

# **Scafell Pike trek itinerary and kit list**

Lake District National Park, Cumbria

# Scafell Pike trek in aid of Cats Protection

Take on England's highest peak which summits at 964 metres above sea level. Led by an experienced guide you will take on the challenge of conquering Scafell Pike to raise vital funds for Cats Protection.

Registration fee – £25

Minimum sponsorship pledge – £150

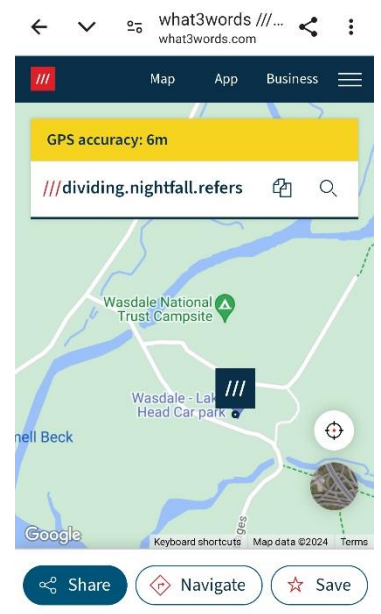
## Your itinerary

Meet at the National Trust Car Park, Wasdale, Wasdale Head, Seascale CA20 1EX at 9am on the day of your trek challenge, with a view to returning to the start point by 5pm at the latest.

To avoid going to the wrong car park, we recommend using the What3Words app with the words `///dividing.nightfall.refers` (see image to the right). This will allow you to navigate to the correct car park.

If you don't have the app, once you have driven down the length of the lake you will pass over a cattle grid. Take the next available right turn which is about 300m after the cattle grid. Once turned you cross a metal bridge and go past the campsite entrance to the car park entrance. If you miss this turn, then the next turn will be very close to the Wasdale Head Hotel which is 1.5miles further on.

The car park costs £8 for the day and there is a card machine at the campsite next door to the car park (correct at the time of writing).



The ascent path, locally called the Brown Tounge path or commonly the Tourist route, climbs the 900 meters to the summit and covers a distance of 4.5 km (9 km total distance). The descent is the ascent path.

The first kilometre is general uphill walking that leads to the only stream crossing of any mention using stepping stones; it is very shallow in dry to light rain.



The second kilometre is steeper and on a stepped path, the third kilometre is across an area locally known as Hollow Stones and is an easy angle ascent onto a winding path to an area known as Lingmell Col.

The last kilometre starts with a 500 metre steep ascent that eases off to the plateau and the summit cairn.



The route will take between 3 to 3½ hours to ascend and roughly 3 to 3½ hours to descend. The ascent path is in good condition but steep in places, a shallow river has to be crossed using stepping-stones. Please note the path is loose underfoot in places.

It is physically demanding, so you will need to be a reasonable level of fitness and suitably equipped.

You will be led by guide David Thompson who is a qualified mountain leader from Cumbria Ventures; he is also a member of Wasdale Mountain Rescue Team.

## FAQs

### **What is the minimum age I can take part?**

16 years or 14 years with parental consent.

### **What if the weather is poor?**

We cannot guarantee good weather but we will get in touch if the weather does not allow us to trek.

### **Is accommodation included?**

No, accommodation is not covered. You will need to ensure you can arrive at the meeting location by 9am on the day of your challenge.

### **Are there toilets?**

Yes, there are toilets at the car park before we set off. However, you might need to be prepared to go out in the wild. Please do bring biodegradable bags to put any toilet paper into.

### **Where can I fill up my bottle of water?**

It's a good idea to bring enough water with you (at least 2 litres) and an energy or juice drink. You can fill up your bottle on the mountain at the stream we pass on the ascent but you will need water purification tablets.

### **Do I need to bring food and how much?**

Please bring a packed lunch, snacks, energy bars and sweets to keep you going.

### **What kit do I need to bring?**

A recommended kit list is on the next page.

### **How many miles up is Scafell?**

You will be covering 5.5 miles in total (up and down the mountain).

### **Can I bring my dog?**

Dogs are allowed but they should be highly experienced trekking dogs. The paths are steep, rocky and narrow. You may need to be prepared to carry your dog.

## Kit list

Please wear/bring along

- Footwear: walking boots preferably with decent ankle support
- Base layer: wicking top, a cotton t-shirt is not recommended
- Mid layer: fleece/thermal
- Walking trousers, tracksuit bottoms or cargo pants (not jeans)
- Waterproofs: jacket and over-trousers
- Gloves, hat, scarf/buff
- Spare clothing in case you get wet/cold (minimum of another fleece/thermal and gloves)
- Small rucksack
- Food and drink for the day (plenty of water!) – extra energy-giving food for emergencies
- Sun cream/lip salve (depending on the weather)
- Sun protection i.e. sunglasses, sun hat
- Personal medication (asthma inhaler etc.)

Please note all items are carried at your own risk and not covered under any insurance.

Please also become familiar with the countryside code [here](#).

## Accommodation suggestions

Name	Tel	Contact Email
<a href="#">Wasdale Head Inn and Campsite</a>	01946 726229	<a href="mailto:reception@wasdale.com">reception@wasdale.com</a>
<a href="#">Lingmell House B&amp;B</a>	01946 726261	<a href="mailto:lingmellhouse@wasdale.com">lingmellhouse@wasdale.com</a>
<a href="#">Burnthwaite Farm B&amp;B</a>	01946 726246	<a href="mailto:bookings@burnthwaitefarm.co.uk">bookings@burnthwaitefarm.co.uk</a>
<a href="#">Wasdale National Trust Campsite</a>	01539 432733	<a href="mailto:lakescampsites@nationaltrust.org.uk">lakescampsites@nationaltrust.org.uk</a>



*Lingmell House B&B*

All the above are located at the head of the valley and close to the start point.

If you are driving to the challenge, please make sure you plan plenty of time to get there with lots of rest stops, we want you to be fresh and ready to take on the trek.

## Contact details

### **David Thompson**

Trek guide from Cumbria Adventures  
07522 969727

### **Rebecca Worth**

Fundraising events manager and phone contact on the day from Cats Protection  
07812 736 180  
Please contact Rebecca as soon as possible if you are running late on the event day.

### **Harpreet Kaur**

Senior challenge events officer  
events@cats.org.uk  
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