



PRE CHALLENGE TRAINING WEEKENDS



0207 354 1465 | www.kilimanjarochallenge.com | www.actionchallenge.com

Pre Challenge Training Weekends 2012

Our training weekends are the best way to prepare yourself physically and mentally prior to tackling Kilimanjaro, and are a great way to meet other trekkers, the Action Challenge team and our fully qualified Mountain Leaders, as well as the opportunity to test out your kit and equipment out in the mountains.

We run two training weekends in Snowdon National Park where we tackle the summit, and also in the Peak District – with departures throughout the year.

Staying in hostel accommodation we spend two days walking, simulating the experience you will have on Kilimanjaro, giving you the opportunity ask any questions about the challenge as you trek! You will also have a trip briefing detailing the itinerary, challenge details with a talk also on kit and equipment. Our training weekends are specifically designed to ensure you are well prepared and equipped prior to your climb as well as testing your fitness and braving the elements!

The Peak District

Day 1 – Evening arrival at our hostel accommodation.

Day 2 - Based in Edale, the start of the famous Pennine Way, we head off early this morning and trek up along Grindsbrook Clough before reaching the rugged, lonely and beautiful Kinder Scout. We continue our walk across the Moors before returning to Edale via the dramatic Jacobs Ladder. This evening we have a challenge briefing, before a meal at our accommodation.

Day 3 - Today we will lead another walk of around 4 – 5 hours. This area really is a walkers play ground, with many different options available to us depending on the local weather conditions and the ability of the group.



Price - £149

**Dates - 16 – 18 March 2012
06 – 08 July 2012**

Snowdonia and Mt Snowdon

Day 1 – Evening arrival at the hostel from 6pm onwards.

Day 2 - Our walk begins through forest, passing a series of quarries before joining a route that approaches Snowdon's summit from the south. We stop for lunch en route before our steep climb up to the summit. It is a tough ascent but on a clear day we are rewarded with fantastic views across Snowdonia. We descend Snowdon via the famous Pyg track and steadily make our way down, before heading back to the Youth Hostel, where we have a full challenge briefing on your planned adventure.

Day 3 – We walk a circular route directly from our Youth Hostel, spending around 4 hours walking up and over the hills before we stop for lunch in front of a stunning mountain panorama. We then head back to the hostel where the weekend will officially finish at around 2pm.

Price – £149

**Dates – 18 – 20 May 2012
14 – 16 September 2012**



EQUIPMENT REQUIRED

Heavy fleece / Wind-stopper
Hat and gloves
Waterproof jacket and trousers
Platypus or water bottles (2-3 litres capacity)
Base layers - including spare dry layers
Walking trousers
Walking boots / ankle support hiking trainers & socks
Trekking poles (optional)
Sunglasses / sun protection – essential!
Day sack – 20/30L + waterproof shell
Energy bars/snacks/chocolate
Casual wear for evenings
Wash kit and Trek towel

ACTION CHALLENGE SUPPORT

Maps, compass, GPS navigation aids
Mountain Leader trained guides
VHF radios, mobile communications
First Aid Kit
Emergency Equipment

ACCOMMODATION

Accommodation will be provided for two nights (Friday and Saturday each weekend) in a youth hostel, with single sex multi-share rooms and shared bathrooms.

WEATHER CONDITIONS

The weather in mountainous areas of the UK can be unpredictable, and may change very quickly from bright sunshine with light breezes to gusty winds on exposed ridges, with lashing rain. With this in mind a good base layer and waterproofs are essential pieces of equipment to carry with you, as the conditions may deteriorate rapidly, with little pre-warning.



FOOD

Meals will be varied and plentiful. We provide a cooked breakfast on the Saturday and Sunday along with packed lunches whilst out walking. On the Saturday evening there will be an event briefing given by a member of the Action Challenge team before dinner.

TREKKING TERRAIN

In Snowdon and the Peak District we will be trekking across varying terrain, steep inclines (to exercise your legs!) , down hill, rocky and scree slopes. Our route has been designed to give you the best practice for the terrain you will cover on your challenge and will give you the opportunity to test out your walking boots (we recommend they are already broken in), and walking poles if you are considering using these one your challenge.

FITNESS

A good level is required to complete the weekend, as we will be walking for between 7-9 hours each day across varying terrain, up and down hill. However the weekends are designed as a training exercise to establish your level of fitness and areas for improvement prior to your challenge and there will be regular stops and rests during the walk. We recommend booking your training weekend between 3-6 months prior to your challenge.

BOOKING

To book your weekend training package today [click here](#) to go to the online booking form.