

# THANK YOU TO ALL OUR BUSINESS SUPPORTERS

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# TEAM EVIE LAKELAND 3 PEAKS CHALLENGE



# 26TH AUGUST 2018

## SCAFELL PIKE : HELVELLYN : SKIDDAW



# Helping sick children and their families...



THE great north  
CHILDREN'S HOSPITAL



nectar  
NORTH EAST CHILDREN'S  
TRANSPORT AND RETURN

North Cumbria  
University Hospitals  
NHS Trust



## During their transportation to hospital

We provide parent bags to get a family through their first days in hospital and specialist equipment for staff training.



## During their stay in hospital

We donate sensory, physiotherapy equipment and comfort items to make a child's stay more bearable.



## At home in the community

Heart monitors, suction machines and portable SATs machines are some of the vital equipment we provide.



## Bereavement Support

We hold monthly support groups and host an online forum for bereaved parents. We also hold a special remembrance event annually on Evie's birthday.



Follow us on   

Registered charity number: 1164489

# INFORMATION FOR THE DAY

## Itinerary



4.30am Meet at Mitchells auctioneers and depart to Scafell

6.00am Arrive at Scafell Pike and begin the first ascent

11.30am Depart Bracken Close car park and head to Helvellyn

1.30pm Arrive at Swirls car park and begin the second ascent

4.30pm Depart from Swirls car park and head to Skiddaw

5.00pm Arrive at Underskiddaw and begin the third ascent

9.00pm Buses depart and drive back to Mitchells auctioneers

Please remember to check the kit list and bring all the appropriate clothing and footwear. It is so important to be well prepared as the weather can change so quickly on the fells.



Although it will be enjoyable, it will be a very long day – please make sure you bring enough food and drinks for the whole day. Plenty of water is essential.



*\*Food and clothing can be left on the bus*

There are toilets available at the foot of Scafell Pike and Helvellyn. If required we can also visit the public toilets in Keswick following the Skiddaw walk.



Please remember this is a physically demanding challenge, and no alcohol should be consumed during the fell walking or on the bus journeys, thank you.





## A MESSAGE FROM OUR MAIN SPONSOR

Prospect Sellafield Ltd Branch are the largest union at the Sellafield site, representing over 5,100 members.

We represent employees who work in professional grades such as Clerical, Supervisors, Managers and Technical Specialists within the organisation.

Prospect Union has over 146,000 members nation-wide, with the Sellafield Ltd Branch being the largest within Prospect.

Our Charity donations budget has recently been increased and we now have £5,000 to share out to 'Local' charities in West Cumbria and the Warrington area (we have around 700 members based in our Risley offices)

We are delighted to support and sponsor such a worthwhile charity as in Team Evie and in particular the 3 Peak Challenge.

The Unions at Sellafield also nominate two charities to benefit from of the Site Peer to Peer fund and Prospect have chosen Team Evie, which will add much needed funds to assist Greg and his team to continue to make a difference in 'Our Community'

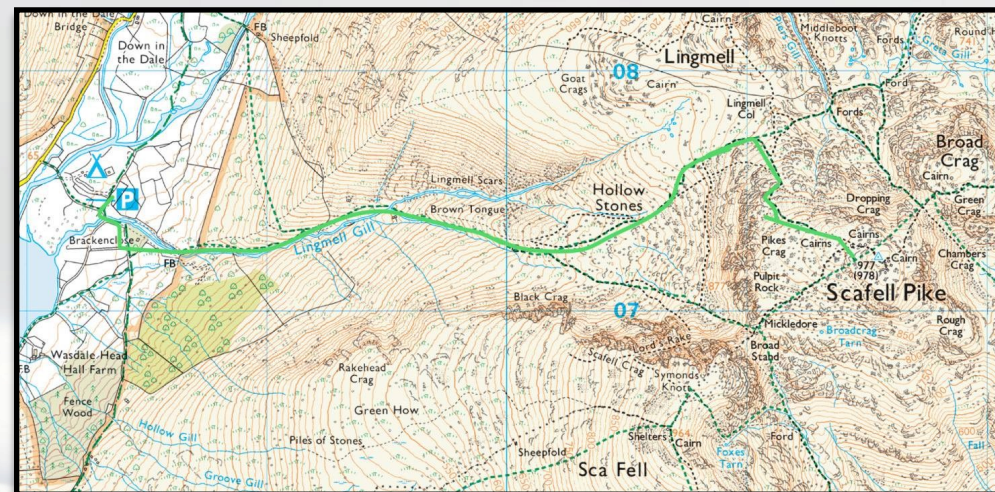
Everyone at Prospect, would like to wish good luck to all the participant in the Lakeland 3 Peaks Challenge.

Kind Regards,

*Steve Nicholson*

Sellafield Ltd Branch Secretary

## PEAK 1: SCAPELL PIKE 978M

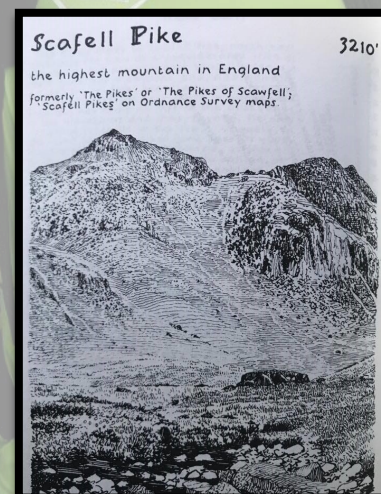


We will tackle Scafell Pike from Wasdale Head (via Brown Tongue). We will head up to the summit by taking the route through hollow stones and reach the top by way of the left path towards Lingmell - taking in the incredible views! With all three of the walks on the challenge we will be taking the same route for the ascent and descent. This helps to make the event safer for everyone involved... and also means that after we have conquered this first, giant peak we will get more time to rest on the journey to peak 2...

"It is every inch a mountain. Roughness and ruggedness are the necessary attributes to make a mountain and the Pike has these in greater measure than any other high ground in the country - which is just as it should be, for there is no higher ground than this."

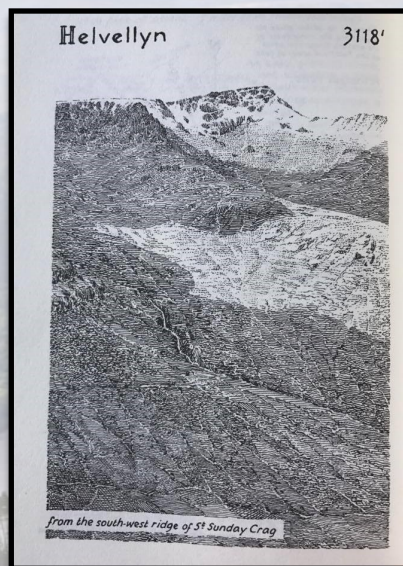
**ALFRED WAINWRIGHT**

**'THE ASCENT OF SCAPELL PIKE IS THE TOUGHEST PROPOSITION THE 'COLLECTOR' OF SUMMITS IS CALLED UPON TO ATTEMPT.'**





## PEAK 2: HELVELLYN 950M



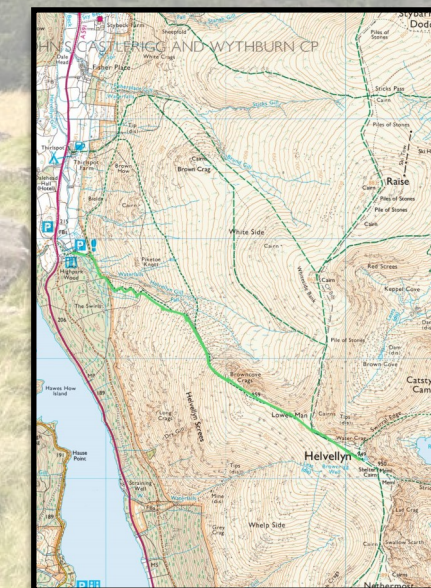
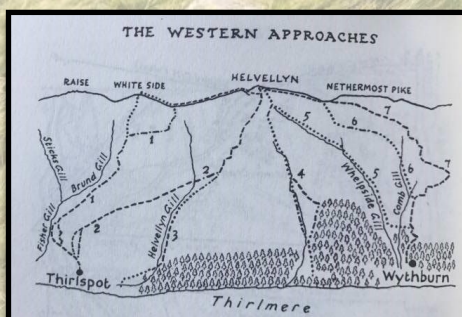
"Legend and poetry, a lovely name and a lofty altitude combine to encompass Helvellyn in an aura of romance; and thousands of pilgrims, aided by its easy accessibility, are attracted to its summit every year. There is no doubt that Helvellyn is climbed more often than any other mountain in Lakeland, and, more than any other, it is the objective and ambition of the tourists..."

**ALFRED WAINWRIGHT**

**'A PLEASANT START, BUT UNREMITTINGLY STEEP FOR 2000 FEET.'**

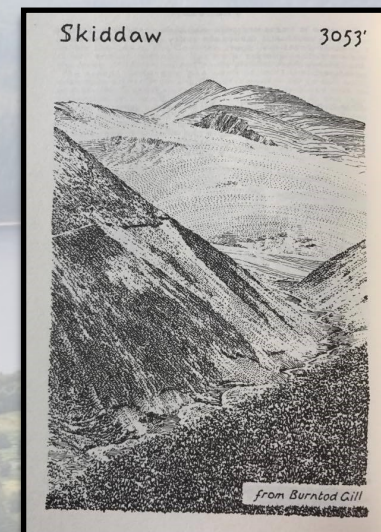
We will tackle Helvellyn from the western approach, starting from Swirls car park and heading up alongside Helvellyn Gill. The route is marked as number 3 on Wainwright's drawing.

We will head up and down the same route. The steps on the route can be slippery, so extra care needs to be taken on the descent...



THE ROUTE IS SHOWN HERE ON WAINWRIGHTS SKETCH AND AN ORDINANCE SURVEY MAP

## PEAK 3: SKIDDAW 931M



"Skiddaw shews its vast base, and bounding all that part of the vale, rises gently to a height that sinks the neighbouring hills; opens a pleasing front, smooth and verdant, smiling over the country like a gentle generous lord, while the fells of Borrowdale frown on it like a hardened tyrant."

**THOMAS PENNANT**

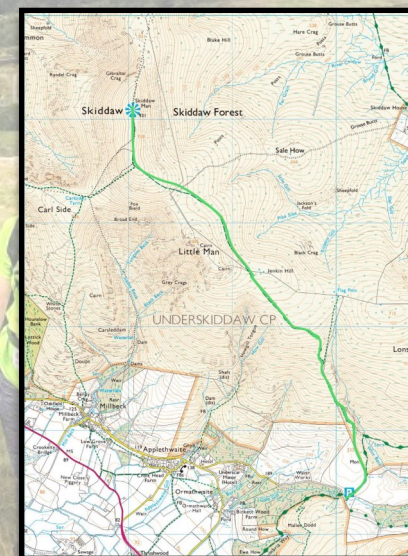
**'A TIME-HONOURED ROUTE, IN POPULAR USE A CENTURY AGO.'**

Our route for the final of the three peaks will see us start from Underskiddaw car park.

We will then take the Skiddaw Path to the summit.

The path is very wide and easy to see in all conditions and hopefully will not cause us any trouble with our tired legs...

**'NOT SO MUCH A CLIMB AS A MOUNTAIN WALK TO A GRAND, AIRY SUMMIT'**



On completion of this fell you should feel incredibly proud of yourself! You will have climbed a total of 2859m, walked a distance of 32km and raised money to help so many sick children and their families! Thank you so much for all your efforts!!