate you together. Due to the complex nature of the challenge and group sizes, requests cannot be guaranteed or changed once they have been finalised.

Details of the accommodation you will be using will be supplied to you in the lead up to the challenge. You will find out who you will share your tent with at event registration.

Single occupancy tents can be provided subject to availability and an additional fee. If you would like further information, please email the Customer Care team

customer.care@globaladventurechallenges.com

TELEPHONE & WI-FI

The phone signal at the campsites we use varies in quality between providers. When trekking the signal will vary with the terrain.

Campsites generally don't have Wi-Fi.

OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Travel insurance	£11.02*
Spending money	£50

*if you take out the single trip policy through Global Adventure Challenges

How much spending money you will need usually depends on how many presents and souvenirs you want to bring home!



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FOOD, WATER & REFRESHMENT STOPS

Most dietary requirements can be catered for as long as we know in advance, so please ensure you contact the customer care team.

Plenty of food and snacks will be available to you at the start of the trek to carry with you during the day, however, we suggest you bring along plenty of your own favourite snacks to give you an extra boost when you find the going tough.

Breakfast

On both days a continental breakfast will be served which will consist of: croissants, cereal, yoghurts and fruit.

Lunch

Lunch will consist of sandwich, crisps, fruit and other snacks. This will be made in the morning and carried with you whilst you trek.

Dinner

Dinner will be served at a local pub or restaurant. Meals will normally be 2 courses. An example menu you could expect to have whilst on the challenge is:

Main – Burger and chips, lasagne, chicken curry

Dessert – Apple crumble, cheesecake

EVENT CREW

A support team from Global Adventure Challenges will be in attendance throughout the challenge. At least one support vehicle ‘floating’ to provide support as and when required. The following roles will be covered on your challenge, with smaller numbers some crew will fulfil multiple roles:

Event Manager – They will oversee the entire challenge and all the behind the scenes responsibilities (this is a LONG list). This person will be the first one awake and the last one to sleep to ensure you have the best possible time on your challenge.

Walking Guide – These people will lead participants along the route in one or more groups. They are experienced leaders who are familiar with the trekking terrain and just love the outdoors!



TIPPING

Tipping your guides/support crew is appropriate, customary and always appreciated. Your crew work in teams and evenly split all gratuities they receive. Your gratuity should reflect the quality of service you received and anything special your support crew did to enhance your trip.

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TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com



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DAY	TRANSFERS	DIFFICULTY RATING	TREK STATS (APPROX.)	TIMINGS (APPROX.)	ITINERARY NOTES
Day 1:	30 minute transfer from Penrith to campsite (optional)	N/A	N/A	Transfer from Penrith: 5:30pm Event registration: 6:00pm – 6:30pm Evening meal: 7:30pm	<ul style="list-style-type: none"> Our crew will collect you from Penrith train station if you have elected to take advantage of the included transfer to the campsite. We meet at the campsite for event registration, evening meal and briefing.
Day 2: Scafell & Scafell Pike		Tough	Total distance: 7.5 miles Total ascent: 4,146 ft. Total descent: 4,146 ft.	Start time of trek: 8:30am Arrival at campsite: 5:30pm Evening meal: 7:00pm	<ul style="list-style-type: none"> Walk up onto Brown Tongue, a steep sided small valley leading up to a higher plateau beneath the dark crags of Scafell Pike and Scafell. A large circular summit cairn marks reaching our first peak of the challenge and the summit of the highest mountain in England – Scafell Pike.
Day 3: Helvellyn & Skiddaw	30 minute transfer to Penrith (optional)	Tough	<p>Helvellyn</p> <p>Total distance: 3.8 miles Total ascent: 2,392 ft. Total descent: 2,392 ft.</p> <p>Skiddaw</p> <p>Total Distance: 6 miles Total ascent: 2,161 ft. Total descent: 2,161 ft.</p>	Start time of Helvellyn trek: 8:00am Arrival at transfer vehicle: 12:00pm Start time of Skiddaw trek: 1:00am Arrival at transfer vehicle: 5:00pm Arrival at Penrith: 5:30pm – 6:00pm	<ul style="list-style-type: none"> The route up and down Helvellyn is ‘easier’ in terms of the terrain encountered, however whilst the distance is short we have to ascend over 2,428 ft. making it steep and unrelenting. The summit has wonderful contrasting views; the eastern side is very different to the smoother, grassy steep slopes on its western side. Walk along a wide and well managed, slate and gravel track to ascend Skiddaw. The initial descent from Skiddaw is easy going, but it does become steeper as we lose height after 2,130 ft. On arrival at the finish you will be welcomed with a glass of champagne, a medal and a massive congratulations from the event crew.



