

Join us for



Join IKCA to climb the highest mountains in England, Wales & Scotland



Registration Pack

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Welcome and Introduction

Thank you for registering with IKCA to take on the three highest peaks in Britain. These briefing notes have been put together to help you enjoy a memorable experience that will stay with you for a long time (Insha'Allah.) Please take the time to read carefully, as there is a lot of important information you need to be aware of. The dates for the Treks are:

- **Scafell Pike on Saturday June 13th 2020**
- **Snowdon on Saturday June 27th 2020**
- **Ben Nevis on Saturday July 18th 2020**

Whether you're climbing for IKCA or just coming along for the assisted climb, we encourage everyone to raise as much money as they can. The challenge will not only raise funds for IKCA but also help us raise awareness of the [plight of cancer patients in Pakistan](#). We also hope that our challenge will inspire others to take on similar challenges and events to help cancer victims.

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About Imran Khan Cancer Appeal (IKCA)

The National Health Service does not provide cancer treatment in Pakistan and as a result poor people die without proper diagnosis/treatment. At Imran Khan Cancer Appeal (IKCA), we raise funds for the Shaukat Khanum Memorial Cancer Hospital (SKMCH) in Lahore and Peshawar. At both we offer comprehensive cancer care free of charge in hospitals which house all the specialised diagnostic and therapeutic facilities under a single roof.

Imran Khan's mother died of cancer in February 1985. The ordeal revealed a jarring reality to Imran: Pakistan had a dearth of medical resources when it came to treating cancer and this was costing lives. During the time spent with his mother in cancer wards, Imran also witnessed the distress of other patients. He was especially troubled by those with fewer means. How, he questioned, do the poor cope with a disease that is so debilitating to patients and their families? After his mother passed, Imran Khan decided that irrespective of their background everyone deserved an equal chance at life.

In 1994, following five years of fundraising, Shaukat Khanum Hospital was established in Lahore and Pakistan's biggest cancer charity was born. As a comprehensive care facility dedicated to the diagnosis and treatment of cancer, it was a first in Pakistan.

To date, the hospital has helped well over 111,805 people with cancer. Your efforts will help provide hope of recovery to poor cancer patients, who would otherwise have nowhere to turn.

To complete the 3 Peaks Challenge is a huge achievement, and all those that take part go home with stories to tell and an experience to be very proud of.

SCAFELL PIKE



A snapshot of what to expect for the Wasdale Head Path, Scafell Pike.

27 June 2020 (Saturday):

Pen-y-pass is one of the most popular routes up mount Snowdon. It starts at the top of Llanberis Path, 359 m above sea level, saving climbers a lot of time and effort.

Our ascent will be through Pyg Track and we'll follow the Miner's Track on our descent.

BEN NEVIS



A snapshot of what to expect for the Glen Nevis Path, Ben Nevis

The Stats

Ben Nevis (1,344m/4,409ft)

Scafell Pike (978m/3,206ft)

Snowdon (1,085m/3,560ft),

13 June 2020 (Saturday):

Located in a commanding position in the Central Lakeland Fells, Scafell Pike is the highest mountain in England at 978 metres and the shortest mountain of the 3 peaks challenge. There are two routes available for the climb either Seathwaite or Wasdale Head.

The Wasdale Head route is six miles long, up and down and includes 989 metres of ascent. The route we will take is to be agreed with the walk guides, dependant on weather at the time of the challenge.

SNOWDON



A snapshot of what to expect for the Pyg Track, Snowdon

18 July 2020 (Saturday):

Ben Nevis is the highest mountain in Britain standing at 1,344 metres (4,409 ft) above sea level, it is located at the western end of the Grampian Mountains in the Lochaber area of the Scottish Highlands close to the town of Fort William.

The Glen Nevis route follows the river through the beautiful middle section of Glen Nevis before returning through the forestry.

SNOWDON

Start Point:

Pen-y-Pass Car Park at the top of Llanberis Pass on the A4086; grid ref. SH647555. Post code: LL55 4NU

Travelling by Rail

Virgin Trains operate direct train services run to Llandudno Junction and Bangor from London and the West Midlands. Also check with www.nationalrail.co.uk

Approximate journey times

- Euston to Bangor 3.5 hrs
- Birmingham New Street to Bangor 3 hrs
- Manchester Oxford Street to Bangor 2.5 hrs
- Cardiff Central 4.5hrs

Car

From the North West along the M56 and A55 to Bangor and then the A4244. From the Midlands and the South of England, the A5 from Shrewsbury to Capel Curig then the A4086.

Local Bus service - full timetable on the Gwynedd Council website: www.gwynedd.gov.uk/timetables

Llanberis to Caernarfon return, half hourly service 88 or 89.

Llanberis to Bangor return 85

SCAFELL PIKE

Travelling By Rail

The nearest railway station is Penrith. This is on the West Coast Mainline with easy access from Scotland and Virgin Trains. To get the cheapest prices book your train travel well in advance! Use the box below to plan your trip. The train takes just over 3 hours from London and is depending what day you book and the time you travel. Once at Penrith take the bus to Keswick, and then another bus to Seatoller. Seathwaite is about a 20 minute walk away. Both bus journeys will take about 40 minutes.

Car – for road directions use **CA20 1EX** for Wasdale Head Car Park which will put you close the start of the main walk.

Travelling by Bus/Coach

You can take the fastest route, or take a longer more scenic route which will give you a flavour of the Lake District if you haven't been here before. The [One Day Explorer](#) bus ticket costs around £9.75 for an adult, and the 4 day £21.50. You can travel on Stagecoach buses within Cumbria and as far out as Lancashire and Greater Manchester.

Ben Nevis carpark postcode

The postcode for the Ben Nevis Visitor Centre car park is **PH33 6PF**.

How to get to Fort William and Ben Nevis by Car

Fort William by road from Edinburgh is 134 miles. The roads in Scotland are not fast, so expect your journey to take just over 3 hours. It's 109 miles from Glasgow, and this trip can be done in 2 and a half hours. From Inverness it is 65 miles, and takes 1 hour 32 minutes.

Once you've arrived at Fort William need to follow the Glen Nevis signs. The Tourist Path begins around 3 miles along the Glen Nevis road at Achintee

How to get to Fort William and Ben Nevis without a Car

There are a couple of options if you are not driving.

Firstly you can fly to Edinburgh, Glasgow or Inverness and hire a car.

You can go to Edinburgh or Glasgow and take the train - note that there are no direct trains from Inverness. The train from Glasgow takes 4 hours and 40 minutes so it would make a long day with little time on the mountain to plan to do the trip without stopping over nearby.

Tickets can be bought, and fares and times checked on the Trainline site

You can also take a [CityLink Bus](#) which is probably the cheapest option. The bus operates from the 21st May to the 7th October (check the website to confirm dates) and takes three hours from Glasgow, or just under 2 hours from Inverness. The bus does run from Edinburgh, but as it goes via Glasgow is a longer route coming in at about 4 hours.

Transport to Ben Nevis

Train travel to Ben Nevis is very straight forward. The local station is Fort William, with a sleeper train available from the south, arriving at 9.54am.

To save money on train tickets booked in advance, we recommend thetrainline.com

If you are travelling up from London the easiest way (and surprising needn't be expensive) is to take the Sleeper Train. The train travels from London Euston all the way through to Fort William, and the Fort William Railway Station is just a 10 minute walk from the start of the Tourist Path.

The train leaves every night except for Saturday. It leaves London at 9.15pm, and gets to Fort William just before 10 o'clock in the morning so you can arrive refreshed and ready for your climb! After your walk you would have plenty of time to catch the train back at 7.50 pm, and will be able to sleep off your exertions before you arrive back in London just before 8am the next morning.

Please note times and prices are subject to change so plan ahead !

Shoes and Clothing

You can never guarantee what the weather will be like on the day so you have to prepare for the worst. Don't expect the weather at the top to be anything like the weather at the beginning of the ascent. On a mountain, weather can change quickly and drastically too, so you need to bring lots of layers that you can put on or take off. Waterproofs too, are essential: there is nothing worse than trudging up a mountain if you are cold and wet. Trust us, it will ruin your day.

You need good quality, well-fitted walking boots. These days you can find ones that don't need to be broken in, but if they don't fit then you can expect to spend a miserable day with blisters on the way up, and painful toes on the way down. Get good advice from a sport / trekking store such as Cotswolds, Decathlon, Go Outdoors or Blacks. Yes, you might manage in trainers because the weather stays good, but again, you have to plan for the worst.

CHECKLIST

1. **Good walking boots**, good socks, plus spare socks (please note if you turn up with inappropriate footwear then we will not take responsibility for you)
2. **Good Fleece**
3. **Trekking pants** (avoid jeans if possible, if wet they will chafe)
4. **Base layer**, T-shirts, long-sleeve top
5. **Walking sticks** are useful but not essential
6. **Raincoat / all-weather jacket**. Avoid umbrellas
7. **Sunhat / visor / sunglasses/ Sun cream**
8. Anti-bacterial hand-gel
9. Some money for parking and to buy a snack or hot drink at the summit
10. **Fully-charged phone / camera**
11. A basic first-aid kit is useful to help with small scrapes or cuts
12. **Snacks** – As long as you arrive on time then we will provide a simple lunch to take up with you, and you can enjoy this at your leisure. But still, you will burn a lot of calories so bring some extra snacks for yourself. We recommend bananas, dates or a bit of chocolate. Avoid fried or unhealthy food such as cakes as this will leave you feeling lethargic and unhealthy
13. **A 500ml bottle of water** or fill your rucksack bladder with about a litre of water. Its always best to take some extra water depending on your drinking habits.

Additionally, it is always worth keeping a **spare set of clothes** to change into when you get back to the car.

- Make sure you prepare everything that you need well beforehand and give yourself plenty of leeway to arrive in good time without getting stressed.
- Upon arrival at the starting point, please register with us, so we know you are here, we can sign the forms, check your kit and give you your lunch. Depending on your level of confidence and ability, we may also allocate you to a designated guide who will keep an eye on you and support you on the way up and down
- Whether you are part of a group or not, you still need to remain close to a guide because he or she will set a pace for everyone, arrange breaks at suitable points, and if the weather starts to change for the worse, then the guides will make the decision to abort the climb.
- Everyone is expected to stick to the main path. Even this has tricky sections but can be managed with care. What we cannot allow is for people to wander off and to create their own paths because that's when things can go wrong.

How long will it take to walk up and down Snowdon?

We expect it to take around four hours to reach the summit of Snowdon and then two to three hours to go down, meaning you will be on the mountain for most of the day.

What will the pace of walking be like?

The pace set will be accommodating for all. This challenge will not be enjoyable if you rush. The level of fitness will naturally vary throughout the group; therefore whatever pace you adopt you can be sure of company. The group will be encouraged to work together, with stronger walkers helping those who may be slower. The guides will ensure the group stays together and everyone has a great day, making sure everyone completes this challenge. In the interest of safety, participants are not allowed to walk in front of the lead guide or fall behind the last guide unless given permission by your guide. Please note that the pace set provides the event organiser enough time to get everyone to the summit safely and back down again before it gets dark.

Are there many stops on the mountain?

We will have regular rest stops throughout the day at appropriate places. As it is quite a long day, you are encouraged to walk at your own comfortable pace. The most important piece of advice on the day is that you keep taking on fluids at regular intervals. We also recommend that you eat plenty of energy snacks, e.g. nuts, biscuits and fruit in order to maintain those vital energy levels throughout the day as well as adjusting your clothing appropriately. Have extra warm layers for the summit, even if the weather at the bottom is good.

What weather can I expect?

As with any outdoor event, we are unable to predict the weather so each participant must be prepared for all eventualities. You will need to carry full wet weather gear and warm layers with you on the day of the challenge. The weather conditions at the bottom of the mountain may be vastly different to what we can expect at the top. In the past we have encountered everything from sunshine, snow and rain. A detailed weather forecast will be provided for us during the safety briefing before your ascent. Should there be adverse weather conditions, we reserve the right to cancel or change the route for safety reasons.

What kit will I require?

The main items you will need to bring with you are a comfortable pair of walking boots or trainers with ankle support, walking socks, a full set of good waterproofs and plenty of thin warm layers. On the day of the challenge, you will need to carry your own personal kit for the day in a small rucksack which will include: your lunch, water, waterproofs, warm layers, hat and gloves, mini first aid kit, camera and phone (to call all your sponsors from the top – signal permitting). All your other luggage will remain in the transport used to take you to the base of Snowdon.

What is included in the cost of the event?

On the actual event day you will be provided with the assurance of several guides who will be able to safely lead all groups to the summits. You will also be provided with an IKCA Trek t-shirt before you embark on your challenge.

Do I need insurance?

We strongly advise all participants to take out their own insurance to cover them for personal possessions which can be arranged for around £10.

We also advise you take out adequate travel insurance should you become injured or unwell and have to cancel the trip after the cancellation period stated in your Terms and Conditions.

Due to the nature of this outdoor activity, participants should accept a certain element of risk. Our guides will do everything in their power to minimise the risks, where possible. In the interests of safety all participants must abide by any decisions made by the guides.

1. The following are not included in the cost of the trips: items of a personal nature (e.g. telephone calls, insurance and cost of travel to and from the Snowdon).
2. You should take out your own activity travel insurance covering health, accident and loss, emergency repatriation etc. IKCA can help and if requested provide a suitable policy or, if you have your own insurance, you must ensure it is suitable for the event.
3. By registering for this trip you agree to accept the authority and decisions of our employees, tour leaders, agents and suppliers during the trip. If, in the opinion of any of these people, your health or conduct appears likely to endanger the progress of the trip you may be excluded from the whole of, or part, of the trip. In the case of ill-health we reserve the right to make such arrangements for your well-being as we deem necessary and to recover the whole of the costs there of from you.
4. **ACCEPTANCE OF RISK:** Your booking is accepted on the understanding that: (a) You are aware that the adventure trip, in addition to the usual dangers and risks inherent has certain additional dangers and risks, some of which may include:
 - physical exertion for which you may not be prepared
 - weather extremes subject to sudden and unexpected change
 - remoteness from normal medical services
 - evacuation difficulties if you are disabled (b) You acknowledge that the enjoyment and excitement of adventure travel is derived in part from the inherent risks incurred by travelling and undertaking activities beyond the levels of safety normal at home or work, and that these inherent risks contribute to such enjoyment and excitement, being a reason for your participation.
- (c) You acknowledge that the nature of this type of travel requires considerable flexibility and you must allow for alternatives. The outline itinerary provided for the trip is only an indication of what each group may accomplish, and does not form a contractual obligation on the part of IKCA.
- (d) You understand that the route, schedules, itineraries, amenities and modes of transport may be subject to alteration without prior notice due to local circumstances or events, such as sickness, mechanical breakdown, flight cancellations etc.
5. IKCA reserves the right to amend or change the itinerary without prior notice
6. All instructions given to you on the event must be observed for your own safety. Participation in this event is at your own risk.
7. Your place on the event is not secured until; (i) IKCA are in receipt of the signed and completed registration form.
 - (ii) The medical form upon which you agree to the terms and conditions issued by IKCA.
 - (iii) And until you have received a confirmation letter from IKCA stating that your place has been secured

8. IKCA reserves the right to not accept a participant onto a challenge at any point leading up to departure of the trip.

9. Participants will normally only be accepted if they are at least 15 years of age by the first day of the trip. IKCA shall not be liable for any failure to perform the contract which is due to unusual and unforeseeable circumstances beyond the control of IKCA or our suppliers, the consequences of which could not have been avoided even if all due care had been exercised; including but not limited to war, threat of war, riot, civil strife, industrial dispute including air traffic control disputes, terrorist activity, natural and nuclear disaster, fire, adverse or threat of adverse weather conditions, technical problems with transport, closure or congestion of airports or ports.

10. In respect of land-only clients (meaning those people not starting with the group from UK), our responsibility does not commence until you arrive at the designated meeting point. If you fail to arrive there at the appointed time, we shall not be responsible for any additional expenses incurred by you in order to meet up with the group.

11. JURISDICTION: This contract shall be governed by and construed in accordance with English Law and any dispute shall be subject to the exclusive jurisdiction of the English courts.

Name of participant:

Signed:

Date