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**Useful information**

**Local advice**

- Avoid travelling over difficult terrain late in the day. Try as far as possible to make steep ascents early in the day.

- Groups following all or part of the Beatrix Potter trail as part of their expedition aim can use the Windermere Ferry, but the distance travelled, and the time taken is not to be used as planned activity.

- Avoid camp sites which are remote. It will greatly help Assessors if camp sites are chosen which are easily accessible by road.

- It is time consuming and expensive for Assessors to visit groups whose routes straddle the central fells because of the mountainous geography of the Lake District. It will help Assessors if you plan your route within zone areas, the zones of the Lake District divide roughly into the areas of the 4 1:25000 maps. The zones contain challenging and interesting areas which are also reasonably economical for Assessors.

- Avoid ridges such as Striding Edge, Swirral Edge (Helvellyn), Sharp Edge (Blencathra), Lord’s Rake, Jake’s Rake. Journeys can be just as challenging without including these difficult areas. Take care on Wasdale Screes.

- Avoid peak bagging. It can be just as rewarding to travel through wild country rather than attempting every mountain in sight.

**Safety**

Safety is the responsibility of the Supervisor who will be based with the groups in the assessment area. Adequate arrangements should be made for both the Supervisor and the Assessor to be informed about any change of plan during the expedition with the minimum of delay.

**Route cards**

Route cards should be prepared and divided into stages. The distance to be walked on any one compass bearing must be shown and the estimated time of arrival (ETA) at the end of each stage, allowing for both distance and height climbed, and time where applicable. Assessors will judge planning from good timekeeping so allow adequate walking time per hour. On the route card the wild sections should indicate which escape routes would be taken in an emergency

We also expect that alternative bad weather routes will be planned and these should be properly timed and distances measured. For Gold Level we expect bearings to begin on the route card and not Cardinal Points.

**Familiarisation**

Groups coming to the Lake District are recommended to arrive at least 48 and a minimum of 24 hours before the expedition starts. This allows time for familiarisation and acclimatisation and, for those under assessment, time for the pre-expedition check. Groups are more likely to have an Assessor to assess them if they allow plenty of time for the pre-expedition check.

It is difficult for both the group and the Assessor if the group arrives late the day before the expedition.

For groups under assessment practical assessment in the form of a pre-expedition check takes place before the expedition can start. When the Assessor is satisfied with the pre-expedition check, the expedition can begin. Time-keeping is important throughout the expedition.

**Canoeing**

Windermere is generally not suitable for a Silver qualifying canoeing expedition unless special circumstances apply. Ullswater is suitable for Bronze canoeing expeditions, Silver practices and canoeing explorations.

**Camping**

Groups can wild camp. It is recommended that overnight camps be located in valley or lower-fell situations. This will aid Supervisors and Assessors when visiting groups.

Higher level camp sites may be used, however please discuss their suitability with the Assessor.

Groups should endeavour to obtain permission to use a site before they arrive in the area. It may be difficult booking on arrival in the high season as the site may be full and camping has to be strictly regulated in the Lake District. The Assessor may be able to advise as to the suitability of proposed camp sites however the initial proposed routes and sites should come from the groups planning the expeditions.

Groups are particularly requested not to camp in sheep-folds (small walled enclosures). If it is necessary to camp in the vicinity of a sheep-fold due to bad weather, tents should be pitched on the leeward side of the outside wall.

**Skiddaw House Area (grid 288 291)**

Groups are asked not to camp in the area of Skiddaw House. The surrounding area is a Site of Scientific Interest. Of particular importance are the heather areas which hold important populations of breeding birds. During the months of April, May, June and July we urge that only the rights of way and well trodden routes over the fells and to the summits are used.

**Haweswater Area**

If camping in the Haweswater area permission should be sought from United Utilities, Tel: 017687 72334, address: Northern Estates Offices, The Old Saw Mill, Thirlmere, Keswick, Cumbria. CA12 4TQ. Camping is unlikely to be allowed at low level however if permission is granted it must be out of sight of the road and all the appropriate strictures of the Countryside Code must be carefully followed. Sites should be inspected by the supervisor/assessor after the site has been used to check on litter and sanitation.

**United Utilities land**

Unitied Utilities would like to be informed if groups wish to utilise the company’s land in the Lake District, the address and telephone number is as above.

**National Trust**

The National Trust in the Lake District and the Cumbria Expedition Network are strong mutual supporters and as such, it may be possible to seek approval from the National Trust to camp on their land at suitable sites identified by them.

**Russland Moss grid square 33 88**

The footpath at Russland Moss, within Grid Square 33 88, is narrow and follows alongside drainage ditches. The ditches can fill with water in bad weather and the route itself is liable to be wet and muddy at any time. We would suggest that groups avoid this route.

**Assessment**

All expeditions, including practice journeys, are to be supervised by an experienced adult who must accept responsibility for the safety of the group. He or she must be satisfied that the participants are fully trained and properly equipped to undertake the expedition planned.

Once your Assessor has approved your route then the route cards, equipment lists, menus etc. should be forwarded direct to the Assessor.

**Useful links:**

[**www.cumbria.gov.uk**](http://www.cumbria.gov.uk)

[**www.countryside.gov.uk**](http://www.countryside.gov.uk)

[**www.thebmc.co.uk**](http://www.thebmc.co.uk)

[**www.visitcumbria.com**](http://www.visitcumbria.com)

[**www.lake-district.gov.uk**](http://www.lake-district.gov.uk)

[**www.nationaltrust.org.uk**](http://www.nationaltrust.org.uk)

[**www.ramblers.org.uk**](http://www.ramblers.org.uk)

[**www.forestry.gov.uk**](http://www.forestry.gov.uk)

[**www.openbritain.gov.uk**](http://www.openbritain.gov.uk)

[**www.cumbria.gov.uk/news/footandmouth/roads/footpaths.htm**](http://www.cumbria.gov.uk/news/footandmouth/roads/footpaths.htm)

[**www.golakes.co.uk**](http://www.golakes.co.uk)

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| [**www.maff.gov.uk**](http://www.maff.gov.uk)    **DofE resources**  The current DofE expedition kit list can be downloaded from: [**www.DofE.org/go/expeditionkit**](http://www.DofE.org/go/expeditionkit)    A range of expedition downloads, such as spare expedition safety cards, can be downloaded from: [**www.DofE.org/go/downloads**](http://www.DofE.org/go/downloads)    Further information of the Expedition section can be found at: **www.DofE.org/expedition** |
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