

Three Peaks challenge guidelines – Wasdale

Parking: Follow the signs and park at Lakehead pay to stay car park, grid reference **NY 182 074**. This is open 24hrs. Your fees will go directly to conservation projects and maintaining routes up Scafell Pike.

Please **do not park in** passing places, mountain rescue access points, clearways, private tracks, gateways, roadside verges or on the village green (Wasdale Head.) This leads to serious problems of access, litter, fouling and noise for residents and visitors. Please use the car parks provided.

Toilets: There are very basic portaloos available at Lakehead car park as well as at Wasdale green. All waste has to be transported out of this ecologically sensitive valley, so please try to go before you arrive.

Please leave the toilets in a good condition, taking litter and clothing away with you. Avoid using the mountains as an outdoor toilet, this has significant impacts on local water supplies, ecology and is unpleasant for other visitors. Where possible go before you arrive.

Noise: Overnight, please keep noise to an absolute minimum **by switching off engines and lights**. Parking at Scafell Pike is right next to campsites and local residents, who experience noise and disturbance every Saturday night from April-October. Please respect the local community.

Seriously consider undertaking the challenge **over three days** in daylight hours.

Erosion: Scafell Pike is a very fragile environment and is under pressure from the hundreds of thousands of visitors each year.

Please, stick to the footpaths not the grass edges. Shortcutting causes serious erosion. Remember, you are just one of thousands climbing Scafell Pike.

Three Peaks challenge events do have a significant impact and cost us a great deal to manage. Please seriously consider **donating £1 per participant**. This will help us to protect these Mountains and keep these wild places special for future generations