



England's Big 3 Mountain Challenge
Friday 2 - Sunday 4 June

1. The Children's Air Ambulance

The Children's Air Ambulance is a national service, flying critically ill children from one hospital to another for specialist care. It is the first and only dedicated paediatric helicopter emergency transfer service in the country. The bespoke, specialist equipment onboard the helicopters provide a flying intensive care unit for children. When a child is too sick to fly, the Children's Air Ambulance can fly a specialist team to them. With flight times commonly around four times quicker than a transfer by road, in many cases, the time saved means a life saved. Your support will help the Children's Air Ambulance to keep hope alive for children and their families. Find out more at www.thechildrensairambulance.org.uk



2. The Challenge!

England's Big 3 Mountain Challenge 2017 is to ascend England's 3 highest mountains; Scafell Pike, Scafell and Helvellyn over the course of a weekend. We will be based in the beautiful setting of the Bower House Inn, in the peaceful valley of Eskdale. This is the quieter side of the Lake District and is very convenient for our ascents of Scafell and Scafell Pike. The routes takes in some of the finest mountain scenery in England, as we ascend from the shores of England's deepest Lake, pass one of its smallest churches and tackle England's highest and arguably most dramatic mountains. Then on the Sunday we will ascend our third mountain, Helvellyn in the central lakes. Route profiles and maps are attached at Annex A. If you think you are up for it confirm your place by following the link below!

[Click here to Book Now](#)



Saturday: Wasdale Head, Piers Ghyll, Scafell Pike, Mickledore, Foxes Tarn, Scafell

After breakfast we will drive around to Wasdale Head where the real challenge begins! Here we are surrounded by towering mountains, peaceful lakes and some of the very finest scenery in the country. Our proposed route begins by passing through the lakeland hamlet of Wasdale Head itself, which consists of a pub, a tiny shop, a tiny church and a couple of farms. Our legs get a gentle warm up as we follow the clear tumbling waters of Lingmell Beck. Soon our challenge comes into sight and the dramatic casm of Piers Gill reveals itself. We follow its eastern flank upwards and the gradient begins to steepen. This quiet route ascends through the dark northern crags of Scafell Pike. We eventually meet the Corridor route which we briefly join to cross the head of the gill. However our route continues upwards to ascend to the head of little narrow cove. Turning west we now make the final rocky ascent directly to the summit of Scafell Pike, England's Highest Mountain at 3,210ft. If its clear the summit panorama is stunning! But we still have a lot to do! The direct traverse between Scafell Pike and Scafell is really the realm of the climber, but there is another chink in the armour of Scafell, Foxes Tarn Gully. By descending to the south we can access Foxes Tarn Gully, which weaves its way through and around the towering crags and enables us to link the two highest mountains in England. After reaching our second goal of the challenge, Scafell at 3,163ft you can enjoy your achievement so far as all the climbing is over for the day. You will be surrounded by some of the wildest country in England and on a clear day it's possible to see Scotland, the Isle of Man, Wales and even Yorkshire! Our descent route makes its way down the softer western flanks of Scafell before joining the ancient corpse road as we return down to Wasdale Head and a very well earned refreshment in the pub.

Distance: 8.5 miles

Ascent: 3750ft of ascent and descent, 2 steep climbs



Sunday: Helvellyn From Thirlspot

Following another hearty breakfast we will decamp from the Bower House and make our way around to the other side of the Lake District to Thirlspot. You will be glad to hear that this is the easiest place to ascend Helvellyn from. In fact the car park is nearly 200m above sea level. Directly from the car park a good hill path leads the way out. We pass over Hevellyn Ghyll to begin the ascent proper, following the track as it weaves its way up to around the lofty crags of Brown Cove and onto Helvellyn Lower Man. Pausing for a moment we can appreciate just how different Helvellyn is to yesterday's walk; with a rolling grassy summit ridge, an invitingly soft western flank and the attractively shapely eastern carries nestling high mountain tarns. Its now a relativley gentle walk along the ridge to the summit of Helvellyn 3,117ft. There is a shelter cairn just below the summit trig point and it's a great vantage point to enjoy the tremendous views over Striding and Swirral Edge, Ullswater and the Pennines in the far distance. With the three mountains under our belt it's now a matter of retracing our steps back down to Thirlspot and a well earned refreshment in the Kings Head

Distance: 6 miles

Ascent: 2750ft ascent and descent, 1 steep climb



3. Accommodation and what's included in the price!

Eskdale is much quieter than the rest of the Lake District and has some of the very finest walking, which makes it a firm favourite amongst true Lakeland fell walkers. With such a wealth of scenery, we are assured of a great back drop to our challenge, the only thing we can't be sure of is the weather! If this is your first visit to Eskdale, rest assured that it won't be your last!

Accommodation: The Bower House is a beautiful country inn, with a well-stocked bar complete with welcoming fire. It has a delightful and spacious back garden which opens out onto a stunning view across the valley to Muncaster Fell. The bedrooms are mainly twins with a few singles and all have tea and coffee making facilities. The restaurant has an excellent reputation and there is also a TV lounge if you really can't bear to get away from what's happening outside the valley! Above all it is ideally suited within the heart of Eskdale.

Around The Bower House: Eskdale is one of the most peaceful of valleys but it does have all you will need: a village shop and a few pubs! Close by are the Ravenglass and Eskdale Railway, Muncaster Castle and the Roman Baths...or further afield are a host of possibilities in West Cumbria!

Friday Night

We will aim to start the Challenge by meeting everyone in the bar on the Friday night at 7pm. You will have the chance to meet new people from different office location or to catch up with some familiar faces. Dinner will be served in the restaurant at 7.30pm. After dinner we'll have a briefing about the event, check everyone has everything they need for the next day and then relax and enjoy the evening.

Saturday

Breakfast: 8am
Main Briefing: 9am in the Lounge
Leave by cars to the start of the Challenge: 9:15am
Picnic lunch
Three course dinner: 7pm

Sunday

Breakfast: 8am
Leave by cars: 9am
Picnic lunch

Supporters and non-Shoosmiths participants

Whilst preference will be given to allocating available spaces to Shoosmiths employees, it is possible to bring supporters and non-Shoosmiths participants if there is room. Please check with Jenny Ogden for availability before booking in supporters or non-Shoosmiths participants. The price for supporters and non-Shoosmiths participants is the same as for Shoosmiths employees. Minors must be accompanied by their parent or legal guardian.



<u>Friday 2nd - Sunday 4th June 2017</u>	Price per person
Full Package With 2 nights accommodation 2 breakfasts 2 picnic lunches 2 evening meals Professional walking guides	Twin / Double share £189.00 per person Single £229.00 per person Sole occupancy of a room £239.00 Please check with Jenny Ogden that there is single/sole occupancy availability before booking



4. Guides

The Challenge is organized by WalkWise UK Limited. Payment is made direct to WalkWise UK Limited via the link.



5. Kit and equipment

Please make sure you bring the right kit and equipment for the Challenge. A list of what to bring is attached at Annex B.

6. Directions and timings

On behalf of all the WalkWise team, thank you for booking your Challenge! The WalkWise guides will arrive early evening and are looking forward to meeting you.

- **Arrival time:** any time after **4pm**. If you wish to arrive any earlier please enquire at The Bower House directly.
- **We intend to start the Challenge at around 7.00pm** *by assembling in the bar. If you are going to be late for the arrival meet could you please advise The Bower House directly as mobile coverage is very unreliable in the area*
- **The arrival meal is set for 7.30pm.**
- **What to bring:** To ensure that you are properly equipped, please take a moment to read through the 'What to bring list' and ensure that you have the necessary clothing and equipment.

Directions:

The Bower House Inn, Eskdale, Holmrook, Lake District, CA19 1TD
 Tel: +44 (0)1946 723 244

By Road:

If you were thinking of going directly from Ambleside to Eskdale over Wrynose and Hardknott Passes - you may wish to re-consider! It may look the most direct route on the map but it is a very, very, steep and twisty single track road! There is also another pass that leads from the Duddon Valley over Ulpha Fell and into Eskdale, which you may be thinking of taking. Whilst this is not as bad as Hardknott and Wrynose Pass, it still goes over 1000ft and again is single track for some of the way.

By far the safest route (in good weather or bad) is as follows:

Follow the M6 to Junction 36. Leave the motorway here and turn left signed Barrow A590. After approximately 3.5 miles, branch left and at the roundabout, turn left, signed Barrow A590. Follow the A590 for 17 miles to Greenodd and then turn right signed Workington A5092.

Follow the A5092, and then the A595 towards Workington and Whitehaven, for 28 miles to Muncaster Castle. In a further 2.5 miles turn right signed Eskdale Green (if you reach Holmrook petrol station, you've gone too far). Follow this minor road for 1.5 miles then turn right signed Eskdale Green. Follow this narrow road for 2 miles then turn right signed Eskdale Green. Follow the road into Eskdale Green Village and you will see the Bower House on your Right. If you reach the Outward Bound centre you have gone too far

By Train or Bus:

The nearest main station to reach would be Ravenglass, The ratty railway 01229 717171, then runs up to Eskdale Green (limited service at this time of year) from where it is a 300m walk up the road to The Bower House. However if the ratty trains are not suitable, a taxi would need to be taken to Eskdale Green best to try Gosforth Taxis and prebook if you can 019467 25308. For up to date travel information, contact the Cumbria Traveline on 0870 608 2 608, or on-line at www.traveline-cumbria.co.uk.

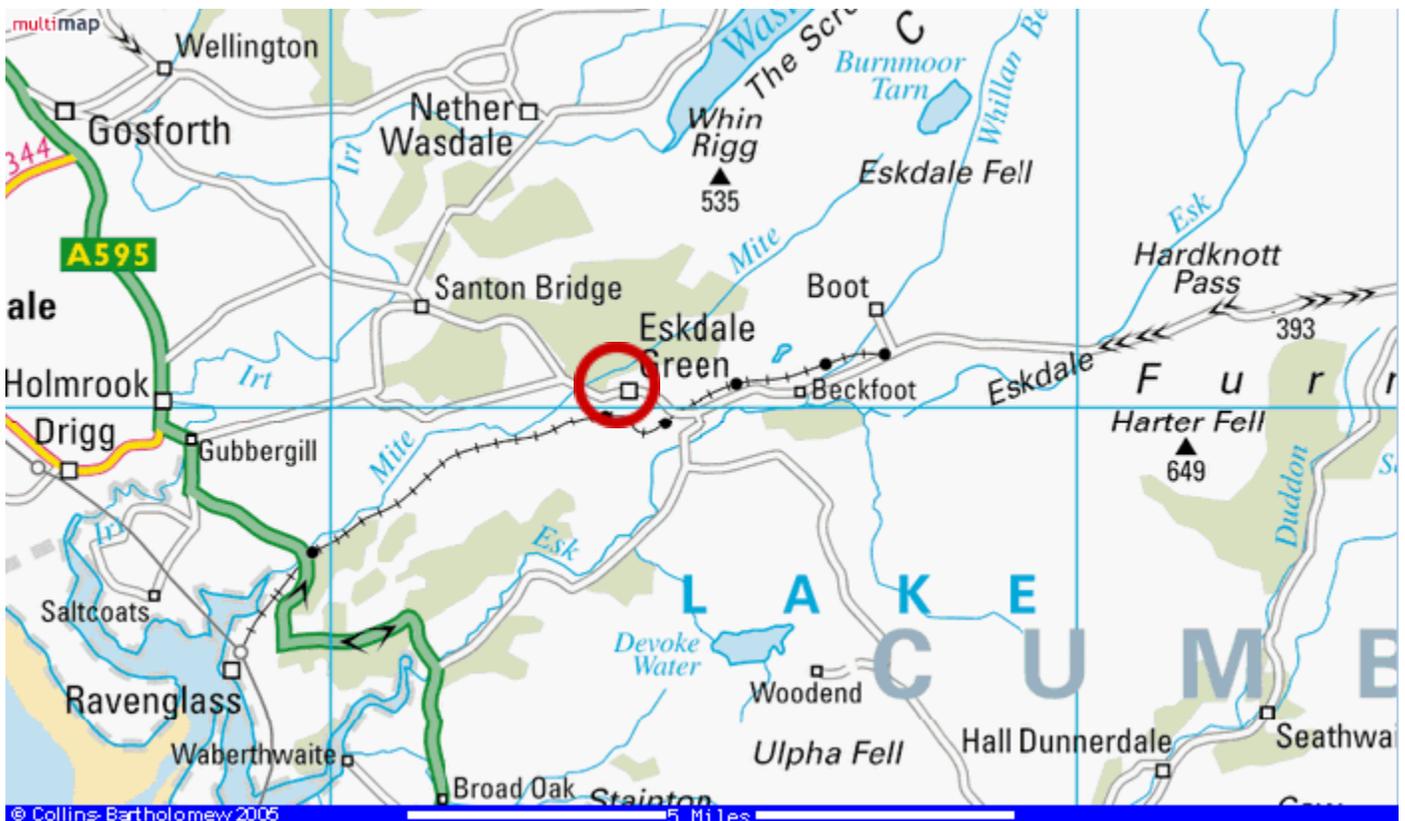
If you are having problems finding The Bower House, please call them directly, or you could call one of your guides...however mobiles don't work if they are already in Eskdale!:

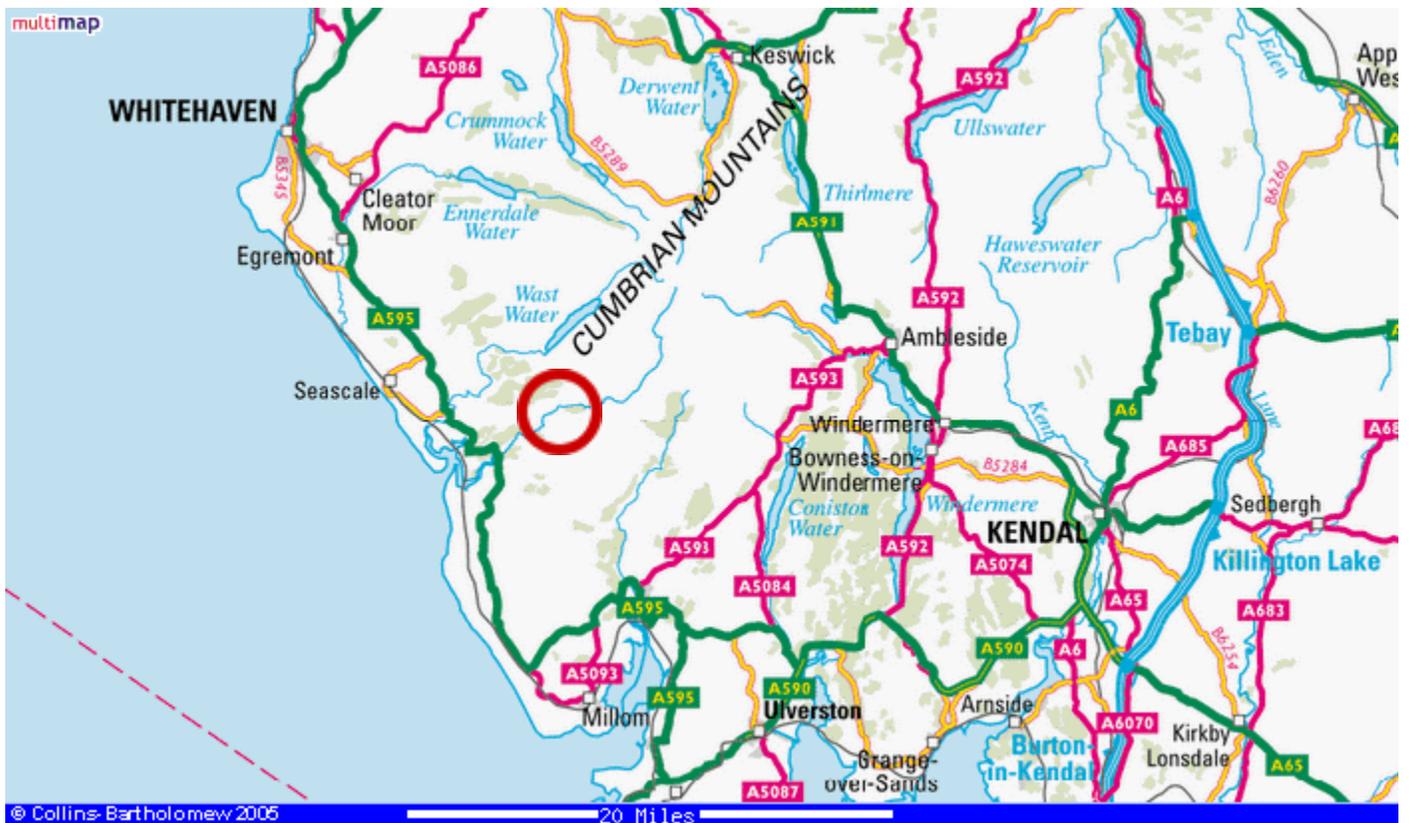
Gideon Wheater:	0780 907 0257
Andrew Casey:	0774 894 2263

Whilst every effort has been taken to ensure your Challenge is enjoyable, occasionally unforeseen difficulties may arise. Should you have any concerns please raise them with your guides at the time. They will then endeavour to resolve them swiftly so that you can enjoy the rest of the Challenge.

Maps: If you would like a map for this event, the map(s) for this event are:

- 1:25000: OL 4 English lakes maps –English lakes north west area
- 1:25000: OL 6 English lakes maps –English lakes South west area





7. Preparing yourself for the Event

The England's Big 3 Challenge is a physically demanding event. You will be walking in the hills for two days and covering up to 15 miles. But it is not the distance that makes the challenge. These are England's 3 highest mountains and it is the ascent and descent that makes it tough. It is as very important to prepare yourself for the ascent and descent as well as for the distance.

Your body needs breaking in and occasional maintenance too! If you prepare yourself gradually you will enjoy the event even more. It is best and much easier to build up your fitness levels gradually! If you exercise regularly, go swimming, play squash once a week or consider yourself to be averagely fit already, then you have a good starting point, but it is best to get used to walking, and hill walking in particular. Following these guidelines will help your body prepare for the event:

Getting used to your Boots!

Get used to your equipment. The routes cover some pretty rough and rocky terrain. Good foot ware is vital and the time to get used to them is not on the actual event! Simply walking around your home and going shopping in your boots will allow your feet to get used to them. This will help to prevent unnecessary blisters and pain, almost always a good thing. Nevertheless, this is not sufficient, it is useful to prepare yourself a little bit more, and the best way to do this is to get out and go for a walk!

Building up your Fitness

The simplest changes in your everyday life can make the biggest difference.

- If you are popping out to the shops, then slip into your boots and walk instead of taking the car.
- If you go to work on the bus or tube, make a resolution to walk to the next stop or get off a stop early.
- Once a week during your lunch hour take a brisk walk around the park/block.
- To get yourself used to ascent and descent, make a resolution not to use the lift! Using the stairs regularly is a very effective tool in preparing your body for climbing in the hills.
- If you are a member of a gym use the opportunity to get your mountain legs working. The step machines, bikes, running machines all help. If there are members of staff present, make a point of having a chat with them, let them know you are doing a mountain challenge and take their advice.

Go on some half day walks

To build up your stamina, it is a really good idea to actually go out for a walk! On a couple of days have a walk in the park or out in the local countryside. Buy a local guide book of short walks, perhaps get some friends together and just do it! Walks which end with a pub lunch seem to be extremely popular!

Try to do 2 or 3 half-day walks over the next few months and gradually build up the distance you do. Then find some hills!

Try some full day walks

After doing some half-day walks try a couple of full day walks. Keep increasing the distance until you feel happy with your own ability.

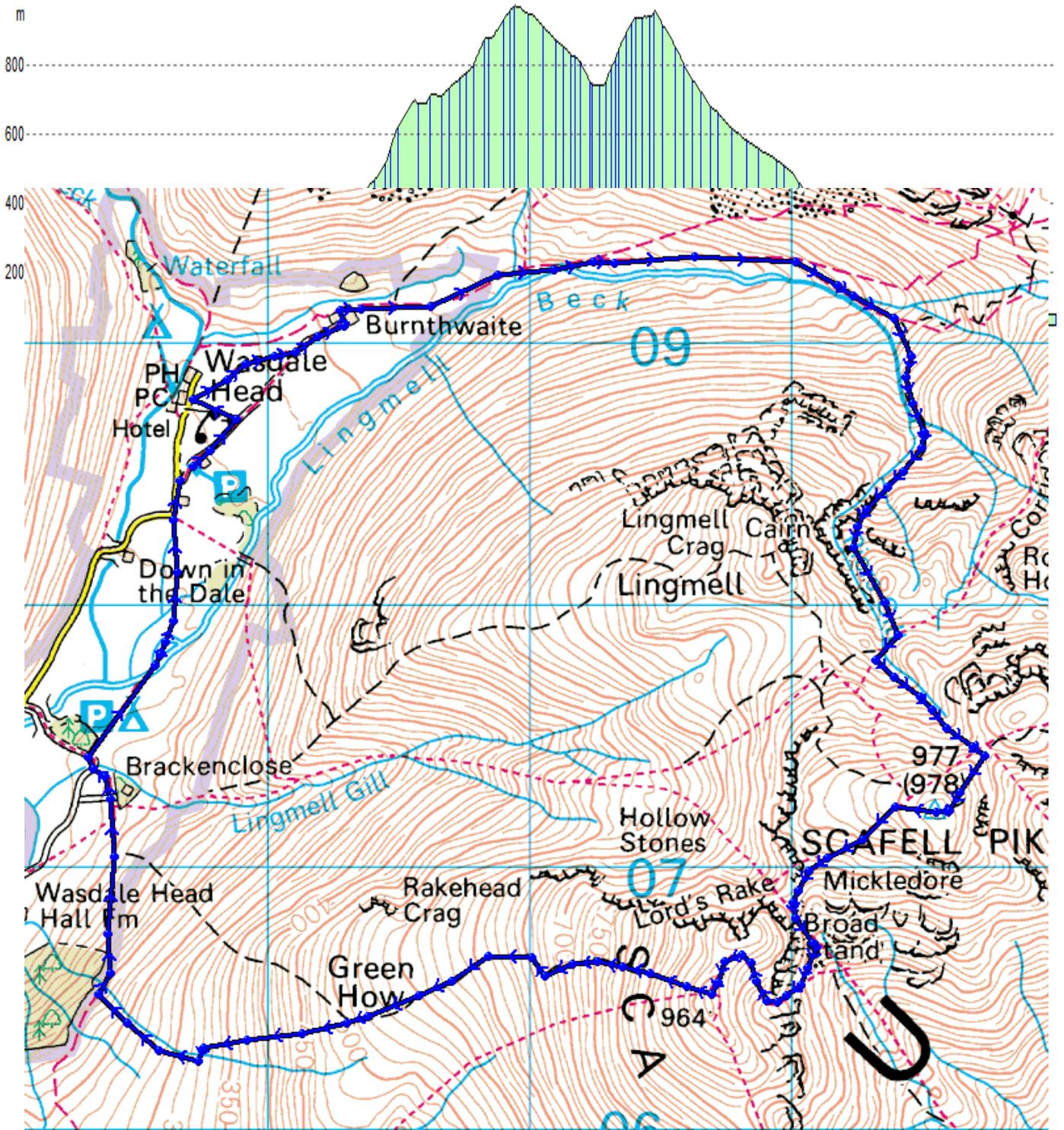
**This is the best and most effective way to prepare yourself for the event.
Remember the event is not a flat out race, it is fun challenge event
and a good fitness level will help you to get the most out of it!**

7. How to Book and Summary of Booking Conditions

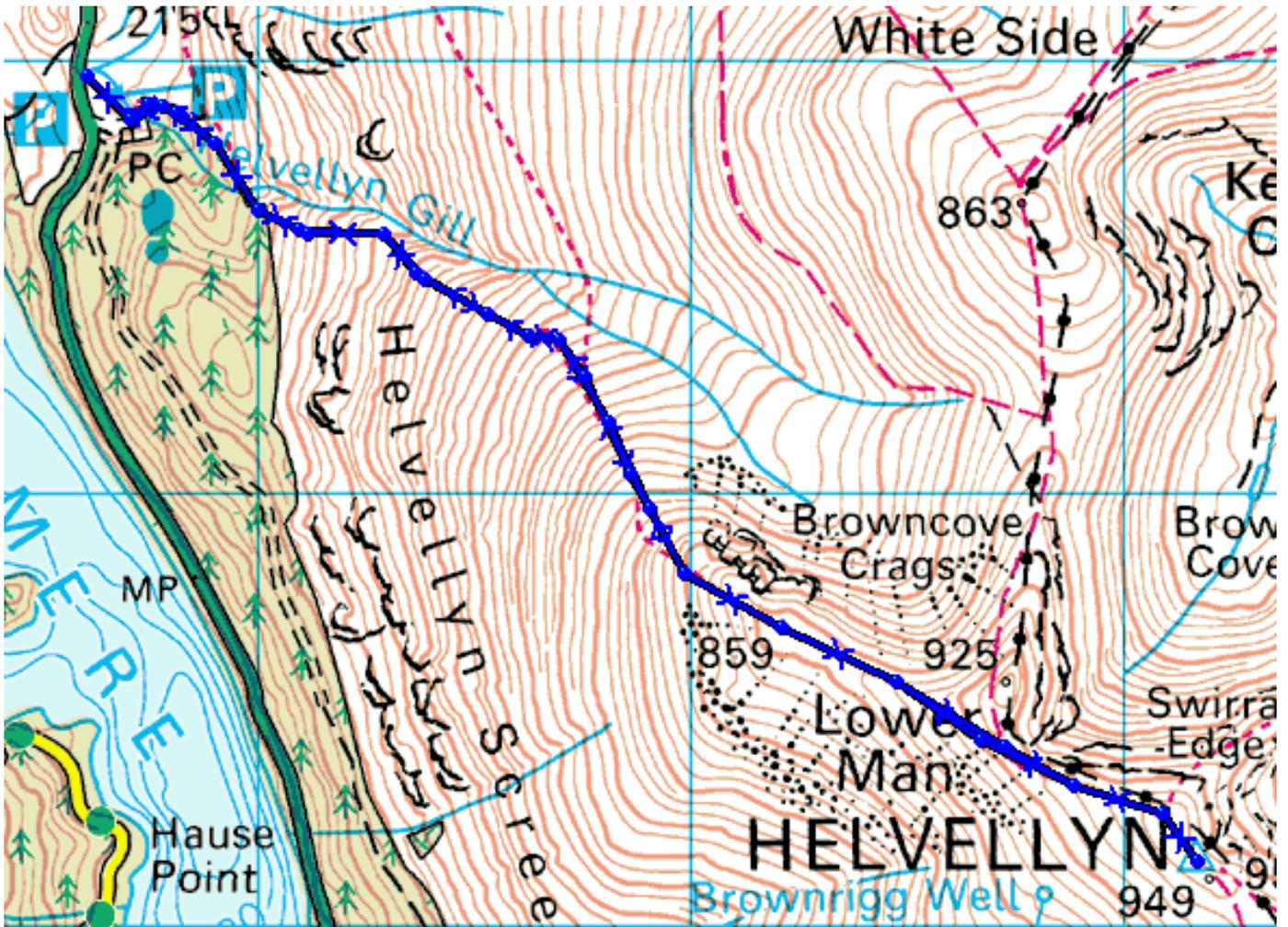
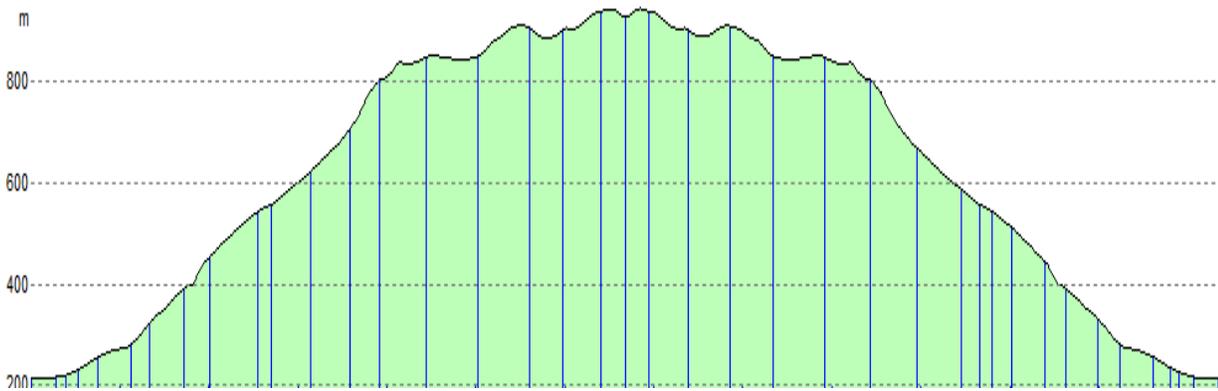
[Click here to Book Now](#)

- 1) Any provisional booking will be held for 14 days pending receipt of your deposit.
(the deposit of £50.00 is non refundable)
- 2) Your place is secured only when WalkWise UK Ltd receive your deposit
- 3) Cheques are to be made payable to **WalkWise UK Trust Account**
- 4) The balance must be received by **Friday 7 April 2017**
- 5) Cancellation
Up to 8 weeks prior to the event, you cancellation will result in loss of deposit. Thereafter the following cancellation charges will apply.
cancellation up to 6 weeks prior 50% of the price
cancellation up to 3 weeks prior 75% of the price
cancellation up to 2 weeks prior 100% of the price.
- 6) The event will be operated by WalkWise UK Ltd.
- 7) For complete Booking conditions please see
<http://www.walkwise.co.uk/terms-and-conditions.html>
- 8) WalkWise UK Ltd's company address is:
WalkWise UK Ltd
30 GreenWays Drive Endmoor Kendal LA8 0EL

Saturday: Scafell and Scafell Pike, 8.5 miles, 3750ft of ascent/descent



Sunday: Helvellyn, 5 miles, 2750ft of ascent/descent



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Prepared with Memory-Map



What to bring



You MUST have:

- **Walking boots**
- A **Water bottle** (minimum 1 litre)
- A **Rucksack** with a plastic liner
- **Waterproofs: jacket and trousers**
- A **Warm hat**
- **Warm gloves** (*not leather*)
- **Thick walking socks**
- **Base layer:** (*thin thermal or warm T-shirt. Best not to be cotton as it gets cold when wet*)
- **Over layer:** (*warm sweater or fleece*)
- **Extra layer:** warm top for when cold (eg. when stopped for lunch)
- **Comfortable walking trousers** (not jeans as they are too cold & heavy when wet)
- **Personal Medication**
- **Casual clothes** for the evening.

You may wish to bring:

- Vacuum flask (if you like hot drinks on the hill)
- Medium size tupperware container or plastic bag, to put picnic lunch in.
- Trekking poles
- Sit mat
- Sun glasses
- Lip salve
- Camera
- Personal first aid kit

In poor weather and/or winter, you may also wish to bring:

- Gaiters
- Extra warm clothing
- Waterproof gloves