

6 Peaks Challenge FAQs

Entering, fees, fitness, training

When is the entry deadline?

The deadline is the end of April 2010, but places are limited to 200 walkers and we allocate them on a first come first served basis. In addition, from previous experience we've found that teams leaving it to the last minute to register do not have time to prepare fully for the challenge. Early registration gives your team plenty of time to train for the challenge and secure that all important sponsorship.

Is there any upper/lower age limit for participants?

The lower age limit is 18 years of age by the start of the event. There isn't an upper age limit but this is a strenuous event and it is, therefore, extremely important that walkers are fit and without serious medical conditions. If teams are hiring or borrowing vehicles your drivers may have to be aged 25+ to comply with insurance requirements. No-one under the age of 21 can drive a minibus.

What is the minimum/ maximum number of team members?

The minimum is 5, including two drivers and the maximum is 8. There needs to be two drivers as it is unsafe for just one person to drive that far for that long, and we have found from experience that between 3 and 6 walkers in a team is most practical.

Can the drivers also climb the mountains?

Drivers are NOT permitted to climb for safety reasons – we don't want them too tired to drive safely. Although they CAN climb the LAST peak if they wish.

What does the entry fee cover?

The entry fee is £300 + VAT per person and this covers all ferries, accommodation on the Isle of Man and in Ireland and the dinner on the final night of the challenge. It will also cover bunkhouse accommodation at Ben Nevis. The fee covers all the costs of running the challenge so that any money raised as sponsorship can go towards supporting WaterAid's work overseas.

Ferries – (minibus up to 6m in length)

Thursday evening from Liverpool to Isle of Man for the Walkers

Friday evening from Isle of Man to Heysham for the Walkers

Sunday evening from Scotland to Ireland for Walkers, Drivers and One minibus.

Tuesday late afternoon/evening return from Ireland to UK for Walkers, Drivers and One Minibus

(teams will be offered a choice of return routes . . . Fishguard, Holyhead or Stranraer)
(teams can elect to return on a different day)

Accommodation -

B&B in Twin Room (very basic, not guaranteed en-suite) on Thursday night on the Isle of Man for the Walkers

Bunkhouse in Fort William (very basic – not en-suite) for Walkers and Drivers

B&B in Twin room in Killarney on Monday night for Walkers and Drivers

Meals -

Buffet lunch on the Isle of Man on Friday for the Walkers

Three course dinner in Killarney on Monday night for all team members

Other items -

Set of 6 Peaks maps for each Walker

T shirt for each team member

Coach transport on Isle of Man from Douglas to/from Laxey on Friday for the Walkers

Certificates & Medals for all team members

Why is VAT being charged on the entry fee?

Due to recent changes in HMRC regulations the event falls under the TOMS (Tour Operators Margin Scheme) and VAT must be charged on entry fees.

Do Drivers get T-Shirts?

Yes, all team members will be given a t-shirt.

What level of experience/fitness is recommended for this challenge?

Our experience has shown that a walker will be fit enough to take part in the challenge if they can manage a cross-country hike of 20-25 miles which takes in four or five decent-sized hills, all within 10 hours.

This is how we categorise experience:

0 hills climbed	No experience
0 – 5 hills climbed	Extremely limited experience
5 – 15 hills climbed	Limited experience
15 – 25 hills climbed	Quite experienced
25 – 50 hills climbed	Experienced
50 plus hills climbed	Very experienced

Please note that by 'hills' we mean peaks that are equal to or higher than the lowest of the 6 Peaks, ie. Snaefell at 2037 feet (620 metres).

We would like to take part, but none of us are very experienced at hill walking. What can we do?

Enter, and get training! The challenge is not until July, and there is plenty of time to build up an adequate level of expertise. The 6 Peaks Challenge team can offer mountain training for one or two days in the hills.

You say that the team leader must be an experienced mountain walker, what do you mean by this?

By experienced mountain walker we mean:

- someone who can read a map and navigate in the hills
- someone who is confident to take themselves and a small group of other people into the hills safely
- someone who has walked in the British high mountains more than a handful of times
- someone who has their own rucksack and knows what should go in it

Can WaterAid provide experienced Team Leaders?

No, WaterAid cannot provide Team Leaders.

Can WaterAid provide experienced Drivers?

No, WaterAid cannot provide Drivers.

Is there an easy way to form a team? Do you have a list of individuals who are interested in participating but are unable to form a team?

We can keep your details on file and put you in touch with other individuals who are keen to take part, but are unable to form a team. Or there may be a possibility of joining an existing team if someone drops out. Please let us know if you wish us to keep your details on file.

Can WaterAid advise where adequate training for the event can be obtained?

There are training walks and mountain navigation courses available from the 6 Peaks Challenge organisers, but you can also find lots of other venues that offer training such as Plas-Y-Brenin in Wales, Glenmore Lodge in Scotland and the Outward Bound Centre in the Lake District. In the classified Ads in the back of magazines such as Trail and The Great Outdoors there are literally hundreds of individual offering mountain guiding and navigation training.

Sponsorship

What is the minimum sponsorship for the event?

We ask each team member to raise £500.

Why do we have to raise £500?

We ask participants to raise a minimum of £500 each because from past experience we believe that this is achievable. However, we do expect more from teams from the corporate sector and they frequently raise sums far in excess of this minimum. We have found that the level of challenge and the unique nature of the event makes people dig deep and sponsor participants generously.

I don't think I will be able to raise £500. Can I still enter?

Yes - it is a target. Enter, get fundraising early and try your best - you will probably surprise yourself. WaterAid will offer fundraising advice, and support to you wherever we can. The sponsorship target is £500 per team member, but it should be a 'team effort' so work together and you'll find it's not so hard.

Where can I get a sponsor form?

You can download a sponsor form from the 6 Peaks Challenge website, or sponsors can make their donations online by using Just Giving website.

Can WaterAid issue a receipt, for the total amount of sponsorship money sent by an individual participant?

WaterAid can send receipts according to the way that the money is submitted. So, if a team sends its sponsorship money in one lump sum then one team receipt will be issued. If individuals submit their money separately then individual receipts will be issued.

Where do we send our sponsorship money?

Cheques made payable to WaterAid accompanied by a sponsor form Please remember that cheques expire after 6 months, so make sure that you send them in to us promptly. Please send to:

6 Peaks Challenge
WaterAid North of England Office
Elvington WTW
Elvington
York
YO41 4BA

Please don't send money direct to WaterAid London office as it difficult to allocate the money you send in to your Team and our Challenge.

What press coverage/ publicity will there be? We need to know to encourage sponsors.

The challenge will be advertised through WaterAid's websites and publications, water industry publications, Outdoor activity/ mountaineering websites such as Time Outdoors, and teams in the past have often received local media attention- the WaterAid press office will support teams with this.

Can my sponsors have their logo on the 6 peaks website?

If a company sponsors a mountain they can have their logo on the website... if they sponsor a team, the team can put the logo on their online sponsorship page which will be linked to the 6 Peaks website. To find out more about this please contact the challenge office.

How can we sponsor a mountain?

WaterAid is offering your company or organisation the unique opportunity to sponsor one of the 6 Peaks mountains for **£2000 + VAT**

In return your company or organisation will be acknowledged on the 6 Peaks website, with a hyperlink from your logo directly though to your own website.

In addition, your logo will appear at the Mountain Control post for your chosen mountain and at the Celebration Dinner, and a representative of your company will be invited to the 6 Peaks celebration events. Contact us for more information 6peaks@wateraid.org, or 0845 120 1293.

Logistics, insurance, first aid

Where do drivers collect the walkers?

Drivers will meet the walkers at Heysham ferry terminal at around midnight on the Friday. (Drivers do not travel to the Isle of Man.)

What time does the event start on the Isle of Man?

The event starts at Laxey Harbour on the Isle of Man on Friday 2 July at 1pm.

What information will be provided to drivers regarding the routes between mountains to ensure that permitted driving hours are not exceeded?

Full route information will be sent prior to the event, this will give the drivers time to plan their journey. Also tips and guidelines will be issued to the drivers prior to the challenge.

Do I need to bring Walking Poles to the Isle of Man?

Every team must always take one pair of walking poles with them on every mountain – they're always useful to have around. When you travel to and from the Isle of Man on a

flight or a ferry, because of their shape they have to be checked in as 'hold' luggage and cannot be carried as 'hand' luggage.

I will be bringing luggage to the Isle of Man, but my team minibus won't be there.

Will my luggage be safe?

For the Isle of Man where your vehicle is not available, the luggage will be kept securely at the place where we have lunch.

How do you know where all the walkers are on the mountains?

Every team is issued with a hand-held VHF radio and they use this to report to us at specific places on the way up and down the mountain. As backup every team is also issued with an automatic GPS / SatPhone tracker which updates their position every 10 minutes. The maps produced by the Trackers are available during the challenge for everyone to see on the internet. It is an excellent way to let family, friends, colleagues and sponsors monitor your progress.

What do we need to do about insurance?

Each participant should get travel insurance that covers a walking holiday in the UK and Ireland. They also need to apply for a European Health Insurance Card (EHIC) for the Irish leg of the challenge. This can be done online by visiting the European Health Insurance Card website. Having some form of travel insurance is important since if you had an accident on the hills or on the roads in Ireland, then this would usually cover medical costs and costs to repatriate you to the UK

Will flyers to the Isle of Man be met at the airport?

If they arrive on Thursday they will have to make their own way to their accommodation. On Friday YES we will meet you as long as we know your flight number and arrival time.

Can we hire satellite telephones?

If you want to, but it is up to you. WaterAid will not be providing these. Each team will be issued with a hand-held portable radio to use when they're walking in the hills so that they can check in with mountain control and summon assistance if necessary. The only place during the challenge where we have found mobile phone coverage to be an issue is Scafell Pike, especially at Mountain Control.

What is the accommodation like?

The accommodation on the Isle of Man is basic and you will be sharing a twin room. The accommodation at Ben Nevis is in a bunkhouse. In Killarney the accommodation is in a good standard of hotel and again you will be sharing a twin room.

Will there be accommodation for the drivers on the Isle of Man or the mainland?

No, the drivers will have to make their own arrangements for Thursday night.

Is it possible to have a single room?

It is possible, but you would have to pay a supplement.

What first aid facilities will be available at each mountain?

At each peak, where available, we have organised First Aid cover from St John's Ambulance, Red Cross and similar organisations.

What facilities (e.g. showers) are available at the bottom of each mountain?

There will always be First Aid, there will always be a toilet or Portaloo. The only places where a shower is available is at Slieve Donard Mountain Control and Corran Tuathail Mountain Control.

What type of first aid kit do we need?

That which you would normally carry on a mountain climb. Something small and simple – you can buy one from a Mountain Equipment shop – or make one up yourself.

Do I need to bring a Sleeping Bag?

No you don't need to bring a sleeping bag. The bunkhouse accommodation in Fort William includes bedding. On the Isle of Man and in Killarney you are staying in normal hotel rooms. You might want to bring a sleeping bag along to make your journey in your vehicle warmer and more comfortable - especially if you think it might help you sleep.

Can we book cabins on the ferry crossings?

Cabins are available on the Friday night ferry from Isle of Man to Heysham and these can be booked for an extra fee (approx £40). They have bunks, toilet and shower and are a great way to relax and get fresh again after your first mountain. If you want a cabin on this crossing you need to make a booking direct with Isle of Man Steam Packet. When you make the booking you only need to pay for the cabin - your initial passenger ticket is organised separately for you by the challenge.

Can we book First Class Lounges on the ferry crossings?

Yes, but you would do this yourself with Isle of Man Steam Packet or Stena Line either in advance or on the day. When you make the booking you only need to pay for the lounge - your initial passenger ticket is organised separately for you by the challenge.

Can you tell me where we can hire a minibus?

No, we do not have a list of hire companies – Yellow Pages is your best starting point.

Why do I need D or D1 on my licence to drive a minibus?

To drive a minibus (10 or more seats) in Ireland a driver MUST hold classification D or D1 on their driving licence. If a driver doesn't have D or D1 then it is possible to take a special driving test - you can find out more details from the Driving Standards Agency, or ROSPA.. This rule is the same in UK, but the rule is relaxed if you are not driving for 'hire or reward'.

Miscellaneous

Why does a charity like WaterAid do something that is so bad for the environment?

We are aware that challenges like this do have an impact on the environment, and that other charity challenges have got bad reputations for their treatment of the environment they use. WaterAid follows the Institute of Fundraising guidelines for outdoor events which means that we:

- *Limit the number of places on the challenge,
- *Put time restrictions on the challenge which stop people driving fast to complete the challenge
- *Do not disturb communities close to the hills
- *Avoid the busiest times of the year on these mountains.

There is more information about this on the 6 peaks website.

Will there be an official spreadsheet that shows times for individual teams on each mountain?

Yes. A copy of this will be sent to each team after the Challenge and also available to download from the web site.