

TeamEvie

Always moving forwards

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TEAM EVIE

LAKELAND 3 PEAKS CHALLENGE



**25TH AUGUST
2019**

SCAFELL PIKE : HELVELLYN : SKIDDAW

Helping sick children and their families...



THE
great north
CHILDREN'S HOSPITAL



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.



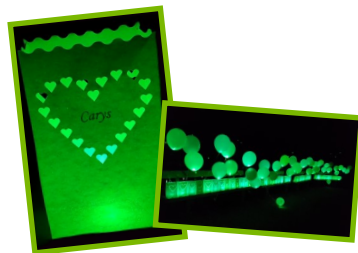
At home in the community

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



Bereavement Support

We hold an annual Candlelit Remembrance Walk on Evie's birthday, and also provide breaks away in the Lake District for recently bereaved families.



Follow us on



Registered charity number: 1164489

INFORMATION FOR the day

ITINERARY

4.30AM MEET AT BROUGHTON PRIMARY SCHOOL AND DEPART TO SCAPELL

6.00AM ARRIVE AT SCAPELL 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 BROUGHTON SCHOOL

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 FELS.



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 SCAPELL PIKE AND HELVELLYN. IF REQUIRED WE CAN ALSO VISIT THE PUBLIC TOILETS IN KESWICK FOLLOWING THE SKIDDAW WALK.



KIT LIST

to carry in your backpack

- WATER
- FOOD FOR THE DAY
- HEAD TORCH OR TORCH
- MOBILE PHONE
- SPARE SOCKS
- SUNGLASSES
- SUN CREAM
- GLOVES
- HAT
- WATERPROOFS

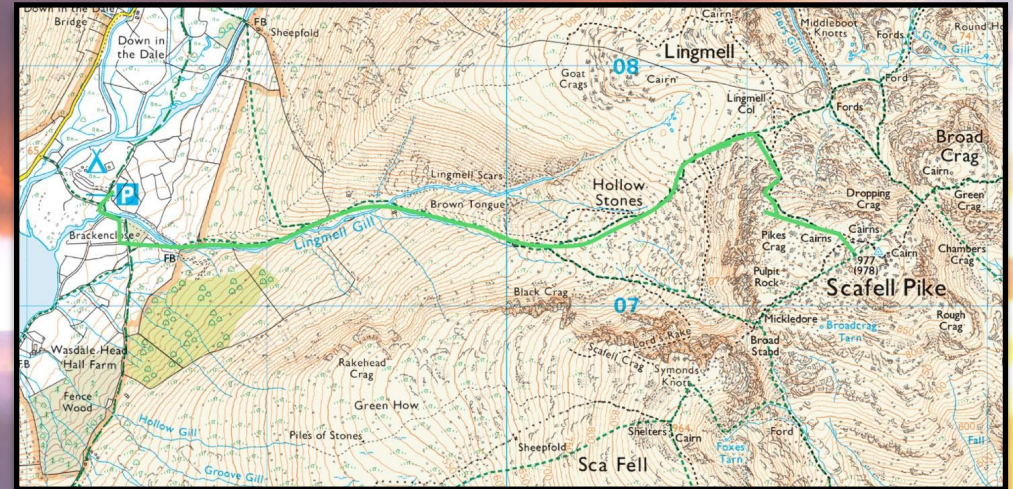
optional equipment

- WALKING POLES
- GPS
- CAMERA
- SPARE LACES FOR BOOTS

equipment worn

- WALKING BOOTS WHICH HAVE BEEN WELL WORN IN
- LIGHTWEIGHT WALKING TROUSERS
- SPORTS TYPE TOP
- FLEECE OR HOODIE
- EVENT TSHIRT

PEAK 1: SCAFELL 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."

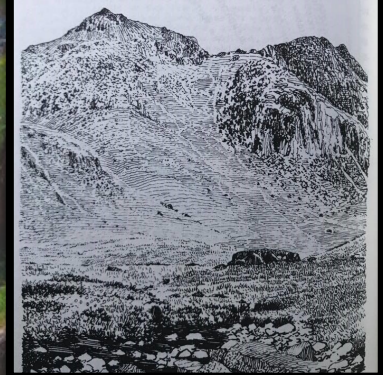
signed wainwright

'the ascent of scafell pike is the toughest proposition the 'collector' of summits is called upon to attempt.'

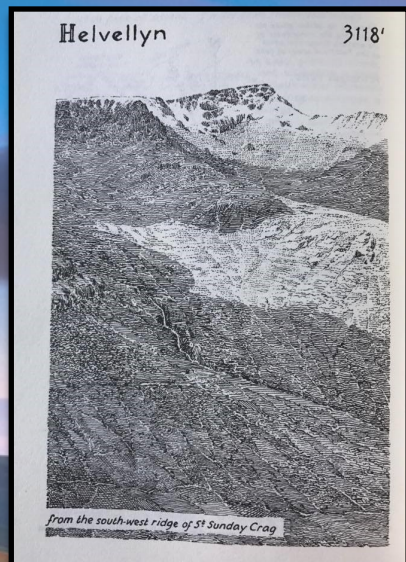
Scafell Pike

3210'

the highest mountain in England
formerly 'The Pikes' or 'The Pikes of Scawfell';
'Scafell Pike' on Ordnance Survey maps



PEAK 2: HELVELLYN 950M

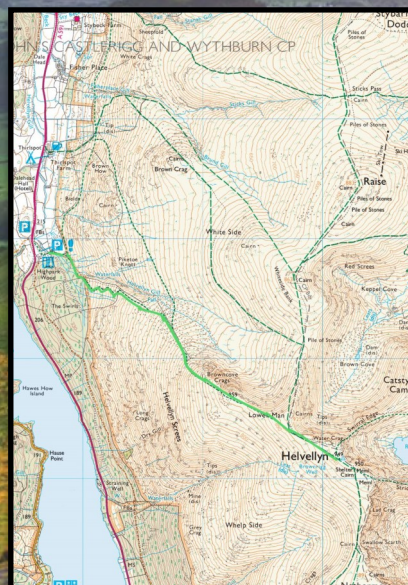
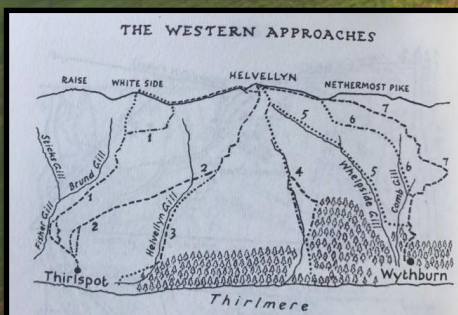


"LEGEND AND POETRY, A LOVELY NAME AND A LOFTY ALTITUDE COMBINE TO ENCOMPASS HELVELLYN IN AN AURA OF ROMANCE; AND THOUSANDS OF PILGRIMS, AIDED BY ITS EASY ACCESSIBILITY, ARE ATTRACTED TO ITS SUMMIT EVERY YEAR. THERE IS NO DOUBT THAT HELVELLYN IS CLIMBED MORE OFTEN THAN ANY OTHER MOUNTAIN IN LAKELAND, AND, MORE THAN ANY OTHER, IT IS THE OBJECTIVE AND AMBITION OF THE TOURISTS..."

alfred wainwright

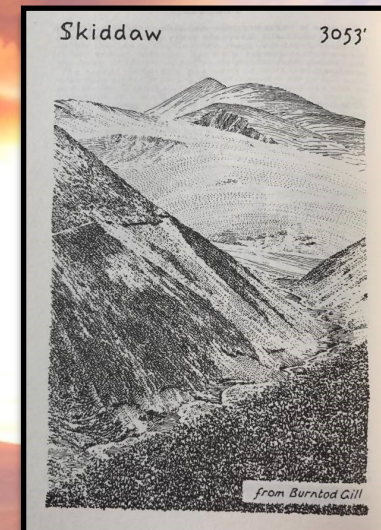
'a pleasant start, but unrelentingly steep for 2000 feet.'

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 SLIPPY, 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 FELS OF BORROWDALE FROWN ON IT LIKE A HARDENED TYRANT."

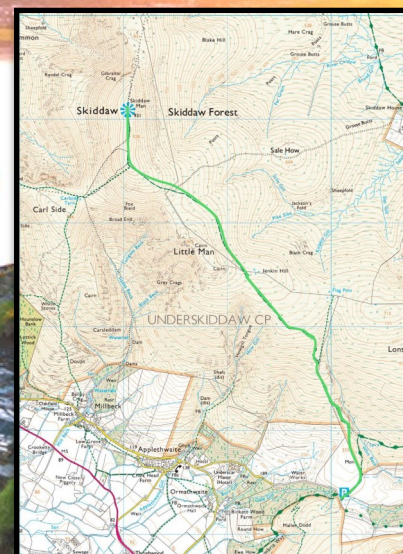
thomas pennant

'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!