

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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24 PEAKS  
UK

Fri 25 Jul - Sun 27 Jul 2025







## In aid of your choice of charity

25 Jul - 27 Jul 2025

### 3 DAYS | UK | EXTREME

Unique multi-day mountain challenge in the heart of the Lake District. Attempt to summit 24 peaks over the course of 2 days trekking on some of the most iconic mountains in the Lake District.

Based near the town of Ambleside, this is a true challenge. During the two days, you will summit some of the most famous peaks in this stunning UNESCO world heritage site.

This is a fully supported challenge, with mountain leaders encouraging you every step of the way!

- 2 day trekking challenge in the Lake District
- Challenge yourself to summit all 24 peaks
- Climb Scafell Pike, England's highest mountain
- Beautiful views from the tops of some of the Lake District's most challenging peaks
- Based in the heart of the Lake District National Park

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 25 Jul*

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#### Arrival

Participants will arrive at the hostel in the late afternoon for an introduction and full briefing about the weekend's events. Please note that tonight's evening meal is not included, although you can purchase it from the hostel, a nearby restaurant or alternatively bring your own food to cook at the accommodation.

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### DAY 2 *Sat 26 Jul*

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#### Langdale Loop

This will be an early start with a minibus transfer to stunning Langdale.

You will begin the trek from the famous Old Dungeon Ghyll Hotel and your first objective of the day will be the summit of Scafell Pike, England's highest mountain. After reaching Scafell Pike the route heads back towards Langdale, ticking off the peaks as you go, before descending back into the valley for a minibus transfer back to the hostel and a well-deserved celebration dinner.

Langdale route - 26km and 1,866m of ascent

This is the toughest of the two days and consists of greater distance, ascent and rougher terrain. However, with fresh legs, you will be surprised to find this easier going! The 12 peaks for the day will be:

1. Rossett Pike
2. Tongue Head
3. Allan Crag
4. Great End
5. Ill Crag
6. Scafell Pike
7. Esk Pike
8. Bowfell
9. Crinkle Crag
10. Long Top
11. Cold Pike

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## 12. Pike O'Blisco

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### DAY 3 Sun 27 Jul

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#### Fairfield Loop

After a very early start and a hearty breakfast, the group will head off in minibuses to the start of the challenge in nearby Ambleside.

From here the route will take you up to the summit of Red Screes before heading west and ticking off peaks as you go. You will finish the day on the summit of Fairfield before descending directly down to the hostel to celebrate your achievements.

Fairfield route - 21km and 1,433m of ascent.

This is a long day that includes some of the most famous mountains in the Lake District, all directly overlooking lake Windermere. The 12 peaks for this day will be:

1. Snarker Pike
  2. Raven Crag
  3. Red Screes
  4. Middle Dodd
  5. Little Hart Crag
  6. Dove Crag
  7. Hart Crag
  8. Scrubby Crag
  9. Fairfield
  10. Great Rigg
  11. Heron Pike
  12. Stone Arthur
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#### NB

Please note that there are limited trains back from Windermere on Sundays so make sure you have booked an open ticket. You may want to book yourself another night at the hostel in case you miss your train or to avoid

travelling/driving home when tired.

This itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.



## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £99.00 when you book  
Then a balance of £390.00  
(9 weeks before your challenge)  
Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £99.00 when you book  
Raise a minimum of £795.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Public liability insurance
- Risk assessment and emergency management planning
- Warm up exercise routines
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

### On your challenge

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- All challenge management before, during and post event
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies

## WHAT'S NOT INCLUDED

### Before you go

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- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

### On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 09/05/2025), and the remaining 20% within 4 weeks of completing the challenge (by 24/08/2025). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Typical group size

The typical group size is 8 - 24 participants

### Why book with Charity Challenge

- We are a globally respected, multi-award-winning challenge events company.
- You'll be in very safe hands with our thorough safety management systems in place (Challenge Safe)
- The very best Mountain Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- The highest quality 24 Peaks Lake District experience on the market!

### Level of Difficulty

The 24 Peaks challenge is graded as extreme. This is perfect for adventurous types who have previous experience with strenuous mountain walking within the UK, and who are looking for their next challenge. You can tell your supporters that on your 24 Peaks Challenge you will be:

- Trekking for around 24 hours across 2 days
- Summiting 24 challenging peaks in the Lake District, including England's highest mountain, Scafell Pike.
- Trekking across some of the wildest and most remote areas of the Lake District.
- Being self sufficient when out on the hills. There are no resupply points during the days.

### Training

This is a long, sustained event of up to 12 hours per day and covers varied terrain. It requires a good to high level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards your chosen challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

This challenge is a great adventure that will have you trekking up and down an incredible 24 Peaks, therefore requiring a good level of fitness. We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

As this challenge involves steep, mountainous terrain, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12 hour challenge!

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving



carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

### Group Size

Our minimum group size is 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

### Group Management

This is a leader-led challenge and you will be accompanied by our challenge leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals.

Partway into the challenge you will have begun to spread-out into your natural walking speeds. For larger groups, once you reach the first 'checkpoint' you may be allocated into a small group and designated a walking leader. These leaders will then be responsible for your safety. If you have any problems or need to join a faster or slower moving group, then please speak to your leader.

If you wish to walk together with friends, colleagues, family etc then this is no problem. Please just ensure that you all keep together and reach the checkpoint at the same time so that we can ensure you all get allocated together.

Your leaders will be aware of several important cut-off times at locations that we need people to reach by a certain time so the group can complete the challenge. This gives everyone plenty of time to reach the summit. Your leaders will manage the group pace and keep you informed about these and your options if they think you might be struggling to achieve these times. In certain situations you may be asked to turn around and descend. You will be accompanied by a leader should this happen. We ask everyone to respect the leaders decisions. They are made with the group's safety in mind.

**Please note** that this route will not be marked by event arrows, nor is the event designed as an event for individuals to race. It is designed to be a team event, with like-minded people, all raising money for charity,

supporting each other throughout the challenge.

### Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

As this challenge takes place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast [here](#). You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Scafell Pike). You can also check the [Mountain Weather Information Service](#) forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

### Terrain

The majority of this challenge takes place over mountain paths within the Lake District, which, although uneven underfoot, are fairly well maintained and regularly used. However, there are a couple of small sections where you will be climbing down over rocks and using your hands to help you up and down. These sections are very few and far between, but may be termed a slight 'scramble'.

### Challenge Timings

**Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior**

### to the challenge.

Your challenge begins on the evening before the trek, and you should arrive at the confirmed accommodation by approximately 7pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your safety briefing.

The challenge will begin the next morning with a very early start and some breakfast prior to beginning the trek. You should expect to be trekking for around 12 hours each day.

You should expect to finish the challenge on the last day by approximately 6-7pm.

**Please note: Although this is the approximate time for finishing, delays can happen. If you think it will be pushing it for time for your onward travel please consider staying an extra night in the area. If you have a long drive home after the challenge you may be tired after such a long day so it is also advisable to consider staying an extra night either locally or on your homeward route. Please check the [Visit Lake District website](#) for a list of accommodation options.**

### Getting to and from the Challenge

We will confirm all of your 'Final Details' one month prior to the challenge.

The base for your challenge is normally the YHA Butharlyn Howe in Grasmere.

Limited car parking is available at no extra cost. We would strongly encourage all participants to car share where possible to limit the disturbance to local residents. The nearest train station is at nearby Windermere and buses and taxi's can take you from the train station to Grasmere village.

**Please note: We will send you precise instructions about how to get to the registration point, and the timings of the event, one month prior to the challenge. We reserve the right to use alternative registration points and finishing points when necessary.**

### Accommodation

You will spend two nights in same-sex, dormitory-style accommodation with shared bathrooms and bunkbeds. Bedding is provided for you. You will need to bring your own towel.

We encourage everyone to see the hostel as part of the challenge!

**Please note: We do not offer single room supplements on our UK challenges. If you wish to book a single room then please book this directly with the accommodation provider yourself. Please contact [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com) if you have any concerns regarding the accommodation.**

### Food & Drink

We will be providing you with the following meals during your challenge:

**Saturday:** Breakfast, packed lunch and evening meal

**Sunday:** Breakfast, packed lunch

The packed lunch usually consists of a sandwich, fruit, crisps and a snack bar.

I would encourage you to bring your own sweets, snacks etc to get you through your challenge according to your own tastes. Please make sure you have at least 2l of water with you for each day of walking – we will not have the opportunity to fill up with water on the hills.

**Please note** that dinner on the night before the trek is not included. Dinner is available at the hostel but please book this in advance in order to guarantee availability. There are also several restaurants available nearby in the village of Grasmere. Booking is strongly advised as this is a busy tourist area.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals and checkpoint snacks are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

### Clothing and Equipment

This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the challenge.

### Footwear

The most appropriate footwear for this challenge is a pair of walking boots. Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate on any of our non-urban challenges.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are. It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister

plasters that you may need.

### **Waterproofs**

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

### **Walking Poles**

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on how to set them up for your height and the best way to use them.

### **Personal First Aid**

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports. If you carry an epipen, please make sure you bring two and that your leaders know where they are kept.

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain can vary significantly from that in a valley. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

### **Toilets**

There will be bathroom facilities both at the start and end of the trek each day. However, during the challenge such facilities will be limited to the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

### **Money**

You may wish to bring some cash or a credit card to pay for food and drinks at the hostel on the first night. If you are driving to the start of the Langdale route then you will also need to have some loose change for the car park. Prices vary for parking, but you can expect it to cost around £8 for a day ticket.



## Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- The ascent of Scafell Pike is particularly steep and does involve the use of your hands to a small extent.
- 12 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

## Emergencies

Your Mountain Leaders will have a mobile phone and radio in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, then our support team will be able to assist you coming off the challenge. Emergencies will be coordinated with the local Mountain Rescue service.

## Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

## Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor

or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

### Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation, and you can see our cancellation policy in our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the Lake District National Park to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support 'Fix the Fells' who maintain the excellent footpaths we will be walking on. For more information about Fix the Fells please visit their excellent website by clicking [here](#). We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.



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An amazing, life changing and challenging experience. I feel a fantastic sense of achievement both in the long term training and completing the challenge and in raising a lot of money for a fantastic charity. All positive!

Susanna Hoar



“

24 peaks was really tough but that made it so much more rewarding to complete it. The trip leaders were excellent - they kept us going despite the long days, our sore legs and the "challenging" weather conditions.

Jolene Retallick



“

Whilst physically and emotionally demanding, an amazing and rewarding experience.

Jeff Clark

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## Any more questions?

Contact us:

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