# LAKE DISTRICT 15 PEAKS CHALLENGE



# Highlights

- 15 peaks. 3850 metres of ascent. 27 miles trekked
- 3 fantastic days of trekking in the timeless landscapes of The Lake District
- Trek remote and dramatic mountains by day and enjoy local eateries, cafes and pubs by night
- Ultimate way to explore England's largest national park
- Stand on the summit of Scafell Pike, England's highest mountain at 978m
- Take on the classic grade 1 scramble of Striding Edge traversing the airy ridge to Helvellyn
- Accompanied by experienced local Mountain Leaders
- Private trips available for groups over 10 people.
   Simply contact Adventurous Ewe at <a href="mailto:jim@adventurousewe.co.uk">jim@adventurousewe.co.uk</a> or call 01492 588 069
- We look forward to welcoming you to the beautiful green valleys, craggy ridges and highest peaks in the Lake District.



# WELCOME

# Overview

The Lake District is one of the most stunning mountainous areas in the UK. With breath-taking mountains, glistening lakes and green valleys – it is the perfect backdrop for your home-grown adventure.

This itinerary is the 'sister' trip to our Welsh 15 Peaks Challenge. You'll summit some of the highest peaks in the Lake District, both well known and off the beaten track crags, and have the chance to take on a classic grade 1 scramble of Striding Edge.

With tackling peaks such as Scafell Pike, Helvellyn, Great End and Great Gable to name a few, over a 3 day period, you'll experience a huge sense of achievement whilst also having the time to enjoy a well deserved coffee & cake or pint in a local café or pub. This trip is about having the chance to experience quality mountain days whilst also having time to socialise with your group of like minded trekkers and support local communities.

The trek is fully supported with our certified and friendly Mountain Leaders. Plus trekking with us means not only will you have a fantastic and safe experience, your summit achievements will also help support the climate care charity, Cool Earth









Activity: Mountain trekking

**Duration:** 3 days & 2 nights

Trekking time: Approx 26 hours (3 days of 8 hour days)

Distance: Approx 28 miles of trekking

Ascent: Approx 4262 metres

Deposit: £75 per person payable on booking

Remaining balance: £420 per person payable 4 weeks prior

Total cost: £495 per person Group size:

Level of difficulty:

Tough

Dates:

May - October

# LAKE DISTRICT 15 PEAKS IN 3 DAYS

Get ready for an adventure



# 15 PEAKS IN 3 DAYS

# **DAY ONE:**

- 1. Brown Base 646m
- 2. Green Gable 801m
- 3. Great Gable 899m
- 4. Lingmell 807m
- 5. Scafell Pike 978m
- 6. Broad Crag 934m
- 7. III Crag 935m
- 8. Great End 910m

Approx. distance: 11 miles Total ascent: 1750m Trekking time: 8 – 9 hours

# **DAY TWO:**

- 9. Helvellyn 950m
- 10. Lower Man 925m
- 11. WhiteSide 863m
- 12. Raise 883m
- 13. Stybarrow Dodd 843m
- 14. Green Stones 795m

Approx. distance: 10 miles Total ascent: 1300m Trekking time: 7 – 8 hours

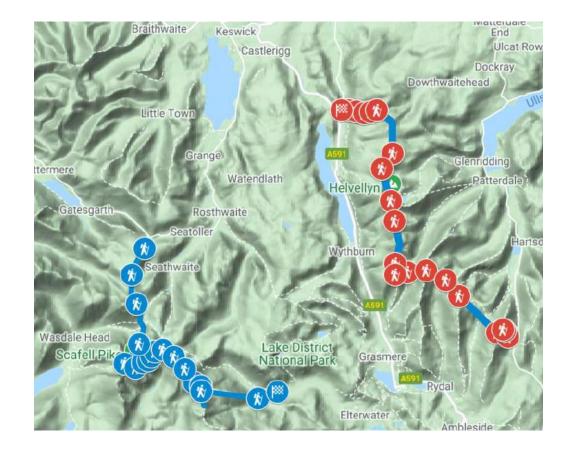
Leader Ratio 6:1

# **DAY THREE:**

15. Blencathra 868m

Approx. distance 6 miles Total ascent: 800m Trekking time: 5 – 6 hours

Leader Ratio: 12:1



Leader ratio 12:1

# LAKE DISTRICT 15 PEAKS ITINERARY

# 3 day mountain adventure

#### **EVENING PRIOR**

# Arrival, preparation and accommodation

Make your way to the hostel to meet your fellow team-mates and Adventurous Ewe crew. Here you will have a trek briefing in the early evening in preparation for your Lakes 15 Peaks Challenge.

Please note, dinner is not included.

Included

Accommodation: Hostel, dorm room basis

#### DAY 1

#### 8 Peaks

The start of your Lake District 15 Peaks Challenge begins at Seathwaite in the beautiful Borrowdale Valley. Soon climbing to reach your first peak of Brown Base, this Wainwright offers a grand view of Borrowdale and the fells that surround this stunning valley. It's then time to summit your next peak, Green Gable with views across Western Lakeland, including Ennerdale and the High Stile ridge before heading up onto Great Gable. For a bit of a breather, your route decends to Sty Head Pass where you'll join the Corridor Route to Lingmell and Scafell Pike, the highest mountain in England. It's then onto Broad Crag and III Crag before standing on the final peak of the day, Great End. Your circular route finishes back in Seathwaite. It's your biggest day in the mountains tackling 8 of your 15 peaks challenge.

- 1. Brown Base 646m
- 2. Green Gable 801m
- 3. Great Gable 899m
- 4. Lingmell 807m
- 5. Scafell Pike 978m
- 6. Broad Crag 934m
- 7. III Crag 935m
- 8. Great End 910m

Approx. distance: 11 miles

Total ascent: 1750m Trekking time: 8 – 9 hours

Leader ratio 12:1

#### Included

Accommodation: Hostel, dorm room basis

Transfers: Private vehicle

Meals: Breakfast and packed lunch

### DAY 2

### 6 Peaks

Today we take one of the most iconic mountain routes in the UK in the Eastern Fells of the Lake District National Park. Weather permitting you'll tackle an exciting scramble along Striding Edge to reach Helvellyn. This is a classic grade 1 scramble and you'll be accompanied by certified and friendly scrambling leaders. Continuing on from Helvellyn and the technical sections now behind you, your route continues along the ridge line to Lower Man, Whiteside, Raise and finally Stybarrow Dodd. It's then time to make your way to Green Stones with stunning views of Ullswater before descending into Glenridding to complete this thrilling circuit. Arriving back in Glenridding, and if time permits, you'll have the option to take a dip in the lake or have drink in one of the many coffee shops in the village. A great finish to day 2 in the mountains.

9. Helvellyn 950m

10. Lower Man 925m

11. WhiteSide 863m

12. Raise 883m

13. Stybarrow Dodd 843m

14. Green Stones 795m

Approx. distance: 10 miles

Total ascent: 1300m Trekking time: 7 – 8 hours

Leader Ratio 6:1

## Included

Accommodation: Hostel, dorm room basis

Transfers: Private vehicle

Meals: Breakfast and packed lunch

# LAKE DISTRICT 15 PEAKS ITINERARY

# 3 day mountain adventure!

#### DAY 3

#### **Final Peak**

Today you'll venture over to the quieter part of the Lake District, the Northern Fells. The trek climbs Blencathra also known as Saddleback. The route is via Doddick Fell, a peaceful broad grassy ridge with no scrambling to the summit. There are 6 summits on the Blenathra Summit Ridge with Hallsfell at 868mt being the highest peak and your final summit of the trip. Your route continues along the summit to descend via Blease Fell and into Threlkeld village, with your trek complete you'll have time for a celebratory toast of fizz before returning to Seathwaite. With a huge sense of achievement you can either make your way home or stay another night in the Lake District.

15. Blencathra 868m

Approx. distance 6 miles Total ascent: 800m Trekking time: 5 – 6 hours

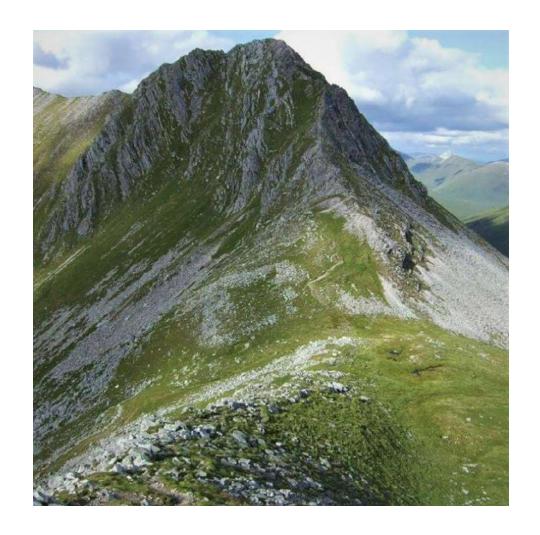
Leader Ratio: 12:1

Included

Transfers: Private vehicle

Meals: Breakfast and packed lunch

Please note, Adventurous Ewe reserves the right to change the route or itinerary for safety reasons should local conditions dictate.





# COST

Deposit: £75 per person payable on booking

Remaining balance: £420 per person payable 4 weeks

prior to your trip start date

Total cost: £495 per person

# **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our website.

# **Fundraising**

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# **INCLUSIONS & EXCLUSIONS**

## **INCLUDED**

## Pre-trip:

- Personalised trip support in the lead up to your challenge from Adventurous Ewe
- Bespoke training guide and exclusive discount code our fitness training partners
- Trip info provided via our free app
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei sustainable athletic apparel both in shop and online
- Public liability insurance
- Risk assessment and emergency management planning

## During your trip:

- Trip briefing the night prior to your mountain adventure
- Certified Mountain Leaders
- Transfers to and from your accommodation to the start and finish of the trek each day
- Full back-up support including first-aid qualified staff and first-aid supplies
- 3 night's hostel accommodation (dorm share basis)
- 3 breakfasts
- 3 packed lunches
- Risk assessments, risk and safety management
- Complimentary celebratory fizz on completion of the challenge
- All trip management and hygienic cleaning procedures of vehicle and equipment before, during and post trek.

# NOT INCLUDED

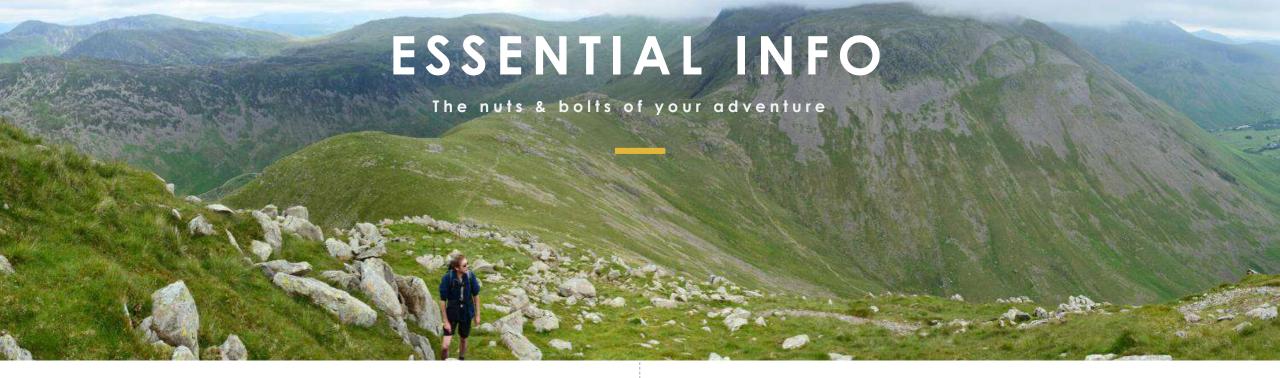
- Clothing and equipment listed on your Kit List
- Getting to the start and finish of the trip
- Single room requests (subject to availability)
- Evening meals
- Personal spending money
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of travel costs.

# Currently not included but can be organised at an additional cost

- Additional night/s accommodation
- Any trip extensions

# No accommodation package

If you wish to make your own accommodation arrangements, please get in touch to discuss.





# Safety & wellbeing

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Lake District Peaks Challenge will require preparation as the trek is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

# Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for the entire trek. They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication with your vehicle driver and AE HQ throughout your trek.

# Group size

We pride ourselves in small group events to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for trek to run is 10 people and the maximum group size is 36 **people**. You will be taking part in teams of no more than 12 people per team.









# Level of difficulty

The Lake District 15 Peaks Challenge are graded as 'Tough'. Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, strength (both physical & mental), endurance and some gritty determination will help you conquer all five of the highest peaks in the Lake District.

The majority of this trek 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 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'.

# **Training**

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – Her Spirit and the Bath Kettlebell Society. For more info, please visit our Training and Preparation page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enig the journey!

# Kit and discount codes

A full kit list will be provided when you join this trek together with an exclusive Adventurous Ewe discount code for independent outdoor retailers Joe Brown, The Climbers Shop and ashmei athletic apparel where sustainability meets performance.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.





# Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.





# WHY ADVENTUROUS EWE

# Big adventures, small bootprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

# Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey the support & guidance from AE, the new friendsheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

# All you need is the....

- Courage to start
- 2. Strength to endure
- 3. Determination to finish! #ewecandoit

# **CARBON FOOTPRINT**

We've crunched the numbers to work out the total carbon footprint of the Lake District 14 Peaks Challenge, and plant or protect enough trees to suck 2x as much back out the atmosphere.

## What's the number?

It works out on average at **20kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to the Lake District. Given that our trekkers travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

## What does the number mean?

To give some meaning to the numbers:

- Driving 20 miles in the car: 5.6kg CO2e
- The average UK person per day: 41kg CO2e
- A typical Dubai hotel room for the night: 99kg CO2e
- An economy ticket from London to Ibiza: 206kg CO2e
- An economy ticket from London to Vietnam: 1,352kg CO2e
- A business class ticket from London to Vietnam: 3,922kg CO2e
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 10 years.

# What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, <u>Cool Earth</u>. They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wild with <u>Cool Earth</u>.

On a local level here in the UK, we're an ongoing <u>business member</u> of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.





# Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. Here is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of Tourism Declares a Climate Emergency.

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

#### We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

# **Tourism Declares Climate Emergency**

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

#### **Future of Tourism**

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism













# **ADVENTURE WITH PURPOSE**

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

#### Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <a href="https://www.adventurousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/">https://www.adventurousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/</a>





2020-2022

Arbenigwyr ar ymweliad â'r Wyddfa Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership



# KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

Please check the mountain weather forecast the week leading up to your trip so you can be sure to be fully prepared for your trek. Simply visit <a href="https://www.mwis.org.uk/forecasts/english-and-welsh/lake-district">https://www.mwis.org.uk/forecasts/english-and-welsh/lake-district</a>

# **CLOTHING**

- Waterproofs breathable waterproof jacket that has a good hood. Waterproof over-trousers it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential
   Base layers preferably a synthetic wicking layer with a long-sleeved top
   Fleece Jacket, wind-stopper or light weight down
- ☐ Fleece Jacket, wind-stopper or light weight down jacket (ideal to keep warm when you stop for a break)
- ☐ **Trousers** fleece or synthetic / nylon or polyester comfy trekking trousers. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- ☐ **Headwear** warm woolly hat and cap/sunhat
- ☐ Gloves warm wind-stopper gloves
- ☐ Wicking/merino wool t-shirts 3 days of trekking
- ☐ Casual clothes for the evenings and travel
- □ Sleepwear
- ☐ Underwear wicking or merino wool base

# **TRAVEL ADMIN**

- ☐ Travel tickets ie. train tickets
- □ Debit/credit cards
- □ Cash

## **FOOTWEAR**

- ☐ **Hiking boots** well-worn in with ankle support and waterproof
- ☐ Trainers or other comfy shoes for casual wear
- Socks recommend merino wool hiking socks and some casual wear socks. If the weather forecast is for wet weather, we recommend bringing additional pairs of socks
- ☐ Flip-flops or similar (optional)

# **BAGS**

- Overnight bag which you can leave any items not needed during your trek. This can be left in your accommodation place or your vehicle
- Daypack 20 25 litre rucksack to carry your kit required on the trek. An internal dry bag and/or rain cover is recommended

## **EQUIPMENT**

- Water bottle/s (essential) 2-3 litre capacity or a platypus / camelbak system
- ☐ Thermos (optional) if you wish to take a hot drink on the trek
- ☐ **Head torch** & spare batteries
- □ **Sunglasses** strong UVA/UVB protection preferable
- ☐ **Trekking pole(s)** optional. Please train with these prior to your trek

## **ADDITIONAL ITEMS**

- ☐ Hand sanitiser
- ☐ Face mask
- ☐ Favourite snacks, both sweet and savoury
- □ Electrolytes
- ☐ Sunscreen and lip block SPF40 as a minimum
- □ Camera enclose in a dry bag
- ☐ Toiletries including biodegradable toilet roll & disposable bag (for toilet paper rubbish on the hike if needed) and toiletries for overnight accommodation
- ☐ Towel for showering at hostel
- Personal First Aid please bring any personal medication plus paracetamol, ibuprofen, antihistamines, electrolytes, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

## NICE TO HAVE

- Duct tape for emergency repairs (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- ☐ Ear plugs for the hostel
- ☐ Reading material / card fames for the evenings
- □ **Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife
- Portable chargerTravel padlock

# **EXCLUSIVE DISCOUNT CODES**

To help you get the very best from your Adventurous Ewe Trekking Challenge we have teamed up with independent UK outdoor specialists:

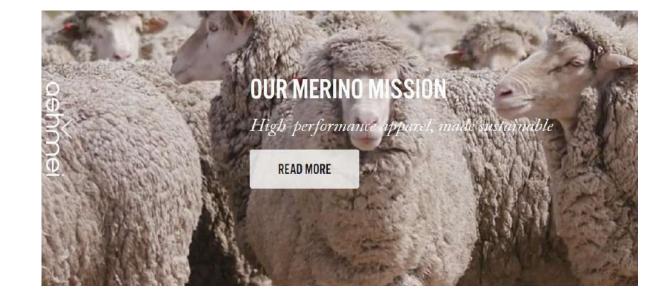
Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <a href="https://www.climbers-shop.com/">https://www.climbers-shop.com/</a>

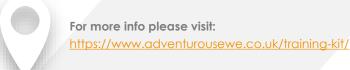
**Ashmei** who produce sustainable high performance sporting apparel. <a href="https://ashmei.com/">https://ashmei.com/</a>

Exclusive discount codes will be provided when you sign up for this adventure.











# **CONTACT US**

For any further info or any questions, please feel free to contact us at:



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Online chat on our website at <a href="https://www.adventurousewe.co.uk/">https://www.adventurousewe.co.uk/</a>





