

Lakes 24

Europe | 3,500m



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EXPEDITIONS

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Are you ready for the Lake District 24 Peaks Challenge?

Two days summiting some of the highest peaks in the Lake District National Park, including Scafell Pike – the highest peak in England! This may prove to be one of the most challenging routes you can follow in English mountains and you'll be moving over rocky and rough terrain in places.

With over 3500m of ascent over 2 magnificent days of walking do not underestimate the preparation and stamina required for these two epic days; it will require lots of training on similar, mountainous ground and the ability to get up and do it again the next day!

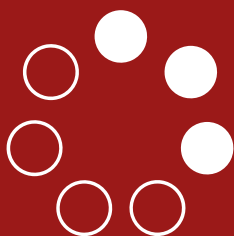
Day 1 will take you to the West of the Lake District, climbing the magnificent Scafell Pike

and 8 other summits. Day 2, we'll head east, towards Thirlmere Lake and the mighty Helvellyn. These routes may be switched slightly if weather conditions dictate. There will be highs and more highs over rugged moorland, heaped boulders and narrow ridges.

This is a RAW 360 event – find out more about our UK team [here](#).

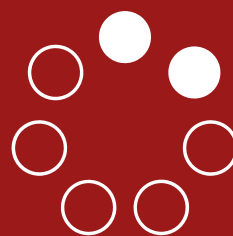
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Physical – P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep terrain, carrying a pack of 6-10kg in weight with the occasional extra long day.



Technical – T2

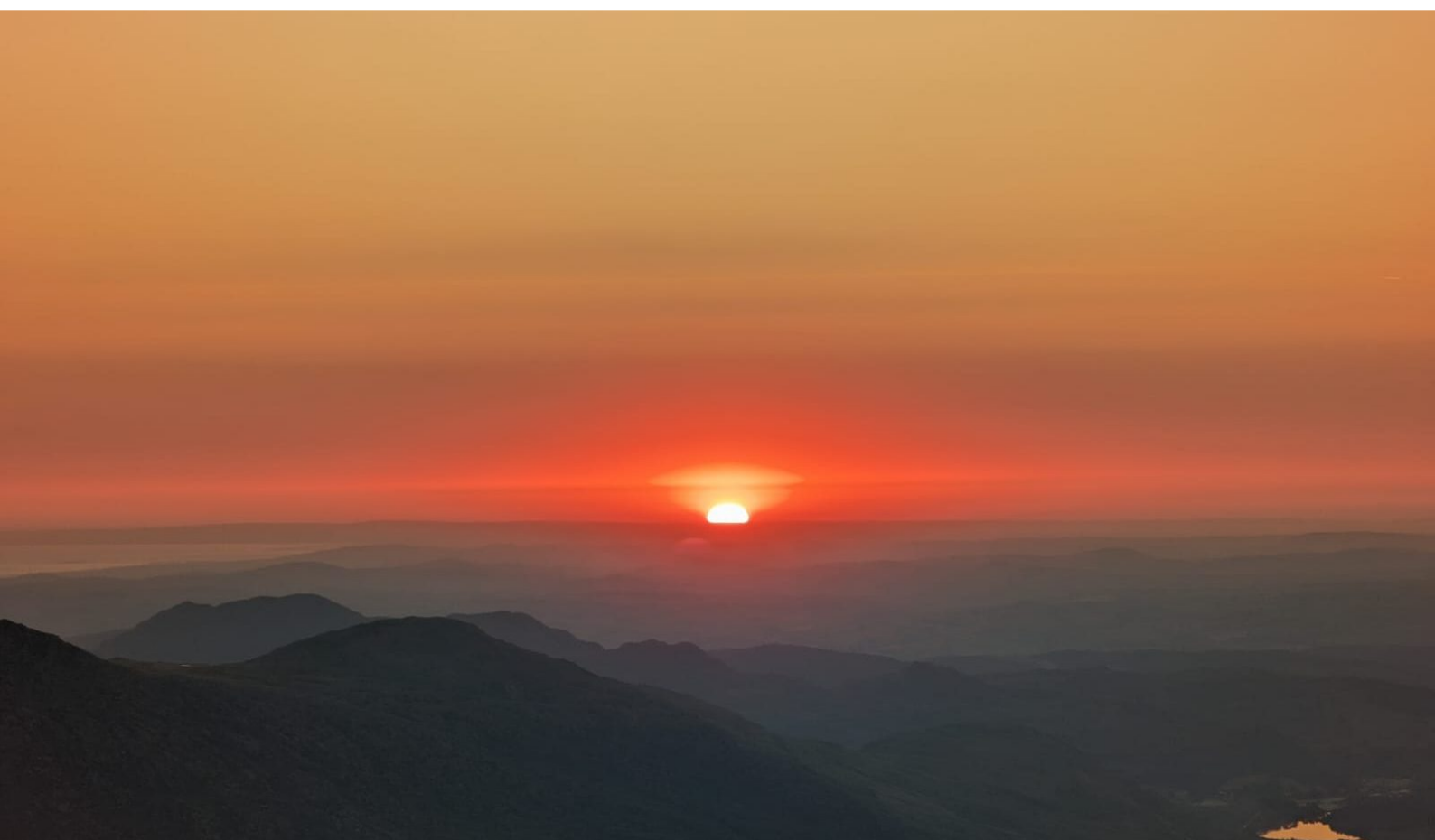
Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Scafell Pike (978m)

Kicking off with a 6am breakfast, kit check and leader introduction, we're ready to face our challenge. There will be a short transfer to where we'll begin our trek with a start time no later than 7am.

We will walk steadily throughout the day, summiting 10-12 peaks, taking in their spectacular sprawling vistas, including Scafell Pike – England's highest peak!

By around 6:30pm, day 1 is done! Hop on transport back to the accommodation for dinner, rest and recovery before round two tomorrow.

(Estimated walking time: 10hrs) (B, L, D)

DAY 2 : Helvellyn (950m)

After an early breakfast and kit check at 6am sharp, there is a short transfer to the start line for 6:30am.

Starting at the very latest 7am, we have another epic-in-every-way day of trekking in order to complete the remaining peaks – including Helvellyn!

By around 6:30pm your challenge will be complete! Transport back to the accommodation for a well-earned celebration dinner.

(Estimated walking time: 10hrs) (B, L, D)

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KIT LIST

Bags & Packs

Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Dry stuffsacks

Nlon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items dry

Waterproof rucksack cover

To protect rucksack from rain

Headwear

Buff/Scarf

Essential for protection from the sun and dust

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Sunblock

Lip salve

Upper Body

Base layer

(not cotton)

Fleece top/jacket or Softshell

Hard Shell

Spare warm layer in rucksack

Gloves

A light pair of polartec or thinsulate gloves

Lower Body

Trekking trousers

(not jeans)

Waterproof overtrousers

Like the jacket, an essential piece of kit to stay dry and should also be Gore-tex or breathable, to fit over your summit trousers if needed. These are separate to your walking trousers.

Feet

3-4 season walking boots

Well worn in 3-4 season waterproof boots with mid to high ankle support

Trekking socks x 3

If your feet get wet on the first peak, you'll appreciate a dry pair on the next.

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KIT LIST

Trainers

To travel in and in the bus.

Hydration

Water bottles / bladder

2L capacity either in a combination of bladder and Nalgene bottle or just Nalgene bottles

Toiletries

Alcohol gel

A must have for good camp hygiene

Medications

Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Personal medication

Keep this in your daysack

Miscellaneous

Camera

Bring plenty of spare batteries and memory cards

Head torch

Bring spare batteries or a spare head torch (not a handheld torch or phone)

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Snacks

Feel free to chat to us around advice on fuelling on adventures & see our FAQs for more advice around this.

Packed lunch & drink

Rubbish bag

Documentation

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KIT LIST

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

The Challenge

How fit do I need to be for this challenge?

Training and a good level of walking fitness is definitely required. This is a tough challenge and physically and mentally draining, sleep deprivation plays a part here, affecting some people more than others. As much preparation and training you put in beforehand the better chance of success you have.

Trekking fitness is specific to trekking, but a general overall fitness is a good start. The ideal training for mountain walking is getting out there and actually walking in the hills. However, if you do not have the luxury of living in the hills or time to go out, then the stairs at home (or an office block of flats with lots of stairs) are a great place to start training.

Most training should be part of an ongoing lifestyle but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up as suggested. Step training advice is given below. Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.

What is the minimum group size?

This trek runs with a minimum of 8 trekkers and then we can provide additional spaces based on availability of minibus transport.

Accommodation

Is accommodation included?

Yes, the trek includes 3 night's accommodation, on a twin share, B&B basis with dinner, bed & breakfast included. A packed lunch is also provided for when you are out on the hill.

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FAQ'S

Food and Water

What do I need to eat to ensure I have enough energy for the challenge?

The following is a guide of what your leader will be consuming over the duration of the trip. if you are not, then you are likely to be not taking on enough: food=energy and fluids=hydration. Cramping is a sign of dehydration and lack of salts.

Have a large meal the day before your challenge and ensure you are well hydrated i.e. no real discoloration of urine which is a sign of dehydration.

On the morning of the challenge have a huge breakfast! Don't be shy, get it down you as you're walking not running!

Every 45-50 minutes have a snack whether it is an energy bar, flapjack, banana or a bag of crisps! If you start to feel dizzy/ weak this is a sign you're not eating enough. Make sure you take food you enjoy eating as otherwise you will not eat enough of it. You will be burning a lot of calories and need to consume a lot to keep you fuelled.

Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over several hours.

What food is included in the challenge?

Breakfast and dinner are included with your accommodation. As well as a packed lunch each day.

Please bring plenty of snacks for each day of the challenge so that you can eat little and often. See above FAQ for more info on snacks.

Health and Safety

What happens if I fall ill, can't keep up or there is an emergency?

Our Mountain Leaders are well trained and experienced in managing situations on the hill should they need to get outside assistance for example 'mountain rescue' they all carry mobile phones and also radios for communication with the ground team.

The Mountain Leader will always keep the group together for maximum safety and set a sensible pace for all to achieve this challenge. However, if your struggling you must be honest with yourself and the leader – remember the top of the mountain is only halfway!

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FAQ'S

Who will be leading the group?

We employ experienced and fully qualified RAW 360 Mountain Leaders to accompany and lead you. They are mountain first aid trained and have extensive experience in leading in the mountains and the three peaks challenge, your leader will be ultimately responsible for your safety on the mountain and the rest of the group. They will be carrying full safety equipment and mountain first aid kits with them.

You advocate taking a small first aid kit, what should it contain?

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem. Your own first aid kit should contain: a basic blister kit, rehydration sachets, plasters, high factor sun-protection, your own personal medication, and some basic pain relief (aspirin and Ibuprofen). Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Kit

What kit will I need on the mountain?

See the comprehensive kit list provided but remember that our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers. Fail to prepare, prepare to fail!

What type of footwear should I be wearing?

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks. Avoid cotton, trekking or good quality sports socks are advised as are a thin wicking sock to wear underneath if your prone to blisters, these are designed to draw the moisture away from your feet. Wearing your boots and socks during your training period on and off the hills will inform you of whether they are suitable for the challenge.

What should I carry inside my daysack?

A daysack is worn at all times during the trek. The content of this is mandatory and should include: a fleece, waterproofs, warm hat, gloves, sun hat, sunscreen, sufficient water, snacks, camera equipment, personal medication, a head torch and spare batteries and a whistle.

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FAQ'S

How much should my daysack weigh? What size does that equate to?

Your daysack should weigh no more than 3 – 4 kg (without water) and a pack of around 30L capacity should more than suffice.

It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying.

The Weather

How hot or cold will it be?

The mountain weather in the UK can be very changeable, it can be glorious sunshine down in the valleys but be wet and windy on the summits. It is not uncommon for it to change from clear blues skies to rain and fog in moments. It is important to follow the advice we give and carry the correct kit.

Travel

How do we get to the start of the challenge?

Transport to and from your accommodation during the event is included and provided as part of the challenge. You will just need to organise your transport to and from your accommodation at the start and end of the event.

Insurance

Do I need special insurance for this expedition?

You must carry individual travel insurance to take part in the challenge. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date.

What is the best time of year for this challenge?

From April to September is most advisable for the best chance of pleasant weather.

We can look at October to March however there are far less daylight hours and a greater chance of worse weather.

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FAQ'S

Finance

How much spending money should I bring?

Depends how many snacks and drinks you want to buy on the way to the start of your challenge! If you bring most of these with you then not that much or if you want buy everything en-route then you will need a bit more!

Breakfast will be provided. You need to carry at least 2 litres of water, plus juice drinks per day. Packed lunch will be provided but please bring plenty of snacks to keep you going for BOTH days.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.