



Climb Scafell Pike

Scafell Pike is England's highest mountain at 978m/3209ft high, set in the quieter, western side of the beautiful Lake District National Park. Its neighbouring peaks are also high, but Scafell Pike broods over them and its heap of volcanic boulders littering its high ground make for some challenging walking at times.

On the mountain, you are walking in the footsteps of Vikings, Romans, local farmers and early mountaineers as they forged their way up and over these dramatic Central Fells of Lakeland.

You will be joined by qualified local Mountain Leaders who will share their enthusiasm and advice with you all the way. Each stride up is worth it as you head ever higher into the mountain's unique, mythical environment full of drama... enjoy YOUR Climb Scafell Pike adventure.

Your itinerary

We recommend you journey to the Keswick/Borrowdale area the day before, to make the most of your walking day and make sure you're fresh and prepared.

A typical Climb Scafell Pike day will follow this itinerary, we will be in touch before your event if it's likely to be any different.

Climb Scafell Pike Day

08:00 Meet your Mountain Leaders at Seathwaite Parking, Keswick CA12 5XJ What3words: ///increment.appoints.kitten

08:15 Group safety briefing and kit check

08:30 Latest walk start time

12:30 Expected arrival at Scafell Pike summit

13:00 Departure from Scafell Pike summit

16:30 Latest arrival back at the car park



Food

Ensure you eat a good meal at least 1 hour before your walk and drink plenty. You need to carry at least 1.5 litres of water, *plus* juice/hot drinks. Bring your own lunch and pack both savoury and sweet foods. Choose complex carbohydrates and whole foods instead of overly sweet items. E.g. malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, pork pies or sausage rolls will last well on the hill and sustain you for hours. Ensure you pack a separate drink for the journey to and from the start point as well as the recommended amount for your walk.

Transport & Accommodation

Transport and accommodation are not included in this event unless otherwise stated. Use postcode CA12 5XJ to plan your trip. There is plenty of parking available at the meeting location but ensure you arrive early on weekends and holidays.

FAQs

Visit our [FAQs](#) if you have any more questions

Health & Fitness

To enjoy this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/running/swimming /cycling at least 3 times a week to fully enjoy this challenge. We will cover rocky and uneven high-level terrain and your muscles and heart need to be used to working hard. Ensure you include any health and medical details on your booking form.

You can download our [Training Plan](#) from our website to help you prepare for your Climb Scafell Pike day.

Weather & Safety

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler on the mountain tops, so bring layers that you can add and remove easily. Ensure you have all the required equipment as specified in the [Kit List](#) to protect you from unexpected weather conditions. Your qualified Mountain Leader will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid. You can monitor the weather for Scafell Pike here: [Mountain Weather Information Service - Scafell Pike](#) [Met Office Mountain Weather - Scafell Pike](#) A sense of humour to cope with any adverse weather conditions is also beneficial!

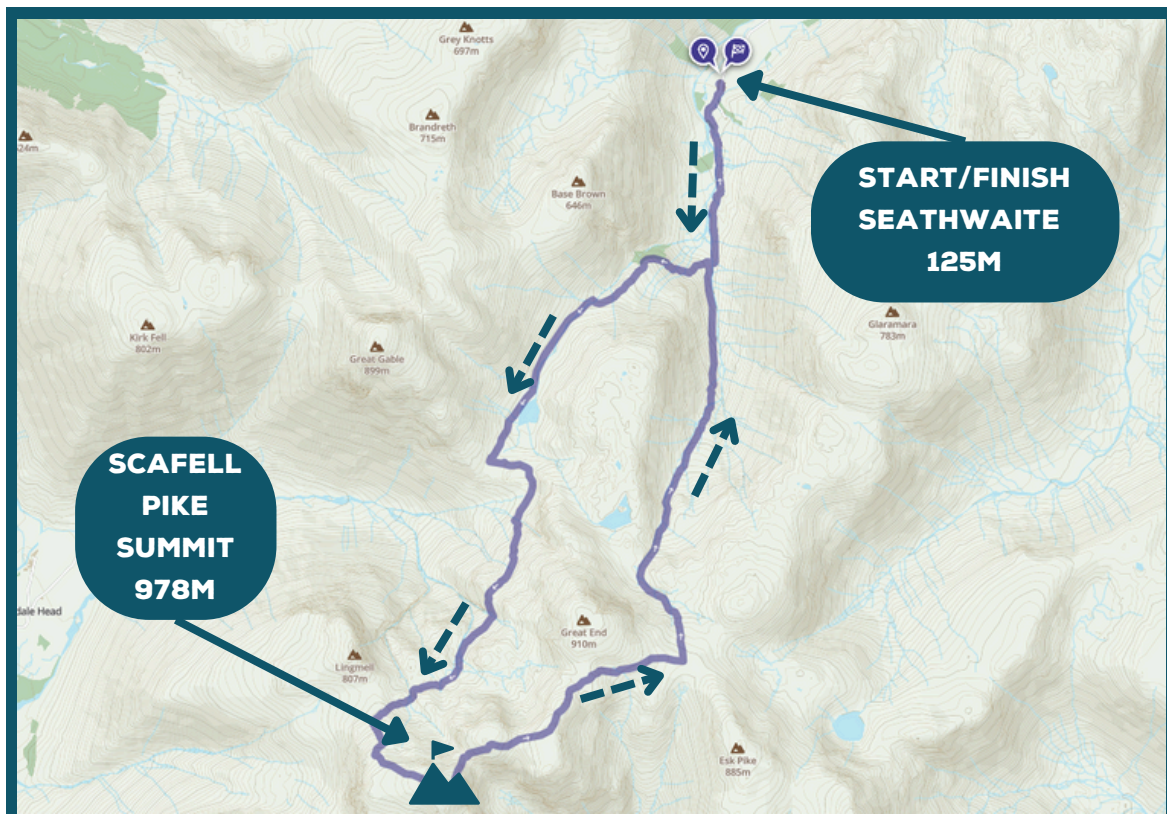
Climb Scafell Route

The route leaves **Seathwaite Farm** by way of wide, stony track leading to a historic packhorse bridge called **Stockley Bridge**. Crossing the bridge, the path climbs towards **Styhead Gill**, steeply at first, before crossing the gill towards **Styhead Tarn**. This is a good place to take a break/food with **Great Gable** and **Great End** above you. The next section of route passes through amazing mountain scenery and is called the '**Corridor Route**' as it traces a unique line through rocky terrain. There is one steeper, rocky step to easily negotiate, with some helping hands. The route arrives to **Lingmell Col**, where a stony path zig zags up to **Scafell Pike's** boulder-strewn summit, with excellent views out to sea and the surrounding mountains, hopefully! Return can be made via the same route – or an option exists to stay high, over the exciting, rocky plateau of **Broad Crag** and **Ill Crag**, before dropping down to **Esk Hause** and using **Ruddy Gill** and **Grains Gill** to descend back to **Stockley Bridge** (good weather days only and if the group are keen for a circular route).

Circular: Starting and finishing at Seathwaite parking, Keswick

Distance: 14km/ 8.7 miles

Total Ascent: 1017 metres/3337 feet



Distance and times are approximate as these will change depending on the pace of your group. Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leader who will always make choices with the safety of the group as a top priority.

Kit list

Summer Conditions

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal blister protection/Compeed, ibuprofen/painkillers, plasters		

Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

Footwear

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		

Leave in your car/accom

Item required	Got	Packed
A full change of clothes including shoes		
More food and drink		

