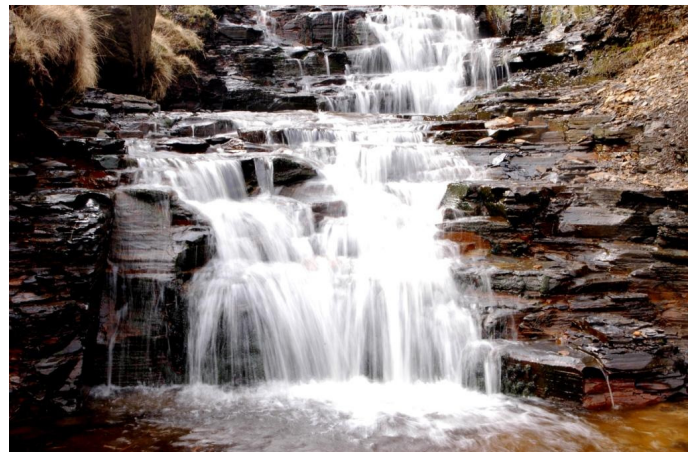


Pennine Way Challenge Information pack 13 – 15 November 2009 or 19 – 21 March 2010

Trekking Challenge

Tackle the start of the UK's most famous walking challenge - the Pennine Way. We shall take in one long day of trekking along the start of this wonderful trail - exploring the High Peak District. Be ready for a challenge - and also be ready for a beautiful walk through breathtaking scenery. We shall climb up from Edale, across the high Kinder Plateau, and then back once again in a circular route - exploring the best of this stunning area.

Our route will involve a distance of approximately 21 miles, starting early in the morning and cramming in a full day of entertainment. We shall trek from the tiny village of Edale - the traditional starting point for the Pennine Way, and we shall then climb up on to the high plateau of Kinder Scout, crossing via spectacular Kinder Downfall, and then on along the traditional Pennine Way Route descending down to the Snake Pass, and Ashop Clough. Here you will have time to catch your breath before climbing back up once again on to the Kinder plateau to explore some more of the bizarre rock formations. We shall visit peculiarities such as Ringing Roger, Madwoman's Stones, and Nether Tor - each of them stranger and more peculiar than the next. Finally we shall descend down off the plateau and back into the comfort of Edale - where we shall be able to relax and enjoy a well deserved drink in the Old Nags Head!



Itinerary

Friday Evening

19:00 Latest Meet time in Castleton - settle in to accommodation, go out to dinner, and evening briefing from leader.
22:00 Kit Check

Saturday

07:00 Awake, and breakfast, final packing of kit
08:00 Depart Bunkhouse - short drive to start of trek
08:30 Start Trek from Edale
18:30 Expected End of Trek returning once again to Edale
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20:00 Dinner in Castleton

Sunday

08:00 Breakfast

09:30 Optional walk from Castleton - up to Mam Tor, and along the ridge Early afternoon departure

Accommodation

You will stay for 2 nights in good quality simple bunkhouse style accommodation. Participants should bring a sleeping bag. Note that accommodation is mixed.

Cost & sponsorship

To take part you will need to pay a registration fee of £50 and pledge to raise a minimum sponsorship target of £299 by 4 weeks prior to the event (19 February 2010). The trip costs of £155 per person will be paid by ActionAid using your sponsorship (your registration fee will be used to part cover your trip costs so ActionAid will pay a balance of £105 on your behalf from the sponsorship you raise).

Fundraising support

On registration you will receive a fundraising pack from ActionAid, and dedicated fundraising support to help you reach and maybe even exceed your target. We offer free advice, resources and access to our online fundraising site www.myactionaid.org.uk which allows you to set up your own profile and event page to spread the word and raise sponsorship quickly and easily online.

Min Age: 18 Max Age: na

Max Altitude: 636m Endurance Factor: Moderate

Total Distance: 22 miles Total Ascent (approx.): 900m

Strength Factor: Moderate Specific Strength Next Departure: 13/11/2009

Medical Issues

Clearly you must be in good health to participate in this event. Involving several steep and long hills in the Peak District, the event is designed to be reasonably taxing, in order to give you a good and challenging excursion into the mountains. Please complete the Booking form clarifying any medical conditions we should be aware of. If you are in any doubt whatsoever, please ask your doctor about participating in such an event. Each team member should submit a booking form and completed questionnaire with all personal details accurately completed.

Special Notes

There is an option to follow up on the Sunday morning with a short walk to the top of Mam Tor and along the ridge above Castleton, which will give great views back across to the start of the Pennine Way - and allow you to review the previous day's achievements.

Included In Trip

2 night's accommodation, 2 breakfasts, 1 packed lunch, leaders at a ratio of 1:10 + assistant leaders as appropriate, specialist safety equipment to be carried by leaders.

Excluded From Trip

Dinners & transport to the event.

Equipment Required

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Kitlist

Personal Medikit; to include suncream, blister repair kit, plasters, Vaseline, rehydration salts, painkillers, sunbloc, insect repellent

Washkit; to include pack towel (lifesystems recommended), small towel/flannel, soap, toothbrush, toothpaste

Other; camera, film/memory card, wallet, money belt, credit cards, cash, sunglasses, spare comfortable shoes, penknife, emergency rations (energy foods), torch (head torch recommended) with spare batteries and bulbs

Trail Items; sleeping bag - 2/3 season rated to 0° C comfort rating (check whether required for each trip), day sack (25-35 litre), rucksack liner / plastic liner for rucksack, water bottles (bladder system/exercise bottle/Nalgene bottle), walking poles (recommended), sun hat (wide brimmed), neck scarf.

You will need lunches on all trekking days—time may be available before setting out, but its a good idea to bring certain items from home (dried fruits, nuts, flapjacks, etc.

Clothing:

Warm Clothing; medium weight fleece, lightweight gloves, fleece hat, balaclava

Trek Clothing; Long cotton trekking trouser, comfortable trekking shirts (long/short sleeved), walking boots (broken in with ankle protection), 2 x walking socks, 3 x liner socks, underwear, 1 change of casual evening wear

Waterproofs; 1 outer fully waterproof jacket (gore-tex, e-vent), 1 pair outer waterproof bottoms

Important

Make sure you do not 'over pack' - bring only that which is essential for the trek

A detailed kit list will be provided in your 'Final Joining Instructions' pre-departure

Transport / Transfer

You may be required to drive to the start of Saturday's walk in Edale (approximately a fifteen minute drive), and to drive back again at the end of the day. If you don't have a car with you don't worry transport will be arranged for you.

Safety Information

By nature all activities contain an element of risk. Your leader will be first aid qualified and will carry the appropriate safety kit for the activity, such as mountain safety shelters, walking rope and from time to time mobile radios. Safety equipment carried will be appropriate to trip. The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions. If you do not follow their instructions, and principally stay in visual contact with your leader, the leader cannot be responsible for keeping you safe.

Weather

Be prepared for the full spectrum of weathers. We should be prepared for both cold, wet, and hot conditions! So pack sun protection, rain gear, and warm clothes!

ADVENTURE DATES AVAILABLE

13 – 15 November 2009

19 – 21 March 2010

For any trip enquiries please contact Adventure Café on:

T - 01935 8222000

E - info@adventure-cafe.com

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