

## ASCENT INFORMATION

START/FINISH: BUTTERMERE LAKESHORE BASE CAMP

LENGTH: 22.8 KM / 14.0 MILES

ASCENT: 1758 METRES / 5800 FEET

GRADE: HARD

TARGET TIME: 10 HOURS



The Wilderness  
Programme  
*time to recover*

From Crisis to a Life Worth Living

# 'THE 6 PEAK'S CHARITY CHALLENGE FOR MENTAL HEALTH'

21<sup>ST</sup> SEPTEMBER 2024

BUTTERMERE

The Wilderness Programme is the only UK charity of its kind that provides a cost free, residential, non-medical and nature based recovery programme aimed at creating opportunities for the long term recovery from mental health related problems.

'The Buttermere Horseshoe' comprises 6 Lakeland Peaks and is a high level circuit around arguably the finest valley in England with its summits (all Wainwrights) in close configuration.

### What You Need To Know:

This is a strenuous walk that presents no technical difficulties. The walk starts and ends at the village of Buttermere, which is situated on the shores of the lake with the same name.

The '6 Peaks Charity Challenge for Mental Health' event takes place on the 21st September 2024 with participants arriving the day before.

Each participant is asked to raise a minimum of **£500.00** to be donated to The Wilderness Programme.

### What's included:

Event Registration, Two Nights Camping in Buttermere (Tents\* Provided by TWP), All Meals, Snacks & Refreshments including Celebratory Meal, Mountain Guides, First Aid, Radio & Safety Cover, Vehicle Support, Public Liability Insurance.

\*limited to 30 px

### What's Not included:

Personal Accident insurance, Outdoor Clothing or Equipment, Sleeping Bags/ Overnight Kit.

Any questions please email:

[sixpeaks@thewildernessprogramme.org.uk](mailto:sixpeaks@thewildernessprogramme.org.uk)

**Applicants MUST register before Friday 31st May** Terms & Conditions Apply

For full details of the challenge and to register for the event please visit our website.

# [www.thewildernessprogramme.org.uk](http://www.thewildernessprogramme.org.uk)

The Wilderness Programme is a registered charity regulated by the Charities Commission for England and Wales: Charity Registration Number: 1204799