

I made new, life-long friends  
and smashed what I thought  
were my own personal limits.



# Mind Hike, The Lakes September 2017

Registration fee: £85

Minimum sponsorship £675

[www.mind.org.uk/hike2017](http://www.mind.org.uk/hike2017)

Reg. Charity No. 219830





## Mind Hike – The Lakes

### You'll never walk alone!

Mind's 40-mile team trek will be a life-changing experience for some people. It will test both your physical and mental endurance, while you traverse some of Britain's most beautiful and unspoilt countryside. It's going to be tough, but you will draw strength and inspiration from your team mates and finish with an experience you'll never forget.

Mind Hike will also raise much-needed money to help make sure essential services like the Mind Infoline can keep supporting people who often have nowhere else to turn.

Our Hike is a test of fitness, endurance and team spirit – but dealing with a mental health problem is no walk in the park either. In fact, trying to cope with a mental health problem alone sometimes feels like an impossible challenge. Having someone to turn to for advice and support makes all the difference. Whether it's a family member, friend or one of our highly skilled Infoline operators.

## Itinerary

The following itinerary is based on running this activity over a long weekend. All timings are approximate and are subject to change.

Fri 15<sup>th</sup> September evening: Participants arrive to a welcome from Mind and then a safety briefing from the trek leaders. Hostel accommodation and dinner is included.

Sat 16<sup>th</sup> September morning: A hearty breakfast, and then you set off on your challenge! Lunch, dinner and refreshments will be provided throughout the day.

Sun 17<sup>th</sup> September morning: Finish (approximately 24 hours later)! A celebratory breakfast brunch will await you.



## Lake District

This 24 hour trekking event will utilise the stunning village of Grasmere as our event base. One of the loops takes the teams along the stunning Langdale valley before climbing up between the mountains, circling the fells around High Raise, before following the famous Coast to Coast path back to Grasmere. The other loop takes the teams around an extended version of the famous Fairfield horseshoe, one of the Lake Districts most challenging hill walking days. Teams will climb to over 800m in summiting the tops of Great Rigg, Fairfield, Hart Crag and Dove Crag.

Teams will have the chance to rest and refresh at the half way point (back in Grasmere) before tackling the second loop of their epic endurance challenge.

### What's included before the challenge:

Fundraising support

Training advice

Access to your own password-protected Account area

Kit discount from The Outdoor Shop, Outdoorhire and Nomad Travel stores

Support materials (kit list, itinerary, responsible tourism policy, public liability insurance etc)

**Accommodation:** Two nights stay at the YHA hostel, Grasmere

### What's included on the day:

Expert mountain leaders throughout the entire challenge

Two nights' hostel accommodation in the Lake District

2 x breakfast, 2 x lunch, 2 x dinner

Drinking water

Snacks throughout the challenge

Celebratory finish

Charity Challenge technical t-shirt

All challenge and safety management

GoFilm app download, to capture your personal challenge experience on film

# The Challenge

## Highlights!

- Two 20 mile loops, both starting and finishing from one central event venue.
- Teams walk in a figure of eight, crossing once throughout the challenge, completing approx 40 miles in total.
- Trek through iconic Lake District terrain and complete the famous Fairfield horseshoe.
- Challenge yourself against wild, remote and rugged terrain.
- The added challenge of tackling the mountainous terrain making this event a real test of endurance.

## Fitness

The Mind Hike trek is a tough challenge and training is very important! The terrain is a long distances and with little sleep. You will need to have a good level of physical fitness and make sure that you do at least six weeks of training including long walks and strength exercises. Preparing for your sleep deprivation might be more difficult – but willpower will come in handy!

Once registered, you will be sent a training plan and a medical form with your welcome pack which you will need to fill in and send back to us.

## Kit list

Warm Clothing: medium-weight fleece, lightweight gloves, fleece hat.

Trek Clothing: long cotton trekking trousers, comfortable trekking shirts (long/short sleeved), walking boots (broken in with ankle protection), 2 x walking socks, 3 x liner socks, underwear.

Waterproofs: 1 outer fully waterproof jacket (gore-tex, e-vent), 1 pair outer waterproof bottoms.

Trekking items: head torch with spare batteries, walking poles, bladder system (water bottles), snack food.



## Included in your trip

Full pre-event consultation. Qualified mountain guides and first-aiders. Support vehicle during challenge. One night's accommodation.

Meals included:

Sat: Breakfast, Packed Lunch, Checkpoint snacks, Dinner.

Sun: Breakfast snacks at the finish (i.e. Pastries, cereal and hot drinks) Celebration Brunch.

## Excluded from your trip

Transport to and from Gear on kit list. Friday night meal.

## Transport / transfers

It is up to each individual participant to organise their own transportation to both the start and end of the event

## Accommodation

Friday night – shared hostel accommodation

Saturday Night- Although this is when we will be taking part in the challenge, we have the accommodation booked so that we can return on Sunday morning to freshen up

Sunday night – not included, but an additional night stay in the hostel can be arranged upon request.

## Notes

Although every effort will be made to complete this event within a 24-hour window, certain factors remain outside of our control including traffic and weather. The speed at which the party progress remains the decision of the mountain leader/guide whose word on this matter is final.

## Weather

Expect variable weather conditions. We will be trekking in the dark, during the day, in England and Wales. So be prepared. We may encounter scorching temperatures but equally freezing cold or even snow so pack for extremes. You can expect rain at some time... additional clothing can be transported in the support vehicle during the challenge.

## Safety information

All outdoor activities contain an element of risk. Your leader will be first aid qualified and will carry appropriate safety kit, such as mountain safety shelters, walking rope and mobile radios. The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

Apply now:

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[www.mind.org.uk/hike2017](http://www.mind.org.uk/hike2017)

020 8215 2315 [mind.org.uk](http://mind.org.uk)