



Lake District Edges Challenge
Information Pack

CHALLENGE OVER VIEW

Totally unique to Adventuring and the brain Child of our owner Jack. The Challenge is simple – to walk along all 4 of the most iconic mountains edges the Lake District has to offer in the fastest time possible Striding Edge, Swirls edge, Sharps Edge and Halls fell ridge

Starting in Glen Ridding and Finishing in Threlkeld this challenge covers some serious distance as well as some big ups. You'll need to be fit & strong as well able to walk for up to 12 hours or more this challenge is fully supported with qualified, experienced guides who know how to get you across some of the most unforgiving terrain the Lakes has to offer. As part of the challenge your have 2 refreshment stops along the way and a finisher T-shirt.

CHALLENGE EVENT FACT'S

- You will be walking an incredible 24.8 miles
- Your climb all 4 of the most iconic Mountain scrambles in the lakes
- The challenge has over 2500 meter of uphill walking
- In total you will stand on 8 Wainwright tops ‘
- We aim to complete the challenge within 12 hours

PREVIOUS EXPERIENCE

We always recommend that you take some time to do some training, after all the fitter you are the easier it will be for you. You need to be comfortable walking for 8 – 10 hours and you should also be confident walking on rough scrambling mountainous ground and expect to be walking in potentially (fingers crossed not) poor weather.



OUTLINE ITINERARY

An exact program is difficult to confirm as we operate according to the weather conditions and the progress of the group, but typically we would aim to do:

- **Sat – 6.30am** – Meet at YHA Helvellyn, Greenside Rd, Penrith CA11 0QR.
- **Sat - 07.30**-Start walking striding edge
- **Sat- 10am** - Completed Helvellyn range and be walking back up to Raise
- **Sat – 2.30pm** - Meet support Vehicle at Thelkeld camping site
- **Saturday – 2.50** – Set off for Sharps edge
- **Sat - 6.30** – Drinking a well-deserved pint at our Finishing location – The White horse in

GETTING FROM THE WHITE HORSE INN

Mountain Adventure will supply a single time transfer from the White horse inn back to the YHA where you will have left your cars this will be at the end of the challenge event.

WHAT'S NOT INCLUDED

- ✓ Personal items of clothing and equipment
- ✓ Food
- ✓ Travel costs to and from the Lake District

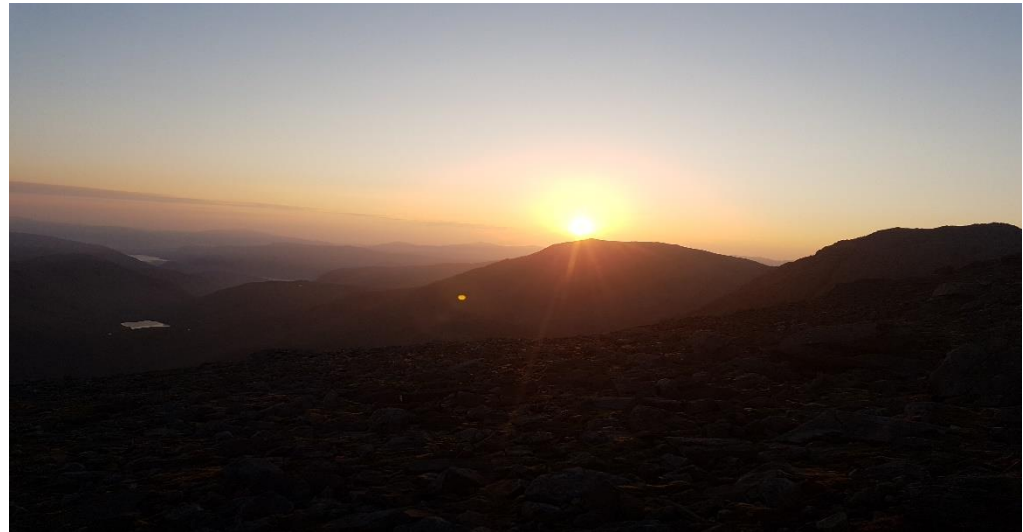
WHAT WE PROVIDE

- ✓ A guide to keep you safe along the way
- ✓ Transport from the pub back to the start
- ✓ Drinking water at the check point
- ✓ Support vehicle - please free to leave anything you like in this

LEADER / GUIDE

A qualified and experience Mountain Leader (ML), who has expert knowledge and understanding of the route will guide you along the way and around all the scrambling

The guides job is to keep you all safe and make sure you get down from the mountain in one piece, their job is not to get you to the top. You do that bit; however, they are responsible for the safety of the whole group and their word is final. We ask that everyone respects that, if you choose not to take the advice of the guide you void all responsibility from Mountain Adventure Lake District.



WEATHER CONDITIONS

Let's face it we live in a wet country! So, to be ready for that, you must come prepared for whatever weather is forecast for that weekend.

Adventuring would not cancel a challenge except in extreme circumstances. Our guides will endeavor to make the best use of the conditions to give you an enjoyable and rewarding day out. Mountain Adventure reserve the right to alter the route based on conditions on the day.



EQUIPMENT

All our leaders will carry an emergency shelter, comprehensive first aid kit, and navigational equipment.
You will just need your personal equipment as below:

Item	Notes	✓ Packed
<u>To carry on person while walking</u>		
28 – 30-liter ruck sack ***	A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure its comfortable.	
Water proof bag	This is ideal to put all your gear into and keep it dry	
Spare warm layer ***	A good warm insulated spare jacket / Jumper	
Gloves and Hat ***	Pack 2 pairs of each in case 1 gets wet	
Waterproofs ***	Top and bottoms ensure they are waterproof	
Blister plasters & pain killers	Always handy to have	
Medication ***	Any medication that you are on please note we should be aware of this before the start of the challenge.	
Headtorch and spare battery's ***	A good place to put your torch is the top of your bag where it can be easily accessible	
Camera	For those awesome shots	
Food ***	Lots of it – Plenty of snacks, Sandwiches, sweets everything if you think you have enough – You don't !	
Water - min 2 liters ***	A hydration system such as a camel back is best and comes recommended. Water favoring such as Robinsons makes for a nice treat.	
Walking poles	Optional but they do help!	
<u>To wear</u>		
Walking boots	Starting the challenge is not the time to be breaking them in. If you do buy a new pair do a few walks in them first to ensure they don't rub and are comfortable.	
Walking top and bottoms	Lose outdoor pants and top work, best stay away from cotton.	

Adventuring and the whole team would like to wish you every success on your challenge. Very shortly you will be added to an event group on Facebook where you'll be able to contact our team share pictures and talk to other participants about the challenge. However, if you do have any questions all please feel free to contact the office at any time.

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Participation Statement

Mountain Adventure Lake District recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement