



RaksTrust
GreatGable2025
29th August – 31st August

Thank you for participating in this year's event to raise money for RaksTrust. This year's event is an attempt to summit Great Gable peak which stands at 899m. Please read through this factsheet carefully and if you have any questions, please get in touch via email at info@rakstrust.org

Introduction

The walk itself will take place on Saturday 30th August starting at 8:00am at the latest and will be a 6-8 hour walk, with the start point a 30 minute drive from the accommodation. You do not need any experience for this walk as we will have plenty of experienced people on hand to help including a small support team. The route will be worked out beforehand, so all you have to worry about is getting fit in preparation!

Accommodation, Meals and Cost

Accommodation has been arranged at Irton Hall, which will cost £135 per adult or £50 per child (5-11 years old). There is no charge for children under the age of 5. The price includes accommodation for 2 nights, meals and drinks and a packed lunch for the walk. **Please note that towels and bedding are also provided, so no need bring your own.**

At Irton Hall, accommodation is divided into 8 separate self-catering spaces. Breakfast will be self-service in your allocated cottages. We will provide breakfast essentials such as bread, cereal and butter, as well as milk, tea and coffee. However, please do feel free to bring anything else you might want.

Dinner and drinks on Friday and Saturday evening will be served at Santon Bridge Village Hall which is a 5 minute drive from Irton Hall. The details can be found in the 'Additional Information and Resources' section.

Fitness

It is advised that you get some practice done, **you should aim to be able to walk 1 hour uphill as a minimum without stopping.** A link to a recommended training regime by the British Heart Foundation is provided in the link below in the 'Additional Information and Resources' section to help act as a guide.

Equipment

- You will require a backpack of some kind. You won't have to carry much, but you are required to carry your lunch, spare water and any layers.
- It is very important that you dress well for the walk. Appropriate walking shoes/boots (**not trainers or pumps**) are essential as well as at least 1 pair of thick socks to avoid blisters. You will also need a few layers as well as waterproofs. Light-weight walking trousers are advised, jeans are **strongly not recommended!**
- You must ensure you have enough water to last the walk; a minimum of **2 litres of water** is advisable. You are expected to **carry all your water with you** so you may want to consider a camel-back. Water is available for you to take with you when you collect your lunch pack.
- For stability, walking poles are advisable
- You should also bring comfortable and warm casual clothes for the evenings

Fund Raising

Please go to the 'Support Us' page on the RaksTrust website at www.rakstrust.org/supportus to find information on our projects, links to the trust's JustGiving pages as well as some hints and tips to maximise your fundraising.

Itinerary and Notes for The Weekend In General (Subject to changes on the day)

- Friday 29th August: Arrival 5:00pm onwards at Irton Hall. Dinner is served at 7:00pm
- Saturday 30th August: Meet at 7:00am in the courtyard to collect lunch pack and set-off by 7:30am with the lead group taking a 5 minute head start
- The route is a 6-8 hour hike starting from Wasdale Car Park
- Designated team leaders familiar with the route will take the whole group divided into teams up the peak
- If at any stage you feel you cannot go on or require medical attention, inform your team leader immediately
- Finish the hike ready for a well-deserved evening meal and a drink (or 3!)
- Sunday 31st: Depart Irton Hall 10:00am (please note all beds must be stripped and used sheets and towels be left on the bed)

Additional Information and Resources

Please note that the following equipment are useful beyond anything stated:

- **Spare socks**
- **Gloves**
- **Hat**
- **Waterproofs**
- **Torch/Head Torch**
- **Trust T-Shirt**
- **Mobile phone**

Accommodation:

Irton Hall
Holmrook
CA19 1TA

Evening Meals:

Santon Bridge Village Hall
Holmrook
CA19 1UY

Links:

<https://www.irtonhall.co.uk/>

<https://santonbridgehall.weebly.com/>

<https://www.bhf.org.uk/~media/files/events/training-plans/walking-training-plans/walkingadvancetrainingplan.pdf>