



Grief support for children and young people in Oxfordshire

**Climb the highest mountains in England, Scotland & Wales!
28th to 31st August 2020**

Raise £750 (including £150 non-refundable deposit) costs include: -

- Minibus pick up
- Transport between peaks
- Mountain Leader
- 3 nights' accommodation (twin shared rooms)
- Optional training walks



TYPICAL TIMETABLE:

DAY 1: Snowdon



On the first morning we pick walkers up on route to beautiful North Wales, where we discover mighty mount Snowdon!

That afternoon we head up from Pen y Pass car park to tackle the steep Pyg Track that rises up around the reservoir of Llyn Llydaw; crossing the causeway and climbing the northern tip of Glaslyn. The hike continues on a steep zig-zag before one last push to the 1085m summit for a view of the sun setting over a distant horizon.

After 5 to 6 hours on the mountain, the evening meal is spent celebrating the achievements of a great first day, after which everyone sleeps well at our Llanberis accommodation.

DAY 2: Scafell Pike



After an early start and 5 hours on the minibus, we finally discover the picturesque twisty lanes leading to Scafell Pike amidst the stunning western Lake District. The highest mountain in England has surprisingly rocky and unrelentingly steep paths. After another 5 or 6 hours of serious hill hiking with the peak at 978m, we aim to finish and head for our Lakes accommodation by sunset.

DAY 3: Ben Nevis



Heading north into Scotland and on through the magnificent highlands; a drive that truly takes your breath away! Time for a necessary stop to take in the monstrous scenery and grab some photos in beautiful Glencoe. We finally reach our biggest challenge; a 1345m

climb from Fort William to Britain's highest point; the summit plateau of colossal Ben Nevis. Jaw dropping scenery and incredible views. This giant takes in excess of 6 hours to conquer, meaning our night out in Fort William will be well earned before the drive home next morning.

RESPONSIBLE 3 PEAKING:

The 3 Peaks takes a tremendous team effort to complete. The key to successes is in the preparation and planning. It must also be done with responsibility and respect to allow others to continue enjoying both visiting and inhabiting the mountains. There is some negative impact, such as erosion and littering, caused by an increased use of the mountains. Hence we follow the 'Code of Practice for Outdoor Fundraising Events', developed by the Institute of Fundraising written in consultation with a range of groups including the National Park Authorities and the National Trust, who owns Scafell Pike and part of Snowdonia.

Mountain Kit List:

- Rucksack - min 25 litres with cover
- Walking boots – **Broken in**. NO trainers!
- Double layer walking socks; prevent blisters
- Waterproof jacket with hood
- Waterproof trousers – keep you warm
- Base layer top – breathable for evaporation
- Warm fleece upper layer and spare fleece
- Walking trousers: NO jeans!
- Multiple thin tops allowing you to change your temperature
- Clothes for after the challenge
- 2 litres of fluid per mountain
- Sun cream
- Warm gloves, hat/balaclava
- Head torch with spare batteries
- Whistle for sounding the alarm
- Packed lunches
- Toiletries, towel
- Sleeping bag a pillow if on a minibus challenge
- **Walkers provide their own food and drink for during the challenge.**
- **Personal insurance is not included**

Optional:

- Sports supports
- Basic First Aid kit
- Mobile phone with waterproof casing
- Insect repellent (E.g. "Skins So Soft" or "Deet")
- Lighter windproof jacket
- Blister plasters (e.g. Compeed)
- Flask of hot drink
- Trekking Poles – reduce pressure, but take practice
- Camera with waterproof casing

Please contact Anne-Marie at community@seesaw.org.uk with any questions or to request a registration form.