



Scafell Pike for Sunrise for
CancerCare

Scafell Pike Information Pack

Thanks for signing up to climb Scafell Pike by Sunrise, all in aid of CancerCare. Ascending a mountain under starlit skies with just your headtorch lighting the way is an amazing experience. If this is topped off with a fabulous sunrise, it really does become an unforgettable experience!

On this hike you will climb Scafell Pike, the tallest mountain in England. At times you may find the hike tough, but I'm sure there will be great support from your fellow fundraisers.

Enjoy your time with Lakeland Mountain Guides, soak up the views, and good luck!

Matt Le Voi

Company Director of Lakeland Mountain Guides



Scafell Pike from Wasdale

Walk Date: Sunday 4th September 2021

Meet Time & Event Duration: 3am meet for a 3:20am start - Duration of Approx 5-6 Hours

Leader Details: Matt Le Voi – 07557022362 CancerCare Contact: Katherine Michaels - 01524 381820

Meet Location & Parking: National Trust Lake Head Car Park (CA20 1EX) – First Right turn after the Lake as you head for Wasdale Head from Gosforth. There is a sign by the cattle grid just before the car park which reads ‘Parking for Scafell Pike’. Plenty of Spaces. £8 per Day, or free for NT members -

<https://goo.gl/maps/NMWX3pqaz4w8TPMH9> . **PLEASE NOTE IF YOU REACH THE FREE VILLAGE GREEN NEAR THE PUB YOU HAVE GONE TOO FAR.**

Dogs on the event: Dogs are indeed allowed on this event. If they cannot be trusted around livestock they must be kept on a lead.



Medical Information & Risk Acknowledgment

In order for you attend the event it is mandatory that you complete our medical waiver and acknowledge the items listed on our risk disclosure. Please ensure you disclose all medical conditions / issues.

In order to complete the form you will need the following code which is specific to your event:

CCSFP

Medical form and Risk Waiver Link:

<https://forms.gle/Cnk7FrTu4BnWGMum9>

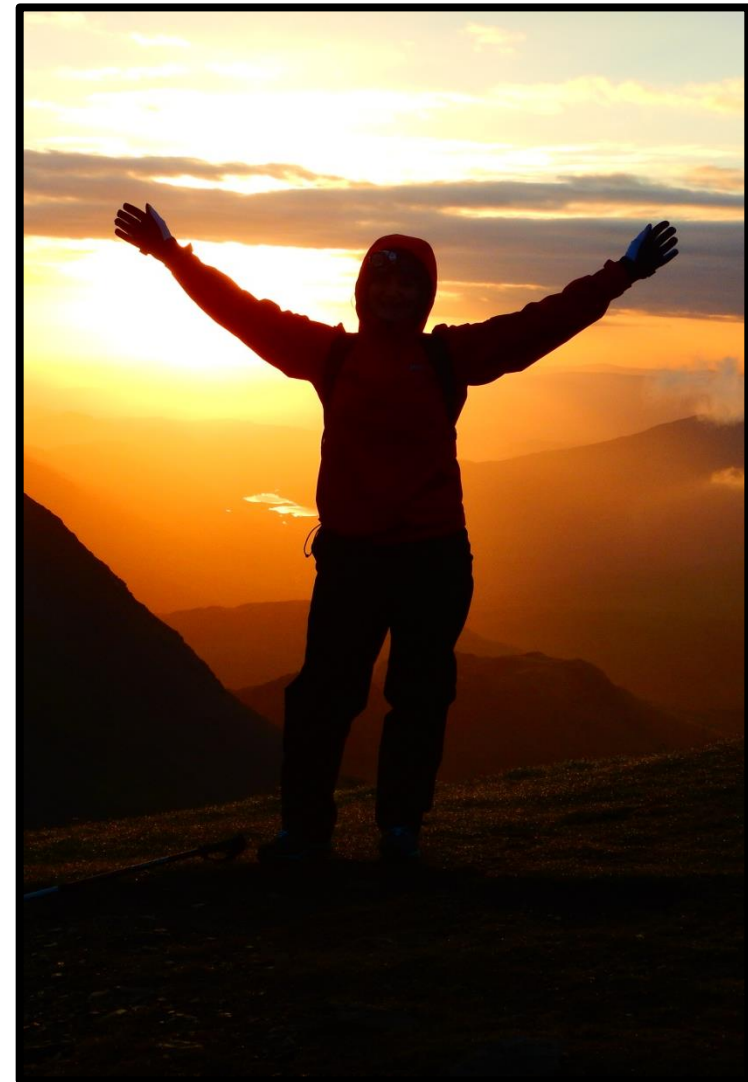
Event Preparation - Fitness

People from all walks of life take on Scafell Pike every year, but there is no getting around the fact that the fitter you are the easier it will be, and the more you will enjoy it.

The best way to practice for mountain walks is to go walking in the mountains. This may be easier said than done, but if you can get out and do some walks on hilly terrain on the lead up to the event then this will go a long way. If you cannot get into the hills then getting time on your feet is the next priority. You don't have to go out and do an 8 hour walk, but if you can do a couple of hour long walks a week on any sort of terrain (park, canal path, fields, moors, hills) then it will all help. If you can then schedule in some longer walks of about 4-6 hours then this will really help. Try and do all of the above wearing a pack of similar weight to the one you have on the day. This is also the ideal time to break in any new boots you will have purchased for the event.

Other Training methods are:

- Stair Climbing
- Cycling
- Gym Work – Any Cardio or Leg Exercises.



Scafell Pike from Wasdale – Route Information



The walk from Wasdale is regarded the easier way up the mountain, but don't be fooled into thinking it is easy. The walk is about 6 miles in total, and therefore has some sustained sections of steep stepped paths. The ascent is enjoyable, and has some excellent views to enjoy as you take your rest stops along the way. The upper section of the mountain is boulder strewn, and provides tougher walking. There are numerous options for your descent, one of which is returning down 'Lingmell Nose', which hosts one of the best views of Wastwater – the deepest lake in England. Depending on timings you may get to enjoy this view at dawn.

Picture – The view from Lingmell Nose

The Walk – What to Bring

Walking Boots (or a walking shoe)
Waterproof clothing (Jacket and trousers)
Suitable clothing for walking (no jeans)
Warm tops
Food & Fluids
Hat & Gloves (Sunhat if required)
Head Torch (plus some spare batteries!)
Survival Bag & Whistle

Optional: Walking Poles are very useful.

Please also register your mobile with '999' to enable SMS Messaging to the emergency services.

All members **MUST** be appropriately equipped for this walk or they may not be able to participate.

The Environment

There is no escaping the fact that Scafell Pike has started to generate a bit of a reputation for being messy, due to the way some of the walkers treat it. Looking after the environment and ensuring our events have a minimal impact is one of our highest priorities as an operator, but we of course need your help and cooperation to make sure this happens. There are a number of ways in which your team can help look after our environment whilst on the walk.

Litter: This is one of the biggest and most obvious issues on Scafell Pike. We ask that groups drop **zero litter** on the hills and takes it all away with them. Please make sure that items such as **Banana Skins** are also carried off of the hill as these take months to

bio-degrade and are very unsightly. This is a **zero tolerance** matter, and anyone seen littering will be reprimanded.

Stick to the Path: Various organisations such as the National Trust and Fix the Fells spend hundreds of thousands on path maintenance every year in order to minimise the effects of walkers on the landscape. Please try to stick to made paths and worn paths where possible and not start making a new scar on the landscape which will cost one of these charities money to sort at a later date.

Toilet Responsibly: Use toilets where possible and avoid going on the hills if it can be helped. If you need to go for a wee please do so well away any water sources and pack any tissue used away into your bag. If you are caught short please ask your guide and they will provide advice on how to go responsibly.



About CancerCare

CancerCare is an independent charity which provides free professional therapy for people struggling to cope with the devastation caused by a cancer diagnosis or bereavement.

The charity has centres in Lancaster, Morecambe Kendal and Barrow and offers a wide variety of support services including counselling and complementary therapies such as aromatherapy, reflexology and hypnotherapy. It also runs creative group activities such as art and woodwork and physical therapy groups including Pilates and yoga. CancerCare has a dedicated service for children and young people with specialist counsellors trained in play therapy and a weekly peer support group in Lancaster and Kendal called Re-Fresh which is run by youth workers.

As well as mutual support Re-Fresh provides “fun therapy” and runs a full programme of activities for young people during the school holidays including glamping, outward bound weekends and theme park trips.

CancerCare services are provided free of charge to the client and it receives more than 90% of the funding it needs to be able to do this, through public donations.

For more information visit cancercare.org.uk

Katherine Michaels, CancerCare’s Event Lead Fundraiser can be contacted on kathrine.michaels@cancercare.org.uk or 01524 381820



About Lakeland Mountain Guides

Lakeland Mountain Guides is a multi-activity provider which operates UK wide. We specialise in providing premium experiences from guided walks and challenge events through to mountain skills courses. As a company we provide qualified and experienced leaders who are extremely good at what they do – many of which will have completed your chosen walk dozens upon dozens of times. We are here to help you through the event, have fun with you, and hopefully teach you a bit about the area you'll be walking through. Every leader you'll meet has an interesting story – some have climbed Himalayan peaks and others have completed ultra-marathons, so don't be shy – get to know them.



We are a fair and flexible organisation, however we do have a few house rules:

- Treat the Leaders with respect. **What your leader says is final.** Any decision your leader makes is based on years of experience, so whether it be them telling you that you cannot continue due to injury, or having to cut an ascent up a mountain short due to time or weather, listen to them. Anyone who fails to listen is effectively removing themselves from the responsibility of Lakeland Mountain Guides.
- All medical issues must be made aware to our leaders.
- Respect the environment.

Lakeland Mountain Guides – Contact & Feedback

On the lead up to your experience, please don't hesitate to contact the company for any additional information.

Our contact details are:

Email – LakelandMountainGuides@live.co.uk

Phone – 07557022362

Facebook – Lakeland Mountain Guides

Twitter – LakeldMtnGuides

It'd be great to hear from you after your course, especially if you have any positive feedback about any of our leaders you met. We are also very grateful for any Trip Advisor reviews so the rest of the world can know what a great time you had on both your event, and with Lakeland Mountain Guides.

You can review us on TripAdvisor by clicking [here](#)

You can review us on Facebook by clicking [here](#)



Other Services We Offer



LMG Personal Training

Company Director Matt Le Voi is also a Level 3 Personal Trainer and focuses on helping people reach their optimum fitness for mountain sports. So, if you're gearing up for a big mountain, challenge or trek, then we may be able to help get you in the best shape. Alongside our face-to-face training sessions, we also do online training programming for you to work through at home or in your own gym.

www.lmgpersonaltraining.com

LMG Treks & Expeditions

Always fancied a trip abroad trekking or mountaineering? We run a small international adventure travel business which specialises in trips to Nepal and Morocco. We visit classic places like Everest Base Camp or Mount Toubkal, and also run trips up 6000m peaks such as Mera Peak!

www.lmgtreksandexpeditions.com

