



The Everest Mountain Challenge - The Lake District: Summer 2024

Outline Plan

This challenge is a mountain challenge – incorporating a hike across some of Lakeland's highest and wildest hills covering 41Km in distance and 3522m in ascent. It is going to be physically arduous and demanding; though achievable for those who prepare themselves well.

When and where?

This event will take place in northern fells of the Lake District on the weekend of 15/16 June 2024. We would ask that you book your accommodation in [Braithwaite](#) which is near to Keswick.

There are three phases to this day. If needed, you could pull out at the end of any single phase, and we would then get you back to your accommodation.

Phase 1 – Catbells to the Honister Pass: 10Km and around 830m in ascent

Phase 2 – Honister Pass to Buttermere, via Great Gable, Pillar, High Stile and Red Pike: 21Km and around 1790m in ascent

Phase 3 – Buttermere to Braithwaite via Eel Crag: 10Km and around 900m in ascent

[GPX file for the full round can be downloaded here](#)

[You can view the entire route on Google My Maps here](#)

Friday evening: Arrive, have a beer maybe, go to bed.

Saturday Up early at about 0300 grabbing a quick snack and a slurp of some fluids. Meet us at the roadside parking on the B5292, Braithwaite, Keswick CA12 5TW, ([here](#)) ready for a 0330 departure. (I have chosen this obscure location since there is some limited parking available for people who need to drive in, and there are few households here for us to disturb at this hour in the morning). From this location we will be driven to the start of the day's hike, 3.5 miles away. (Note: the day's challenge also finishes just down the road from this location).

We will shuttle you to the start point in groups numbering about 20. We'll organise exact timings once we have all the bookings in.

As the team makes its way to the summit of Maiden Moor, which is situated about 4Km into the route, we expect you to shake down into smaller teams of around 6 - 9 walkers per team, by pace and ability. Different leaders will be briefed to go at different paces. This will allow you to go at the pace that is right for you.

Sunday You'll finish the route back in Braithwaite, where hopefully you will be staying. Once off the hill and back in Braithwaite, the challenge will be completed. If your accommodation is in Keswick, then it will be about a 10 minute drive to get you back there.

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. In the event of a forecast for lightning, we will have to reroute the walk, but will do our utmost to maintain the integrity of the challenge. The reason we will need to do this, is for safety concerns. 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 the X5 bus to Braithwaite or hop in a cab.

Food

We will provide you with a hot breakfast and dinner on the Saturday. Otherwise, you should bring lots of high energy food for Saturday day and night. Make sure you pack savoury food as well as the obvious energy snacks – 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 have the capacity to carry at least 2 litres of fluid plus sterilising tablets for water obtained on the hill.

Accommodation

Look for accommodation in Braithwaite only. Here there are numerous options from camping to hotels. I have listed these below, and all those options listed below are within 1 mile of the start/finish locations. (If I were at the extreme end of those options, I would choose to drive that 1 mile on the Saturday morning). Numerous as the options are, I'd suggest booking your accommodation ASAP.

If you end up staying in Keswick it could make it tricky if there are a few of you there and one of you drops out and you're the driver. If there's a team of you staying in Keswick, then make sure that more than one of you is insured to drive the car that took you to the start-point in Braithwaite.

[Braithwaite Camping and Caravan Site](#)

Braithwaite, Keswick CA12 5TF
01768778343

This campsite is possibly the best option. It is the most central and also offers self catering cabins which cater for 3 or 4 people (2 singles and a double). For non-members they cost around £400 for the three nights. (This is the minimum booking period).

The campsite also offers electric hook ups and traditional camping options for all of you happy in a tent or in a van.

[Crown Cottages](#) – holiday-lets that sleep around 6 people

These cottages are the closest to the start finish point that you'll get. To book, go to their website [here](#).

[Royal Oak Hotel](#)

Braithwaite, CA12 5SY
017683 92355

[Coledale Inn](#)

Braithwaite, CA12 5TN
017687 78272

[The Old Farmhouse](#)

(Holiday-lets)
Braithwaite, CA12 5SY
07775 854845
info@oldfarmhousebraithwaite.co.uk

[Foresters Cottage](#)

(Holiday-let)
20 Longcroft, Braithwaite, CA12 5TE

[Oakvale Selfcatering](#)

Braithwaite, CA12 5RY
oakvalecottages@gmail.com

[The Ruddings Hotel](#)

Braithwaite, CA12 5RY
01768778436

[Fern Howe Guest House](#)

Fern Howe, Braithwaite, CA12 5SZ
01768722268

[Maple Bank Country Guest House](#)

Braithwaite, CA12 5RY
01768778229

[Lanefoot Farm Campsite](#)

Thornthwaite, CA12 5RZ
This campsite also offers pods, and a shepherd's hut.

What happens if there's bad weather?

Because you will be guided by qualified mountain leaders 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 you and your kit copes in these conditions.



It is also worth reading this:

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

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 they 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
Torch with new batteries
Insect repellent
Personal [1st Aid kit](#) including blister kit
Camera
**Water resupply is available at 10Km and 31Km locations.*

c. Optional items if you have them:

OS Map sheets 1:50,000 No.90 & Compass
Walking poles

At Buttermere, 31Km covered and just 10Km to go ...

If at this point in the challenge 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 tired out 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

- [Recommended first aid kit for working & playing in the outdoors](#)
- [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