



Howgill Fells 2000's Challenge Walk

Guided challenge walk in the Howgill Fells

With Mark Reid, author of 'The Inn Way' and Mountain Leader

WALK OVERVIEW

*Yarlside - Randygill Top - Fell Head - Bush Howe - White Fell -
The Calf - Bram Rigg Top - Calders - Great Dummacks*

20 km – 1,350m of ascent – 9 hours

YOUR GUIDE



Mark Reid

Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of 'The Inn Way' guidebooks

WHERE AND WHEN TO MEET

We will meet at 8:30am at Sedbergh (Loftus Hill car park), from where we'll car share to the Cross Keys at Cautley (10-minute drive; limited roadside parking). **The walk will commence at 9am.**

OUTLINE OF THE DAY

8:30am: Meet at Sedbergh, car share to the Cross Keys at Cautley (10-minute drive)

9am - 6pm: Fully guided walk around the Howgill Fells 2000's challenge walk

6pm: Well deserved celebratory drink back at Sedbergh

NB: *Finish time is approximate*

THE WALK

The **Howgill Fells 2000's** is a challenge walk that takes in all nine summits over 2,000-ft (610 m) in the Howgill Fells, a wonderful range of open hills in the western Yorkshire Dales National Park.

The nine summits are:

1. The Calf - 676m
2. Calders - 674m
3. Bram Rigg Top - 672m
4. Great Dummacks - 663m
5. White Fell - 640m
6. Fell Head - 640m
7. Yarlside - 639m
8. Randygill Top - 624m
9. Bush Howe - 623m

Mark Reid will guide you along this new challenge walk. The route takes in the very best of the remote and beautiful Howgill Fells, a compact area of hill country with rolling fells and plunging valleys; the name 'howgill' comes from the Viking words for 'hill' and 'ravine'.

This challenge walk starts and finishes at the Cross Keys at Cautley, and takes in Cautley Spout (England's biggest waterfall), the deep and remote valleys of Bowderdale and Langdale where wild fell ponies graze, rolling grassy fells with no walls or fences (and not a single stile to cross or gate to open), and fantastic views across the Yorkshire Dales, Lake District and Irish Sea from all nine summits. The Howgill Fells are said to resemble a herd of sleeping elephants! The Howgill Fells are unfrequented, and we will probably have the hills to ourselves all day.

Much of this walk follows grassy paths across exposed, open grassy moorland and hills; some sections are pathless across rough, open ground and there will be some stream crossings. There are several steep climbs, particularly up alongside Cautley Spout and Cautley Crag (with steep drops to the side of the path), out of Langdale over the broad ridge of Hazelgill Knott into Bowderdale and then out of Bowderdale up onto Randygill Top, as well as a very steep climb up onto Yarlside. There are a number of steep descents, notably from Wethercalf Moss into Langdale, from Hazelgill Knott into Bowderdale and long descent from Yarlside back to Cautley.

Mark Reid will guide you around this route, so that you can forget about navigating your way round on the day and concentrate on raising money for your chosen charity instead! **The walk is 20km with 1,350 metres of ascent.** All participants will need a good level of fitness and stamina, and prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk before this event. The walk will take around 9 hours to complete, and so we shall finish the walk at around 6pm. This finish time will be dependent on the pace of the group, weather conditions on the day etc, and so we could finish the walk anytime between 5pm and 7pm. Successful completion of this walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this guided walk is no guarantee of its successful completion.**

FOOD, WATER & FACILITIES ALONG THE ROUTE

Each person completing this walk will burn around **4,000 calories** and lose **3 to 4 litres of fluid** over the course of the day. A good breakfast is important. Eat plenty of snack food throughout the day to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you. You will need to carry at least 3 litres of water in your rucksack, and drink at regular intervals. ***No facilities along the route.***

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Warm hat, waterproof gloves and spare fleece
- Water bottle (3 litres) and flask of hot drink (optional)
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note: Please provide your own walking boots, with sturdy cleated soles and ankle support.

In the car for the end of the walk

- Towel (in case it's raining)
- Change of socks, shoes and T-shirt and deodorant!

WHAT'S INCLUDED

- ✓ Fully guided walk around the Howgill Fells 2000's challenge walk with Mark Reid
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable). * *Loyalty Reward issued on the course.*

Please Note:

- No previous experience is required as guidance will be given. However, this is a challenge walk that is demanding & strenuous, and must be approached with preparation & planning.
- This long distance challenge walk covers 20-km in a day, with 1,350m of ascent which will take around 9 hours to complete. The route includes steep sections, rough, boggy and uneven terrain, stream crossings, stiles, paths, tracks and lanes, high open hills and moorland, & pathless open country for much of the day. We may encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and also prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk prior to the event.
- Successful completion of this walk will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided challenge walk is no guarantee of its successful completion.
- Our courses are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

POST WALK

Please note that after completing this challenge walk you will feel tired, with aching feet and legs. Please take this into consideration if you are planning to travel home after the walk. We advise you to either arrange transport with friends or family, use public transport or stay overnight locally.

CONSENT FORM

Please complete the Booking Form, which also includes our **Terms and Conditions**.

Final details of this walk will be sent to you approximately 2 weeks prior to the event

ANY QUESTIONS? Email: info@teamwalking.co.uk

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