

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

24 PEAKS TREK

ARE YOU READY TO CONQUER
24 PEAKS IN 24 HOURS?

 **GLOBAL
ADVENTURE
CHALLENGES®**

01244 676 454

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KEY INFO

Duration: 3 days

Distance: 28 miles approx.

Challenge Grade: Extreme 3

Location: Lake District, UK

CHALLENGE HIGHLIGHTS

- Conquer our toughest UK trekking challenge
- Trek to the top of the most highly-regarded peaks in the Lake District
- Fully-supported challenge with professional mountain leaders
- Stunning scenery provides an incredible backdrop to this awesome adventure

THE CHALLENGE

This fast-paced and formidable challenge will see us summit 24 incredible peaks in the Lake District, all over 2,400ft with a target trekking time of just 24 hours! The Lake District is one of UK's most picturesque areas, filled with breathtaking mountains and valleys – providing the perfect backdrop to this awesome challenge. The days will be long and the trekking will be tough, but the rewards of hiking into the heart of this amazing National Park and the accomplishment of conquering 24 peaks will make all your efforts worthwhile!

“I WANT TO SAY HOW ABSOLUTELY AMAZING, SUPPORTIVE AND WONDERFUL THE TEAM OF GUIDES WERE!”

24 PEAKS CHALLENGE CONQUEROR



THIS CHALLENGE WILL PUSH US AND TEST OUR TIMING AND STAMINA - ARE YOU READY TO PUSH YOUR BOUNDARIES?

Day 1

We meet at Penrith train station at approximately 5:30pm. We will then transfer all participants to our accommodation in Ambleside for event registration and briefing. After dinner, we get our heads down for the night – tomorrow is a long day!

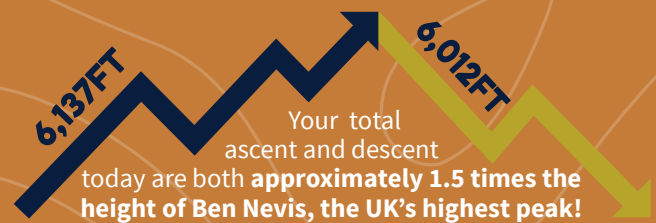


Day 2

Trekking straight up from Langdale Valley, we stay high in the fells and summit the following peaks today:

BOWFELL	2,959FT	SCAFELL PIKE	3,208FT
ESK PIKE	2,903FT	LINGMELL	2,647FT
GREAT END	2,985FT	GREAT GABLE	2,949FT
ILL CRAG	3,067FT	GREEN GABLE	2,627FT
BROAD CRAG	3,064FT		

TOTAL ASCENT AND DESCENT



The views we will encounter today are simply breathtaking. From Green Gable, we then make our descent using Sty Head Pass via Aaron Slack then to Seathwaite Farm. Our transfer will be waiting to take us to our accommodation for a well-deserved rest, dinner and drink – 9 peaks done, 15 to go! **Trekking distance – approx. 12 miles / target time 12 hours.**

Day 3

Today we go on to conquer the remaining 15 peaks. The trek from Kirkstone Pass to summit Red Screens will require some scrambling so please expect to use your hands – our mountain leaders will be there to assist you.

RED SCREENS	2,545FT	DOLLYWAGGON PIKE	2,814FT	LOWER MAN	3,034FT
DOVE CRAG	2,598FT	HIGH CRAG	2,441FT	WHITESIDE	2,831FT
HART CRAG	2,696FT	NETHERMOST PIKE	2,923FT	RAISE	2,896FT
FAIRFIELD	2,864FT	HELVELLYN	3,116FT	STYBARROW DODD	2,765FT
SEAT SANDAL	2,414FT	BROWN COVE CRAGS	2,818FT	WHITESTONES	2,608FT

TOTAL ASCENT AND DESCENT



We descend from White Stones to our waiting transport in Glenridding Beck. Congratulations all round before we commence our onward journeys home!

Trekking distance – approx. 16 miles / target time 12 hours.

(Please note, this is a complex itinerary and is subject to change.)

YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Extreme (3) on our challenge grading scheme - it is very challenging and has been designed to be this way. Remember, you are trekking for 2 consecutive days, covering approximately 28 miles... and it's full of ascents and descents! The fitter you are, the more you will enjoy this challenge. Training beforehand is essential, and lots of it! Trekking training tips can be found on our website to put you in the right direction.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

We will stay in hostels, which have dormitory style rooms. All accommodation has washing facilities available.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Other than a good pair of walking boots and perhaps some walking poles, you do not need any specialist kit.

Do I have to carry my own luggage?

No. Your main luggage will be transported to the hostel by the transfer vehicle on day 1. Your main luggage will then stay in your room at the hostel until check out on Sunday morning (they will then be stored in lockers until you return from your trek). You will need to carry a day pack for items needed throughout the day (packed lunch, waterproofs, sun screen, water etc.).

Food Matters...

All meals will be provided from dinner on day 1 through to lunch on day 3. We cater for most dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form.

What's included?

- Transfer service from Penrith train Station to the accommodation and back to Penrith at the end of the challenge
- Two nights in hostel accommodation
- Global Adventure Challenges mountain leaders – there will be one leader for every 12 walking participants and an extra leader will also follow the group in a vehicle for support
- Meals starting with dinner on day 1 through to lunch on day 3
- Support minibus/s with driver
- Communications between leaders and drivers
- Global Adventure Challenges medical kit for the group

What's not included?

- Travel to and from the Lake District
- Alcoholic drinks, personal insurance and tips and gratuities for mountain leaders and drivers

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges mountain leaders. Full, comprehensive medical kits will be taken and we are never too far away from hospitals if needed. A support vehicle with driver will provide extra support as required.

What happens if I get tired?

There will be regular rest stops for drinks and snacks but we do need to keep to a relatively tight schedule in order for the challenge to be completed in 24 hours. If, for any reason, you are unable to keep the pace of the main group, it may be suggested that you retire and meet the support vehicle.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your chosen charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained on the dates and costs information sheet. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

REGISTER ONLINE TODAY!

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