

Temwa's 10 Peaks Challenge: Key information

Thank you so much for joining #TeamTemwa and taking on the 10 Peaks Challenge for us - we hope you're looking forward to a weekend of adventure!

As a small charity and the only NGO working in the incredibly remote and neglected region of Nkhata Bay North – home to around 39,000 people – we really could not achieve what we do without the continued efforts of all our supporters. Every penny you raise will help us work with local communities to bring about sustainable, long-lasting change in one of the poorest countries in the world – so thank you!

Trek summary

The 10 Peaks Challenge is a 10-12 hour trek set in the stunningly beautiful Lake District. Over a walking distance of 17 miles, you'll pass through and over some of the most picturesque valleys in the region, with spectacular mountain views.

Highlights

- Scafell Pike
- Buttermere Valley
- Langdale Valley
- High Stile Range
- Piers Ghyll

Health and fitness

This isn't a challenge for the faint-hearted – it will involve fairly strenuous and prolonged exercise over the course of the day, pushing both your physical and mental strength to the limit. There'll be difficult terrain, lengthy ascents, and steep descents – but we know it will be worth it!

As the trek involves quite strenuous exercise, please do consider carefully whether your general level of fitness, or any particular illness or ailment, might impact on your ability to complete the challenge. You'll need to have a good general fitness level, and ideally some previous mountain walking experience – see the attached training guidelines from the challenge organisers, for tips and pointers on how best to prepare yourself.

Itinerary

Saturday 27th May

In the evening, arrive in the Lake District and make your way to Keswick Hostel (or alternative accommodation, if arranged) where you will stay the night. Meet your fellow trekkers and get a good night of rest before the big day!

Sunday 28th May

Have an early breakfast at your accommodation and then get in the minibus to be taken to the start point, Gatesgarth Farm, where you will meet your guide for the day.

The trek then follows this route:

Leg 1: Gatesgarth Farm - Red Pike 4.5km

Leg 2: Red Pike - High Stile 1.2km

Leg 3: High Stile - High Crag 1.5km

Leg 4: High Crag - Green Gable 6km

Leg 5: Green Gable - Great Gable 0.8km

Leg 5: Great Gable - Lingmell 4.2km

Leg 6: Lingmell - Scafell Pike 1.5km

Leg 7: Scafell Pike - Great End 1.8km

Leg 8: Great End - Esk Pike 1.6km

Leg 9: Esk Pike - Bow Fell 1.6km

Leg 10: Bow Fell - Stool End Farm 3.5km

(Target time: 12 hours)

Celebratory dinner afterwards!

Stay overnight at the hotel

Monday 29th May

Eat breakfast and head home!

What's included:

- 1 night - dinner, bed & breakfast
- 1 night - bed & breakfast
- 3 x Mountaineering Instructors from Activus Outdoors
- Minibus transfers at start / end of walk
- 1 x Minibus plus driver/support guide
- First Aid Kit and emergency equipment per Instructor
- Large packed lunch + water
- Free use of Activus Outdoors head torches and trekking poles
- Pre-challenge health + safety briefing from your Instructors
- Cotswold Outdoor Discount Voucher
- Training guidance information
- Photographic highlights on complimentary CD

Keep in touch!

We'll keep in touch over the next few months with more information, training tips and fundraising advice, but if you have any questions, please just drop us a line!

Temwa contacts

Questions about the challenge itself or anything else to do with Temwa!

Heather Smith - heather@temwa.org - 0117 403 1426

Questions about using Virgin Money Giving and maximising your fundraising efforts:

Sally Taylor - sally@temwa.org

Specific queries for the organisers:

Activus Outdoors

activusoutdoors.co.uk

E: enquiries@activusoutdoors.co.uk

T: 017687 75337

Specific queries about the accommodation provided:

Keswick Hostel

Station Road, Keswick, Cumbria, CA12 5LH

0845 371 9746

yha.org.uk/hostel/keswick