

Three Peaks Challenge 2008

Three Peaks Planning & Navigation Day

19th April 2008 - Park at 'The Screes Inn' Cark Park, Nether Wasdale

Please allow plenty of time to drive to Wasdale – it is further than you think.
No mobile signal is available, so we are not contactable. Everyone to meet at The Screes Inn at 10.00am.

Three Peaks Challenge & Adventure Activities
Transport, logistics, mountain guiding, to full event arrangement

Richard Evered
Event Support & Logistics

Merseyside minibus & MPV transfer
also available via:
MERSEYVENTURE
Home: 0151 283 4713
Mobile: 07976 589 818
richie@merseyventure.com
www.merseyventure.com/threepaks

Thank you for taking part in our Three Peaks Planning, Navigation & Safety Day.

Please ensure all members of your group are aware of the information contained in this letter. More copies of the kit list can be printed from the forum at <http://informe.threepaks.com>

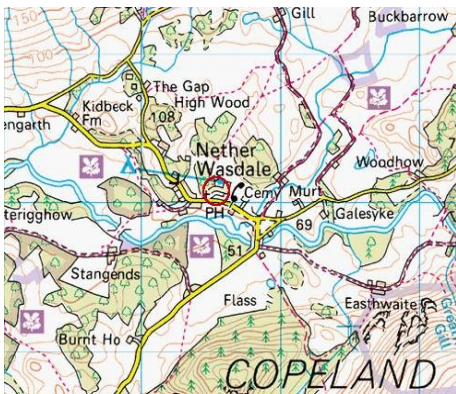


Getting to Nether Wasdale

Allow at least 2 hours from the M6 (north or south Lakes) to reach Wasdale. Hardknott and Wrynose Passes should be avoided unless you want to share your stories with us during the Scafell Pike walk.

We will be meeting at:

The Screes Inn, Nether Wasdale, Cumbria, CA20 1ET by 10.00am. There is plenty of parking available, and we will return to the Screes Inn a couple of times during the day. We will be in the conference/breakfast lounge.



Itinerary

- 10.00am:** Meet at The Screes Inn. Introductions.
- 10.30am:** Classroom work to cover – local area, safety equipment, safety procedures, basic navigation and map reading, Three Peaks Challenge navigation, event planning.
- 12.00 noon:** Break for lunch
- 12.30pm:** Classroom – introduction to orienteering.
- 1.00pm:** Orienteering, starting/finishing at The Screes Inn.
- 2.00pm:** Navigation – map reading and navigation around Miterdale and Eskdale. Get to use emergency equipment, radios, map & compass, etc.
- 5pm – 7pm:** Finish time depending upon weather & group.

Unfortunately, this is the wettest place in the UK, and the weather in April is extremely unpredictable. Previously we've had glorious summer conditions, torrential rain and high winds, and also full winter conditions with 6 inches of fresh snow whilst walking. For this reason, the itinerary for both days will be totally flexible – but we will try to cover all items as detailed on the forum. We will spend as much time as possible outside in the valley or on the hill.

Equipment

You must be fully clothed and equipped for mountain walking in possibly foul weather conditions. Although we do not request full winter walking equipment, keep an eye on weather reports and if conditions look serious, bring the best winter gear you may have.

You **will** need the following: Wicking Base Layer 'T' Shirt, Thermal Shirt or Fleece Jacket, Waterproof Jacket, Walking Trousers or Leggings, Waterproof Overtrousers, Walking Boots, Hat & Gloves, Small Rucksack/Daysack, Head Torch & Batteries, Bivvy Bag, Whistle, First Aid Kit, Food, Drinks. Please feel free to bring a GPS with you if you have one, and it's also a good time to try out any VHF radio communications and test the range of your mobile phone. We will provide small A4 laminated maps for your use, but you may wish to bring your own full size Ordnance Survey maps also.

General

If you have any other questions before the weekend, please contact me either via phone or email.

Phone: 0151 283 4713 Mobile: 07976 589 818 Email: richie@merseyventure.com

Looking forward to meeting you all in April, Richie..