



24 Peaks in 24 Hours - The Lake District: Summer 2022

Outline Plan

This challenge is a mountain challenge – incorporating two of England's highest mountains, Scafel Pike and Helvellyn. It is going to be physically arduous and demanding; though achievable for those who prepare themselves.

Friday evening: Arrive, have a beer maybe, go to bed. **Saturday** Up early at about 0330 grabbing a quick snack and a slurp of some fluids. Meet us at Keswick Bus Station on the Headlands ready for a 0400 departure. From here we will be driven to Honister Pass for a team photograph and a grand depart.

As the team makes its way to Great Gable, which is situated about 3 miles into the route, we expect you to shake down into smaller teams of around 6 - 9 walkers per team, by pace and ability.

The first mountain group covers the lion-share of this challenge and it will be complete once you are on the Pass of Dunmail Raise on the A591. Here you will have a break for a hot bite to eat and a chance to refill your water bottles.

The second mountain group starts with a climb of Dollywagon Pike which will get you back up to the high ground. This final phase is around 20Km in distance and steadily collects the nine remaining peaks without too much trouble ... But the final summit of Clough Head will be the sting in the tail that knocks you from your reverie as you ascend these final metres.

Sunday You'll be picked up from the end point in the early hours and delivered back to Keswick. When the feeling of death has departed your body, get up and head home.

Meeting up times

With a few days to go, and with a good idea of what weather we will be facing, a final confirmatory email will be sent out to everyone. Please note, that whatever the weather, the event will run. On the Saturday, please text or call Will on 07791860163 if there are any problems.

How to get there

If you're using **public transport** to get to Keswick you will need to take the train to Penrith. From here you can choose to either take buses or hop in a cab.

Food

We will provide dinner on the Saturday. Otherwise, as you please – but you should need to bring lots of high energy food for Saturday day and night. Make sure you pack savoury food as well as sugary snacks such as flapjack, power bars, dried fruit and nuts. As well as high-energy food bring salty food too – you will appreciate the variety and you will need to replace your depleted salts. Please advise us in good time of any dietary requirements and remind me again a week before!

There's a good chance it will be hot – so you should be prepared to carry at least 2 litres of fluid plus sterilising tablets for water obtained on the hill.

Accommodation

Look for accommodation in Keswick only. Here there are numerous B&B options, plus a youth hostel. If you are staying somewhere too far from the town centre it could make things trickier at the end of the day when we are returning you to Keswick: we will try and get you back to your accommodation, but will need to consider the next team coming in who will want us waiting for them.

Equipment

a. Main rules of thumb:

- Expect rain
- At night time, it is always surprisingly cold (like it's winter) and your body will be low on energy and poor at generating heat – so have good kit available for the final leg
- Steer clear of all things cotton (cotton kills on the hill)
- Whatever you use, make sure it's comfortable

If you are a fell runner with strong ankles, and the weather is good, you may wish to wear fell shoes for some/all of the route: the advantage being their lightness. But they are no good for keeping your feet dry and offer no ankle support.

b. You will need:

Day-sack (lined with a plastic bag)
About 1.5 litres of water / fluids
Water purification treatment (essential for drinking water fresh off the hill)*
Hat and gloves (for night section)
Fleece mid-layer for the night section
Sun-hat and sunscreen
Waterproof jacket and trousers

Comfortable boots/shoes to walk in
Spare socks x 2
Torch with new batteries
Insect repellent
Personal 1st Aid kit including blister kit
Camera
**Water resupply is also available at 30Km point*

c. Optional items if you have them:

OS Map sheets 1:50,000 No.190 & Compass
Walking poles

What happens if there's bad weather?

Because you will be guided by a qualified mountain leader for this challenge, the day will go ahead even if the conditions are wet and windy. Your leader will keep a close eye on the group and will constantly be risk assessing the situation, with a close eye on your progress and your general state. The better equipped you are for such conditions the more likely it is that you will be ok. To that end make sure you get some training days on the hills when the weather conditions are wet, windy and foul ('biblical') in order to get a real audit of how good your kit copes in these conditions. It is also worth reading this:

- [A Stitch in Time – preparing for a rainy day in the hills](#)

At the Pass of Dunmail Raise – fifteen summits done ... and nine to go ...

If at this point in the challenge, if you are struggling in any way, you should seriously consider pulling out.

If you're the sort of person that signs up for this event and someone who has trained hard, and who is highly motivated, it is likely that you are the sort of person that won't let pain stop you. Additionally, as well as being determined, you will be knackered and in a poor state to make good decisions at this moment in time. Further, you may have some mates with you telling you, "you can do it".

The reality is that if you are overly exhausted, clumsy, injured or unreasonably impaired, you will not be able to make it through the next 6 hours or so. With an injury, in the dark, on uneven terrain and with deteriorating weather you are at a high risk of having an accident such as breaking your ankle or dislocating your knee, or worse. This in turn would mean the whole exhausted team, sitting with you shivering and at risk of hypothermia while we wait for a mountain rescue team to come out.

If we suggest to you that it is unwise to continue beyond this point, please remember all of the above and remember there's always another day!



Fundraising

Chapter2 believe passionately that every boy should have a good man to guide him into adulthood. Working with the church, this charity aims to provide a male mentor and a community of men for boys growing-up without a father. To that end this is an exclusive event to raise funds for Chapter2 and all participants will have a target to raise £1000.

Participant spaces on this event are limited and so only individuals committed to raising funds should book.

Chapter2 reserves the right to cancel any bookings in the event that no reasonable endeavours have been made to raise funds.

After booking on this event, each participant will be allocated a personal JustGiving fundraising page and will be contacted by Chapter2 who will offer support on how best to raise funds.

Payment of balance

If you have yet to make a payment / pay the balance, this can be made by one of these means:

- by cheque posted to Will4Adventure Ltd, 13 Spring Hill, Sheffield, S10 1ET
- by BACS details – Will4Adventure 05-08-18 33259456

Please pay the full balance at least one month before the course/event and let us know when you do so. Many thanks!

Consent form

Before you can join us on this event [we need you to complete this consent form](#). If you haven't done this before, please do so now. Unless you have completed this consent form we are not insured and so won't be able to allow you to join us.

Further reading

- [Outdoor First Aid – Five items of essential first aid kit for the outdoors](#)
- [What to do in an Emergency Outdoors](#)
- [A Stitch in Time – preparing for a rainy day in the hills](#)
- [Walking boots: a new approach](#)

Finally

Well done for signing up for this challenge. It will be a tough and long day, but you will be in good hands. However well you do, you will have a supreme sense of achievement.

If there remain any questions please feel free to email will@will4adventure.com