

# Three Peaks Challenge - Kinder Scout Training

November 23rd 2019

## A trip to the top of nowhere....



This is the training to take part in the CAG Three Peaks Challenge: the highest peak of each of the three ranges in North Wales: Snowdon Massif, Glyders and Carneddau.



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# Introduction

As you know, over the winter and Spring of 2019 - 2020 we are running a CAG Three Peaks Challenge, a series of trips to conquer the highest peaks of the three main mountain ranges in North Wales:

- **Carnedd Llewellyn** - the highest peak of the Carneddau (surrounded by the remains of crashed WW2 aircraft as it is the site of many crashes at that time)
- **Glyder Fawr**: highest peak of the Glyders range, to get to it we will also get to do Glyder Fach (second highest in the range) and Tryfan - the most aweome / exciting / unusual mountain in North Wales (its truly exciting, looks like a hedgehog)
- **Mt Snowdon**: highest peak in Wales and the Snowdonn massif

We won't do them all together but will do one each trip to North Wales. Each trip will be a day trip, no overnight so cheap, and is open to anyone to take part. Trips will be on Saturdays to allow those who play sport on Sunday to take part and will be led by Simon Thomas and Stuart Knight along with other CAG adults. Other adults are very welcome to come along and enjoy the trips with us - we'll need extra transport to assist anyway.

## The Leaders

Stuart and Simon are both qualified professional Mountain Leaders and qualified a few years ago on the mountains we will be visiting (Stu has a very special relationship with Carnedd Llewellyn, ask him about it - as does Simon, but not such a good one). Both have spent years going up, down and around the mountains and know the area very well.

Under their leadership each person will be under supervision that will encourage them to improve their skills, gain confidence and reach the peaks we are heading for, unless there are circumstances which will require an alternative plan.

## Schedule

Date	Activity / Event
Tuesday 19th November	<ul style="list-style-type: none"><li>• Bring kit to Tuesday meeting for kit check - kit list below.</li></ul>
Saturday 23rd November	<ul style="list-style-type: none"><li>• 8am - Meet at the car park in Knowle behind the library to leave for Edale</li><li>• Arrive Edale at 9.30 - 9.45am</li><li>• Get everyone ready for walk up Kinder Scout, leave at 10.30pm</li><li>• Summit Linder Scout around 1pm</li><li>• Down to Edale for 3pm</li></ul>

## Location and Local Area

We will be climbing Kinder Scout, a historic and beautiful area of the Peak District: the route is the start of the Pennine Way, the site of the Kinder Trespass (the first campaign for access to the countryside), the original route of the historic "road" between Hayfield and Edale and the site of dozens of species of birds that Stuart will tell you all about. It is not so much a peak as a plateau of moorland covered in heather, moss and peat. If we are lucky, on a clear day at the top we will be able to see the whole of the Peak District and even as far away as the mountains in North Wales that we will be attempting later.

# Weather

The usual weather in November is cold and wet - you will need plenty of thin layers and good waterproofs. Temperatures are usually in the 3 to 6 degrees zone so lots of good clothing will be required. Kit list is below.

If you need advice on equipment please let us know - you won't need any, it's all provided!!

# Transport

We will be using cars to transport everyone to and from the Peaks – all you have to do is turn up to Knowle shoppers car park behind the library on Saturday and get in. We'll get you there and back.

# Leaders

The leaders on this trip are as follows:

## Leader

## A little about them, in case you didn't already know

### Simon Thomas

**Likes:** Aston Villa, Curry, Muse concerts, offshore yachting & Water Skiing.

**Dislikes:** Fishing, cats, Snooker Birmingham City, Bear Grylls, Westlife, queues, Halifax bank adverts

**Age:** about 12

Simon is officially a Mountain Leader which means he can lead you up the garden path, round the Wrekin and not into temptation but he will mostly lead you astray if you let him. His favourite geographical feature is the Franz Josef glacier on the west coast of New Zealand due to its sheer magnificence, its breathtaking grandeur and the fact that it would provide a lifetime supply of ice for your early evening Hendricks and Fevertree tonic (cucumber garnish).

**Interesting Fact:** Simon's waterproof jacket is so waterproof that once, during a particularly unexpected squall in the Lake District, the rainwater dripped off it at such a rate and at such speed that a new body of water was formed and was subsequently named 'Simon's Water'

### Stuart Knight

**Likes:** Bear Grylls, Canoeing, Walking, Beer.

**Dislikes:** Skiing with good technique, Channel 5.

**Age:** 59

Stuart was been with CAG as a permanent leader for many years and is now a "retired semi permanent" leader. Like Simon, Stu is a certified Summer Mountain Leader. Stu left the police force after the bureaucracy limited his ability to investigate cases with the flair and freedom he had enjoyed in the 80s. He has now gone freelance specialising in reopening cold cases in the Miami and Bickenhill areas. He's got a chip on his shoulder and a score to settle.

**Interesting Fact:** Stu's lifelong dream has been to beat Dickie at downhill skiing. However, he has not been successful to date and is highly unlikely to be on this year's ski trip.

### Ruth Billingham

**Likes:** Gin, making up stories and Ted

**Dislikes:** Everything not gin, mussels, cheap tonic and caterpillars

**Age:** 21

Ruth longs to live the high life and consequently spends most of her time with her head in the clouds. She has recently bought a fortnight in a timeshare yurt somewhere in the Himalayas but is so rubbish at map reading has yet to find it. She has vowed to never in her lifetime play foxy bingo although she can't resist a game of mousetrap using real mice and plenty of cheese.

**Interesting Fact:** Ruth's favourite pastime is putting things in order. This stems from her time as a librarian at the Bodleian Library, Oxford. In the past she has catalogued Simon's many baseball caps (much to his chagrin), colour coordinated the fruits in her fruit bowl and more recently, was caught in Tesco arranging all the canned goods into alphabetical order.

## Richard Ackroyd

Likes: Aston Villa of course, pulling teeth and sunshine  
Dislikes: Birmingham City, Jerry Allen, being 2nd  
Age: 25

Richard is a former member of CAG and a fully fledged leader with a huge interest in following Simon around the hills and on the water. Richard is a keen mountaineer and loves getting out and about doing most things. Richard is also CAG's second best skier, after Simon. Richard has never been to Kinder Scout and is looking forward to Simon and Stu's fascinating and thorough guidance through the area.

**Interesting Fact:** Richard is a fully qualified blancmange chef but dissolves on contact with cream.

## Jamie Walker

**Likes:** Boyzone, Marching, Ironing and Aston Villa  
**Dislikes:** The Navy, RAF and part timers  
**Age:** guess!!

Jamie is the newest, most timid, member of the CAG leadership team so please be nice to him. He comes with limited experience of outdoor affairs, most of which is wrong and will need to be retrained from scratch. This is Jamie's second CAG trip and will need lots of encouragement to overcome his fear of sheep.

**Interesting Fact:** Jamie has previously applied to be on Love Island, X Factor, Bruce's Play your Cards Right, Fifteen To One, Homes Under the Hammer and the Ten O'Clock News!

# Trip Cost and Payment Details

The trip is £12.

All payments are to be sent online (electronically – no cash or cheques please) to:

- Sort code: 402622
- Account: 41271806
- **Payment reference: PLEASE - use payment reference "LastName Kinder".**

# Application To Take Part

To apply to go on the trip please return the two forms ("Intention to Participate" & "Permission & Health Form") by Tuesday 19th November (the next meeting)

**Every participant needs to fill in a Health Form.**

If you can't return your forms by that time please email [simonh@challengeadventure.org](mailto:simonh@challengeadventure.org) to notify him of your intention to take part.



# Checklist - for you, not us

## Three Peaks Challenge - Kinder Scout Training

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We have created this checklist to help you with the process required. **We don't need to see this - it's for you, please keep and use it - we'll know if you've done these items or not (😊)** so please keep this for reference and dispose of when no longer needed (please don't send to us).

ITEM	DUE BY	Done (tick)
<b>1</b> <b>Make payment:</b> £12 using reference "LastName Kinder" - pay now or tell us to use member funds account.	<b>19th November</b>	<input type="checkbox"/>
<b>2</b> <b>Complete and return "Intention to Participate" form</b>	<b>19th November</b>	<input type="checkbox"/>
<b>3</b> <b>Complete and return "Permission and Health" form</b>	<b>19th November</b>	<input type="checkbox"/>
<b>4</b> <b>Go on trip, have a great time</b>	<b>23rd November</b>	<input type="checkbox"/>



# Intention to Participate

## Three Peaks Challenge - Kinder Scout Training

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**Parent name:**

**Members name:**

I understand the trip will run on 23rd November 2019. I understand the cost of the trip will be £12 and wish to pay as follows (tick one):

- I will make payment online, **or:**  
 I wish to use member funds account

I understand the deadline for application and payment of any rental fees will be **Tuesday 23rd November 2019**. If I don't complete the payment by that date I understand my son's place may be offered to another CAG member.

I understand that acceptance on the trip will only be when **both** trip forms ("Intention to Participate" & "Permission & Health Form") **AND** payment have been received by the organiser.

I understand I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

**Date:**

**Signed:**



# Permission and Health Form

## Three Peaks Challenge - Kinder Scout Training

**Participant's Name:** \_\_\_\_\_

To be signed by a parent / guardian. Please complete legibly in black ink.

The trip will take place in Woolacombe from 21 - 23 June 2019.

We are leaving from Shoppers Car park, Knowle on 21 June at 5.30pm and will return at 5.30pm on 23 June. The cost of the trip is **£140**.

<p>I give permission for <b>above named person</b> (date of birth: _____) to attend the Kinder Scout Training.</p> <p><b>Has above named person been in contact with any infectious diseases within the last three weeks:</b></p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>_____</p> <p><b>Date of last tetanus immunisation:</b></p> <p>_____</p> <p><b>Medicines currently being taken:</b></p> <p>_____</p> <p><b>Does above named person have any allergies to food, medicines or other? Please provide details.</b></p> <p>_____</p> <p><b>Does above named person have any special dietary needs? Please provide details.</b></p> <p>_____</p> <p><b>Does above named person have any special needs? Please continue overleaf if necessary.</b></p> <p>_____</p> <p><b>Any other information:</b></p> <p>_____</p>	<p><b>Does above named person have any conditions that may prevent him / her from taking part in the programmed activities?</b></p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>_____</p> <p>If so, please provide details below. Please continue overleaf if necessary.</p> <p>_____</p> <p><b>Name and address of own doctor:</b></p> <p>_____</p> <p><b>Emergency Contact Details:</b></p> <p><b>During the event I can be contacted in an emergency at:</b></p> <p><b>Address:</b></p> <p>_____</p> <p><b>Tel / Mobile Numbers:</b></p> <p>_____</p> <p><b>Email:</b></p> <p>_____</p> <p><b>Other emergency contacts:</b></p> <p>_____</p>
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If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

**Signed:**

**Date:**





# Kit List

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You will need the following:

- Lots of thin layers
- A set of clothes to travel home in, in case you get really wet / muddy.

You will need to wear a set of clothes and have plenty more (fleece sweaters, hats, gloves, t-shirts) in your back pack to put on in case you get cold., The following list is a minimum that you must wear / bring.

### Required

- Backpack
- Underwear x 2
- Walking Socks
- Walking boots
- T shirts (non -cotton) x 2 or even 3
- Fleece pullover / jacket (not sweatshirt!!) x 2 or even 3
- Lots of food for the day & water bottle (at least 1.5l of water)
- Spare plastic bags for dirty / wet clothes
- Thermal top & bottoms
- Waterproof gloves x 2
- Hat x 2
- Waterproof Jacket
- Waterproof Trousers
- Flask of hot drink
- Some money
- A good head torch with spare batteries

### Optional

- Neck warmer
- Sunglasses

### Do NOT bring:

- A knife of any kind – you won't need it and we'll take it off you!
- Gaming device
- Energy drinks

**Cotton Clothing:** Whatever you wear, do NOT wear a hoodie that is cotton or part cotton, it won't keep you warm!! PLEASE check the label and don't wear a hood, it will get wet and keep you cold.

**Naming Items:** Please make sure all of your items are suitably marked or named so that you can reclaim them at the end of the trip - we **always** have items of clothing left over.