



Lakeland Mountain Guides
Live for the Now



St Mary's
Hospice

BLENCATHRA BY NIGHT

BLENCATHRA BY NIGHT INFORMATION PACK

Congratulations on signing up to take on one of the most famous mountains in England at night, with the aim of reaching its lofty summit for sunrise.

By signing up and fundraising for St Mary's Hospice you'll also be making a huge, life changing impact on those that benefit from the work of the charity.

You'll be led by experienced and professional leaders from Lakeland Mountain Guides who will help get you through this challenge and ensure you have a great time doing so.

Enjoy, have fun and don't forget to take loads of photos! We are delighted to have you on board and cannot wait to meet you all on the evening

St Mary's Hospice
& Lakeland Mountain Guides



EVENT INFORMATION

Walk Date: Sunday 9th June 2024

Meet Time & Event Duration: 01:15am - Duration of Approx 7 Hours. The aim of starting walking at 2:00am after registration and safety brief.

Meet Location & Parking: Threlkeld Village Hall, CA12 4RY (<https://goo.gl/maps/o1Q38Jg8BRd3vuPz5>)

Event Contact: LMG - Matt Le Voi – 07557022362 St Mary's Hospice: Mel Dixon 07834547991

Coach Transfer Info – If you would be interested in a coach transfer to the event please email melissa.dixon@stmaryshospice.org.uk

Dogs on the event: Well behaved dogs are allowed on this event.

Medical Form & Risk Waiver: <https://forms.gle/YEtzgfHiMhEYhuSx5> Please Complete Asap.



ROUTE INFORMATION

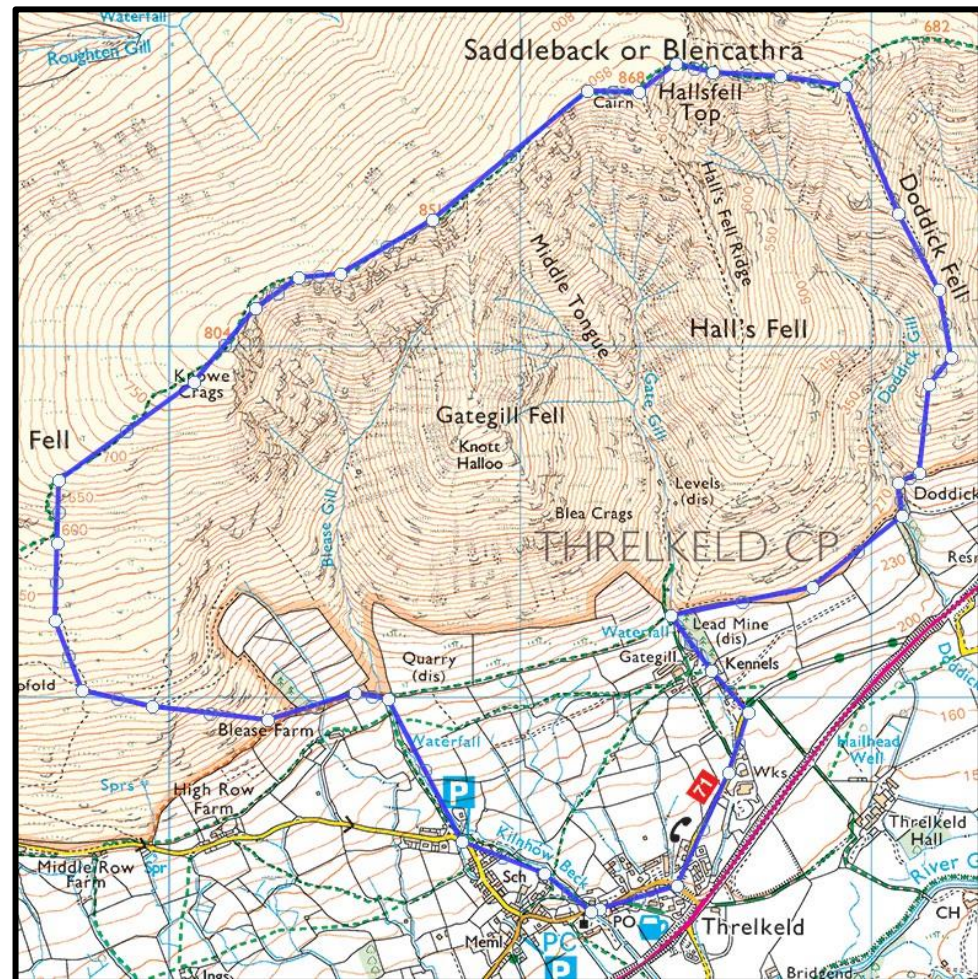
By now you will know what ascent route you will have signed up for. Below is a reminder of what to expect on the night:

BLENCATHRA VIA DODDICK FELL (MODERATE OPTION)

Miles – 5.2 Peaks - 1

The easier of the two walks on offer, however due to the steep sided nature of Blencathra no route up can really be described as 'Easy'. This route leaves the village of Threlkeld and after gaining a little height through the woods the route traverses eastwards to gain the ridge of Doddick Fell. For the most part Doddick Fell is just a grassy spur with limited exposure. As you reach the top of Doddick fell there is some very mild scrambling to reach the final slopes to the summit of Blencathra.

Our descent will be via Blease Fell, a broader grassy end of Blencathra. Steep in places and so walking poles are often useful.



ROUTE INFORMATION

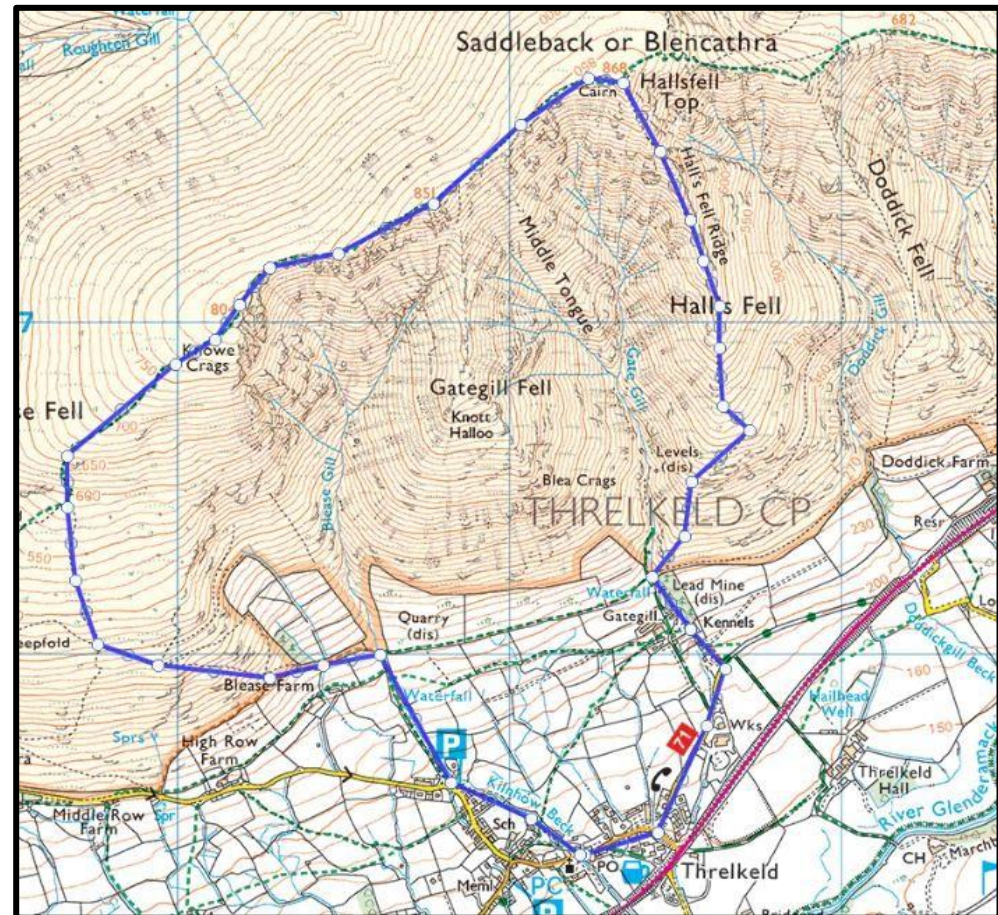
By now you will know what ascent route you will have signed up for. Below is a reminder of what to expect on the night:

BLENCATHRA VIA HALLS FELL (HARD OPTION)

Miles – 4.5 Peaks - 1

In our opinion, Halls Fell is one of the best routes direct to any summit in the Lake District. This ridge is a mixture of steep grassy slopes and scrambling (grade 1). The first hour or so is tough as you gain height but then the rocky nature of the ridge kicks in to provide a playground. This will be a brilliant experience under darkness and as you reach the top of the ridge you'll also reach the summit of Blencathra.

Our descent will be via Blease Fell, a broader grassy end of Blencathra. Steep in places and so walking poles are often useful.



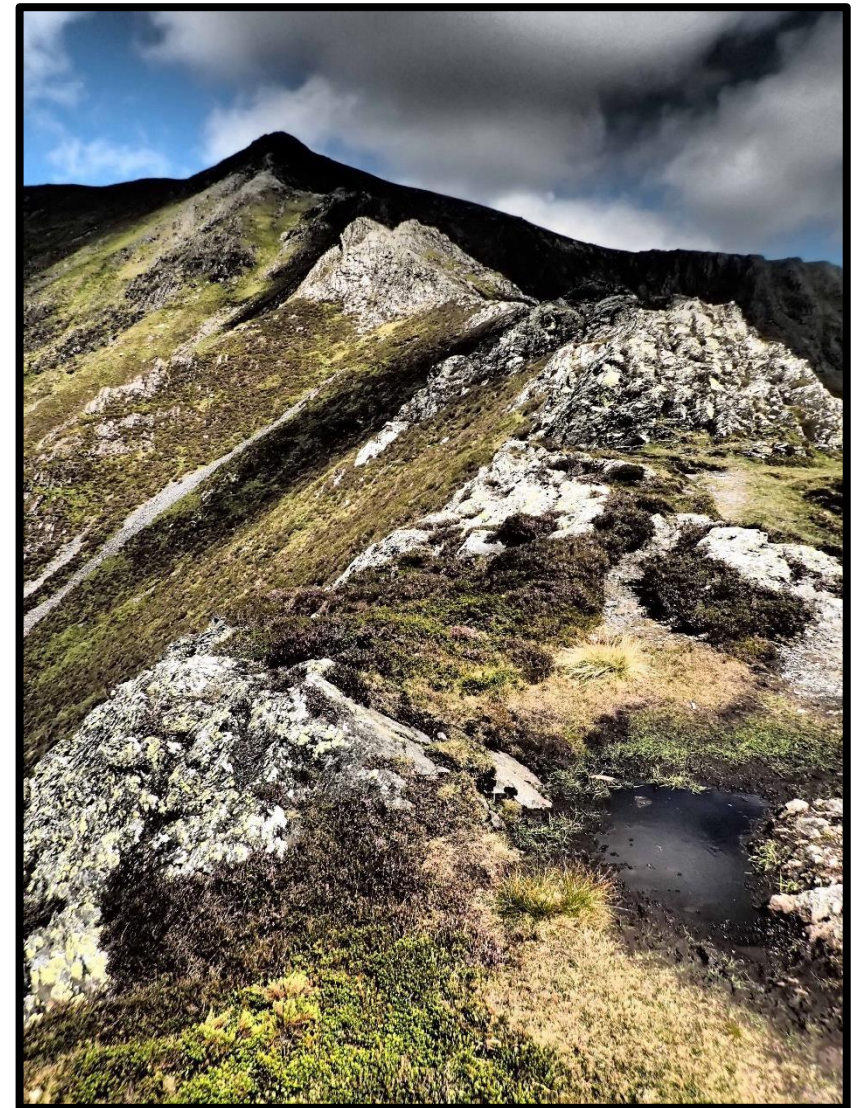
EVENT PREPARATION - FITNESS

People from all walks of life take on Blencathra 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 a 7 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.*



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.

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 some hills in the UK have started to generate a bit of a reputation for being messy, due to the way some of the walkers treat them. 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 the hills. 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 ST MARY'S HOSPICE

St Mary's exist to make a positive difference to people's lives, often in their darkest hour. We understand the importance of respect, dignity and time.

Through embarking on this challenge you are not only taking on an immense personal challenge to climb the 868m to Blencathra's summit but you are also helping us to climb our very own virtual mountain. The reality is that St Mary's need to raise a staggering

£4.9m every year to keep our doors open, that's just shy of £13.4k a day. It's hard to convey how important you are to us but when the inevitable happens and the going gets a little tough during your ascent we hope you take courage and strength by knowing that you are helping to create moments that truly matter. With each step, with each breath you are making a difference. We are honoured to welcome you on board and we are honoured to call you a hospice hero. Thank you.

By signing up to this challenge you have committed to raise a minimum of £200 (excluding gift aid for St Mary's) by far the easiest way to fundraise is to set up a Just Giving page (<https://goo.gl/PTtSn1>) as soon as you can You can then share this page via your social media pages, and the monies filter directly to ourselves.

Alternatively, we encourage you to think of fun ways to fundraise for example maybe in your work place you could organise a bake sale, tuck shops etc.... you could arrange a bucket collection in a local supermarket, event in your community, all these ways are classed as fundraising and therefore you may find this easier than asking family/friends..... If you do prefer the good old paper form then please do not hesitate to pop Mel an email...

melissa.dixon@stmaryshospice.org.uk

All we ask is that 50% of your total is with us 4 weeks prior to the challenge (9.05.24)



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 walk, 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

Your event specific leader details can be found at the start of this document.

It'd be great to hear from you after your walk, 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.

