

Three Peaks Challenge 2008

Wasdale & Scafell Pike Training Day

20th April 2008 - Park at 'The Green' Car Park, Wasdale Head

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 Green at 10am. Last group leave 10.30am

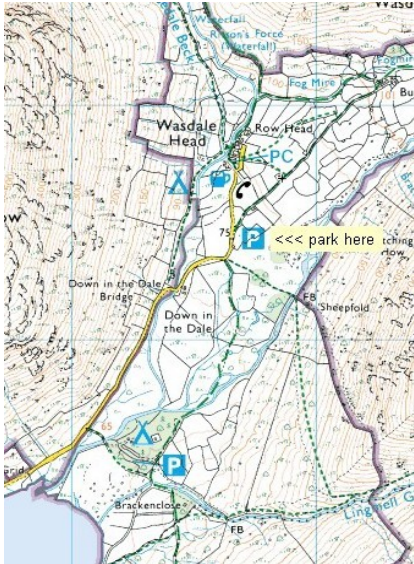
Three Peaks Challenge & Adventure Activities
Transport, logistics, mountain guiding, to full event arrangement

Richard Evered
Event Support & Logistics

Merseyside minibus & MPV transfer
also available via:
MERSEYVENTURE
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Thank you for taking part in our Wasdale & Scafell Pike Training Days.

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 Wasdale Head

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 stories with us during the Scafell Pike walk. As you approach Wasdale Head from Nether Wasdale, note West Water on your right (and the famous Screes).

Continue past the head of West Water, and see the National Trust Campsite & car park on your right. Continue on the road, and cross a small, narrow, hump-back bridge. Follow the road as it bends left, then see 'The Green' 100 metres in front of you on the right. 'The Green' is the grassed area on the right. **SatNav postcode: CA20 1EX**

After parking, use your skill and judgement to come and find us..!

Itinerary

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.

For the Navigation & Three Peaks Planning Day (19th April) we will return to the Screes Inn for lunch (at your own expense) or bring your own butties. For the Scafell Pike Walking Day (20th April) we will stop for food on the summit if possible, so bring your own butties, flask, cold drinks, etc.

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 (duvet jacket, ice axe, winter boots). If conditions are poor, we may not be able to reach the summit on the day, and may alter the route for a lower level walk.

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

Both days are designed to be friendly and informal. These are not organised to test your speed or endurance, so don't be too worried if you're not as fit as you'd like to be. Feel free to ask any questions at any time, even if you think it's obvious – other people are probably thinking about the same question..!

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..