



ADVENTURING

Scafell Pike Sunset walk

Information Pack

What is the route like to the top of the Scarfell Pike?

Scafell Pike is the highest mountain in England and by far our most popular guided walk. The route climbing Scafell is from Wasdale it's the shortest route to the top it is steep at points, but the paths are generally well made. We will depart from the National Trust car park and head over brown tongue past the hollow stones before we head south past the Lingmell Col, we then head to the summit to catch Sunset. Our Descent Path will be the same way and take approx. 2 hours to come down.

What time will we meet?

We like to ensure that the walk to the top of the summit is a slow & as relaxed as possible rather than a "march". We like to allow at least 3 and half hours to get to the summit. We will be in touch a few days before but a general idea we aim to meet approx. about 4 hours before sunset.

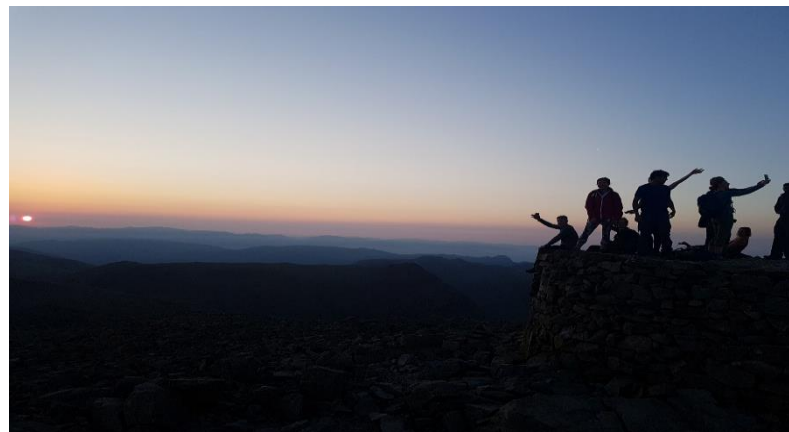
Where will we meet?

We will meet at the Wasdale Head National Trust car park, Seascales, **CA20 1EX**.

Please bring change for the car park or if you are National trust member its free.

How long will it take?

It will take approximately 3 and half hours to walk up and roughly 2 hours to come down.



Item	Notes	✓ Packed
<u>To carry on person while walking</u>		
20 – 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	
Snacks ***	See note on next page	
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!	
Food	Plenty of it – you can't have enough of it think about small meals and not all just sugar	
Water + bottle ***	A min of 1 liter – Mix it up and bring some electrolytes these are great and taste.	

Adventuring and the whole team would like to thank you for joining us on this weekend.
If you do have any questions all please feel free to contact the office at any time.

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Participation Statement

Adventuring 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.