

24 Peaks Trek | GAC Brochures

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28 miles

Approx. Distance

Extreme (3)

Challenge Grading

3 days

Challenge Duration

UK

Challenge Location

Challenge Highlights

Conquer our toughest UK trekking challenge

Trek to the top of the highest peaks in the Lake District

Fully-supported challenge with professional mountain leaders

Stunning scenery provides an incredible backdrop to this awesome adventure

The Challenge

This fast-paced and formidable challenge will see us summit 24 incredible peaks in the Lake District, all over 2,400ft with a target trekking time of just 24 hours! The Lake District is one of UK's most picturesque areas, filled with breathtaking mountains and valleys – providing the perfect backdrop to this awesome challenge. The days will be long and the trekking will be tough, but the rewards of hiking into the heart of this amazing National Park and the accomplishment of conquering 24 peaks will make all your efforts worthwhile!

Challenge Itinerary

Day 1

We meet at Penrith train station at approximately 5:30pm. We will then transfer all participants to our accommodation in Ambleside for event registration and briefing. After dinner, we get our heads down for the night – tomorrow is a long day!

Day 2

Trekking straight up from Langdale Valley, we stay high in the fells and summit the following peaks today:

The trekking time is split into two days; day one covers the first nine peaks:

1. Bowfell – 2,959 ft
2. Esk Pike – 2,903 ft
3. Great End – 2,985 ft
4. Ill Crag – 3,067 ft
5. Broad Crag – 3,064 ft
6. Scafell Pike – 3,208 ft
7. Lingmell – 2,647 ft
8. Great Gable – 2,949 ft
9. Green Gable – 2,627 ft

The views we will encounter today are simply breathtaking. From Green Gable, we then make our descent using Sty Head Pass via Aaron Slack then to Seathwaite Farm. Our transfer will be waiting to take us to our accommodation for a well-deserved rest, dinner and drink – 9 peaks done, 15 to go!

Trekking distance – approx. 12 miles / target time 12 hours.

Day 3

Today we go on to conquer the remaining 15 peaks. The trek from Kirkstone Pass to summit Red Screes will require some scrambling so please expect to use your hands – our mountain leaders will be there to assist you.

Day two is when we summit the remaining fifteen peaks:

10. Red Screes – 2,545 ft
11. Dove Crag – 2,598 ft
12. Hart Crag – 2,696 ft
13. Fairfield – 2,864 ft
14. Seat Sandal – 2,414 ft
15. Dollywaggon Pike – 2,814 ft
16. High Crag – 2,441 ft

17. Nethermost Pike – 2,923 ft
18. Helvellyn – 3,116 ft
19. Brown Cove Crags – 2,818 ft
20. Lower Man – 3,034 ft
21. Whiteside – 2,831 ft
22. Raise – 2,896 ft
23. Stybarrow Dodd – 2,765 ft
24. White Stones – 2,608 ft

We descend from White Stones to our waiting transport in Glenridding Beck. Congratulations all round before we commence our onward journeys home!

Trekking distance – approx. 16 miles / target time 12 hours.

Please note, this is a complex itinerary and is subject to change.

Challenge Inclusions

What's Included

- Transfer service from Penrith train Station to the accommodation and back to Penrith at the end of the challenge
- Two nights in hostel accommodation
- Meals starting with dinner on day 1 through to lunch on day 3
- Global Adventure Challenges mountain leaders – there will be one leader for every 12 walking participants and an extra leader will also follow the group in a vehicle for support
- Support minibus/s with driver
- Communications between leaders and drivers
- Global Adventure Challenges medical kit for the group
- Challenge Medal

What's Not Included

- Travel insurance
- Tips and gratuities
- Alcoholic drinks
- Personal trekking kit (trekking boots, poles, etc)
- **Please note that for bespoke challenges, inclusions and exclusions may differ**

Frequently Asked Questions

I'm interested... What do I do now?

You can register online below – payment of the registration fee is due at time of booking. All payment options and costs are explained below.

Once your registration is received we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

Is this trip for me?

Absolutely! The trek is suitable for all abilities with the correct training. The minimum age for this trek is 18 years old (if you are aged between 14 – 17 years you must be accompanied by a parent or guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This challenge has been graded as Extreme (3) on our challenge grading scheme – it is very challenging and has been designed to be this way. Remember, you are trekking for 2 consecutive days, covering approximately 28 miles... and it's full of ascents and descents! The fitter you are, the more you will enjoy this challenge. Training beforehand is essential, and lots of it! Trekking training tips can be found on our website to point you in the right direction.

We also run training weekends throughout the year, a fantastic opportunity to meet other participants and train together prior to the event.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

Do I have to carry my own luggage?

No. Your main luggage will be transported to the hostel by the transfer vehicle on day 1. Your main luggage will then stay in your room at the hostel until check out on Sunday morning (they will then be stored in lockers until you return from your trek). You will need to carry a

day pack for items needed throughout the day (packed lunch, waterproofs, sun screen, water etc.).

Food Matters...

All meals will be provided from dinner on day 1 through to lunch on day 3. We cater for most dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges Leader/s. Comprehensive medical kits will be taken. A support vehicle will be located at the foot of each mountain providing extra support if needed. Mobile phones and radio aids will be used to ensure our safety and security at all times.

What happens if I get tired?

There will be regular rest stops for drinks and snacks but we do need to keep to a relatively tight schedule in order for the challenge to be completed in 24 hours. If, for any reason, you are unable to keep the pace of the main group, it may be suggested that you retire and meet the support vehicle.

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.