

The **Green Guide** to:

CHALLENGE EVENTS IN THE HILLS

»» *Minimal impact advice for challenge event
organisers and participants*



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The hills and mountains of the UK offer challenge, adventure, spectacle and the opportunity to test yourself in a tough environment. It's no surprise that they attract many people, sometimes in large groups as part of a challenge event.

Recent years have seen an increase in the numbers of people experiencing the hills as part of bigger groups. These groups can be taking part in organised challenge events, or simply informal collections of people walking in the hills as part of coach trips or community days out. Many of these events are hugely rewarding for the participants, offering the opportunity to overcome a challenge, raise money for charity or simply have fun with like-minded people.

If poorly organised, these events can have an adverse impact on the mountain environment, local communities and other hill users. The mountain environment is fragile and easily eroded by repeated footfall. Local communities can be

disturbed by noise. Volunteers often have to clear up after thoughtless litterers. Rescue teams, who are also volunteers, are frequently called out to rescue inexperienced and ill-prepared walkers. Frequently, it falls to charities like the National Trust or Mountain Rescue to deal with the consequences of badly-planned events. Raising money for one charity is great, but what if another has to pick up the pieces?

Luckily, a bit of planning and foresight can go a long way to ensure the impact of your group or event is as low as possible. This booklet aims to give the information you need to plan a walking challenge event while staying safe, minimising the impact on the environment and making sure you leave no trace.

STAGE 1: RESEARCH

PHOTO: RAY WOOD

> PICKING A SUITABLE CHALLENGE

Before you begin detailed planning for your event, consider whether your initial ideas are feasible? Given the type of group you will be taking, do they have sufficient experience and ability to manage the

type of terrain your event will cross and likely weather conditions given the time of year of your event. If not, think about alternatives rather than persevering with a plan that may not suit your group.

"The biggest challenge isn't always the best for your group. Most of the teams we see having the most fun on these challenges are those who enjoy it together, not when they are leaving people behind on the trail, or worse – on the bus!"

Matt Le Voi, Lakeland Mountain Guides

> USE YOUR IMAGINATION

There are a few obvious challenges in Britain which attract huge numbers of participants each year. However, with a little imagination you could create your own challenge, away from the hustle and bustle of honeypot areas, meaning you won't be

competing for space and planning is much simpler as a result. One of the great things about this small island we live on is the variety of interesting landscapes to visit – the possibilities for coming up with your own challenge idea are virtually endless!

"You can link peaks together, either on foot or by public transport – think outside the box and of alternatives to the major peaks. Linking three or five summits together in the same area eliminates the need for complicated travel plans. Be open to suggestions from those with knowledge about certain areas (Mountain Leaders can be particularly helpful here) – just because a route is not 'well known' doesn't mean it's less challenging or dramatic (sometimes, they can be more so)."

Kate Worthington, RAW Adventures

> WHO CAN YOU CALL?

Many hill, fell and mountain areas across Britain are covered by a combination of National Park Authorities and the National Trust. These organisations are familiar with challenge events taking place and can provide excellent up-to-date advice on the specific issues you might need

to address in their area. Many also appreciate being told in advance when to expect large groups so they can ensure they have enough staff and facilities during busy periods. The organisations responsible for the most popular areas for British challenge events are:

National Park Authorities:

Lake District

01539 724555

hq@lakedistrict.gov.uk

Snowdonia

01766 770274

parc@snowdonia-npa.gov.uk

Yorkshire Dales

0300 456 0030

info@yorkshiredales.org.uk

Dartmoor

01626 832093

hq@dartmoor.gov.uk

North York Moors

01439 772700

general@northyorkmoors.org.uk

Peak District

01629 816200

customer.service@peakdistrict.gov.uk

Brecon Beacons

01874 620456

anne.wilkinson@beacons-mpa.gov.uk

Other organisations:

Ben Nevis Visitor Centre

01397 705922

glen.nevis@highland.gov.uk

John Muir Trust

01796 470080

www.johnmuirtrust.org/contact

National Trust

0344 800 1895

enquiries@nationaltrust.org.uk

Mountain Rescue England & Wales

webcontact@mountain.rescue.org.uk

Scottish Mountain Rescue

01479 861370

info@mountainrescuescotland.org

British Mountaineering Council

0161 445 6111

access@thebmc.co.uk



PHOTO: YORKSHIRE DALES NATIONAL PARK AUTHORITY

STAGE 2: PLANNING

"Getting out as a group and training together, on appropriate terrain at least once before your big challenge day will give you a big advantage. Sometimes organising a specific training day on one peak can help a group sort out issues and queries on kit, food and drink, walking pace, group management, navigation and help to build stamina and confidence in a mountain setting. If you're training on flatter terrain at the weekends, lengthen the distance to equate to the number of hours you'll be on your feet in the mountains. Sometimes it's the technical nature of the stony paths that hinders some people, not necessarily their fitness, which means getting experience on rockier ground is really worthwhile."

Kate Worthington, RAW Adventures

► IS YOUR TEAM EXPERIENCED ENOUGH?

Problem: Many accidents in the mountains stem from lack of experience among individuals or groups of people. Newcomers to mountain and hill walking are often unprepared for the types of hazards they might encounter – difficult terrain, steep slopes, poor visibility, unpredictable weather, snow and wind – and how to deal with them. Poor fitness can also cause people to become exhausted.

Solution: Assess the level of experience and fitness of your group. Are members of your group physically ready for a demanding challenge? Do you have people who are competent enough to lead groups on mountain terrain? Are there enough of them for the size of your group? If your group is inexperienced, hiring a qualified Mountain Leader is a good idea to help with planning, make sure the challenge runs smoothly and take some of the stress out of the event.

FIND: A Mountain Leader

www.mountain-training.org/find

The most dangerous part of any walking challenge event is likely to be the driving. Ensure the driver is capable of doing the drive, and that they take regular breaks. Only fools would let a driver participate in the challenge and be responsible for driving the group."

Matt Le Voi, Lakeland Mountain Guides

► BE CAREFUL ON THE ROAD

Problem: Some challenges involve a driving element. It goes without saying that attempting a challenge that involves physical tiredness, sleep deprivation and time pressure can be a dangerous combination.

Solution: If you are organising an event which requires driving between different areas, ensure you have separate drivers who are not event participants to transport your participants safely between sections. Many of these types of event now cut out travel from event timing in order to prevent the fastest drivers gaining an advantage. The best option however is to design your event to take place within a single area so that travel is not an issue, or across multiple days if visiting several areas.



> LOCAL RESIDENTS

Problem: Rural communities in hill and mountain areas can be disturbed by the noise of large groups, particularly if arriving at night. Problems with sanitation and litter are often reported by local people.

Solution: Do everything you can to avoid arriving into small communities at unsociable times. Ideally, plan your event to take place during the day or over several days, but whenever you arrive, keep noise to a minimum and be silent if passing near residential or farm properties at night. Ensure you

use proper toilet facilities and take your litter away with you.

If arriving late is unavoidable, be aware that disturbance to the local community is much more likely and extra efforts need to be made to keep your group quiet near residential areas. Stop and carry out any noisy pre-walk activities such as briefings or re-packing before you arrive at the departure point for your walk. This will allow your group to debus and set off on the challenge quicker and quieter.

PHOTO: RAY WOOD

"You don't want to be the group that someone complains about, especially if you are connected to a company or charity – it's not good PR! Local residents live and work in the areas you are visiting and some communities experience noise and messy passers-by week after week during the summer. Be the good example, rather than another reason for a complaint."

Kate Worthington, RAW Adventures

> PARKING & TRANSPORT

Problem: Parking is often very limited in rural areas and spaces may soon fill up, particularly during peak season.

Solution: Research parking and transport in advance; organising one or several minibuses rather than multiple cars means more participants per parking

space. Perhaps consider organising a 'green' challenge event using public transport or walking/cycling/sailing between objectives. Above all, park considerately. Use car parks wherever possible and ensure you don't block roads, gates and driveways.

> BUY LOCAL

Problem: People living in popular mountain areas often bear the brunt of crowds passing through, but don't benefit economically, which can lead to local people resenting events and participants.

Solution: It is courteous to spend money in the localities you are passing through on your walk or challenge. Instead of buying food before you leave home, think about spending your money in local shops, cafes and pubs.



PHOTO: RAY WOOD

> GROUP SIZE MATTERS

Problem: Big groups with no clear leadership are usually much harder to manage than small, well-led groups. Large groups often result in members wandering off route or getting left behind.

Solution: As a general rule groups of 10 or more people become impractical for an experienced, competent person to lead. If this is the case for your group, break it up into smaller sub-groups with clear leaders. Have competent people nominated as backstops at the rear of your group to make sure no-one gets left behind.



“Walk slower than you think you’ll need to, take frequent breaks to check on each other and if someone goes quiet, make sure they’re ok. Have a cut off time for your group in each ascent and be mindful of the time you need to turn around to get back down safely.”

Kate Worthington, RAW Adventures

STAGE 3: ON THE DAY

Don’t forget that many challenge events will involve being out during at least part of the night. Make sure that your team is properly equipped with headtorches and confident in night navigation.

► BRIEF PARTICIPANTS

Problem: Many challenge event participants may not be experienced mountain travellers – in fact this could well be the first time in this environment for many people and they may not know how to behave.

Solution: Before starting out, make sure your participants understand how precious the mountain environment is and how they can help to look after it whilst out in the hills, with particular focus on litter, sanitation and group noise. Ensure they understand how the day will run, who to approach should any problems arise and what procedures to follow in case of an

emergency. In particular, highlight that mobile signal can often be poor in mountain areas and should not be relied upon as a sole means of communication.

“Some of the most important messages to give your group before setting off are to keep noise to a minimum, don’t drop any litter, stay on paths to avoid erosion, stay together as a group, look after each other and have fun!”

Matt Le Voi, Lakeland Mountain Guides



PHOTO: SHANE OHLY

► WEATHER FORECASTS

Problem: Challenge events are usually booked long in advance and there is no way of knowing what the weather will be like on the day.

Solution: Whilst there is no way to control the weather, obtaining an up to date mountain weather forecast from the Mountain Weather Information Service (www.mwis.org.uk) or Met Office (www.metoffice.gov.uk/public/weather/mountain-forecast) will inform your group about the type of weather conditions they are likely to expect. Plans can then be made accordingly about whether the team is experienced and well equipped enough for the forecast conditions.



Download: Mountain Info App

A free app that provides essential planning tools for mountain walkers

<https://itunes.apple.com/gb/app/mountain-info-service/id441905856>

“If you are leading a group then always stick together whilst on the hill. Each year there are many unnecessary Mountain Rescue call outs due to participants being left to negotiate the trail alone. This is particularly an issue on events that involve a night element.”

Matt Le Voi, Lakeland Mountain Guides

➤ DON'T BE A LITTERBUG

Problem: Litter can be a serious problem in the British mountains, and visitors can be unprepared for the lack of refuse facilities in wild places. Many people don't realise that food is litter too, with food waste taking much longer to decompose than you may think.

Solution: The best way to avoid litter becoming a problem is to avoid taking it with you. By encouraging your participants to take re-usable water

bottles, remove food packaging before setting off and use a lunchbox instead, there is much less potential for litter to be left on the hill. Ensure participants know that everything that is taken up the hill should be brought back down. Be aware that many mountain car parks don't have bins so bring bin liners to collect your group's rubbish back at the car park and make it easier to take home with you. Don't ruin the view with rubbish!

"All litter, biodegradable or not, must come down from the hill. Pack a small carrier bag for your litter and put it in an appropriate bin when you get off the hill, not piled up in the corner of a car park. Why not have a positive impact and pick up any litter that you see whilst doing your challenge?"

Matt Le Voi, Lakeland Mountain Guides

➤ NOISE

Problem: Many people go into the mountains to escape the noise and stress of urban environments, but noise or loud music created by boisterous groups of people can often disturb the peace people crave.

Solution: The hills and mountains shouldn't be treated as a library, but please make sure members of your group understand that noise should be kept to reasonable levels.

Every year huge amounts of litter are dropped on UK mountains, all of which has to be cleared up and carried off by hand, often by volunteers. Don't be part of the problem – take all of your litter home with you.

STAY ON TRACK

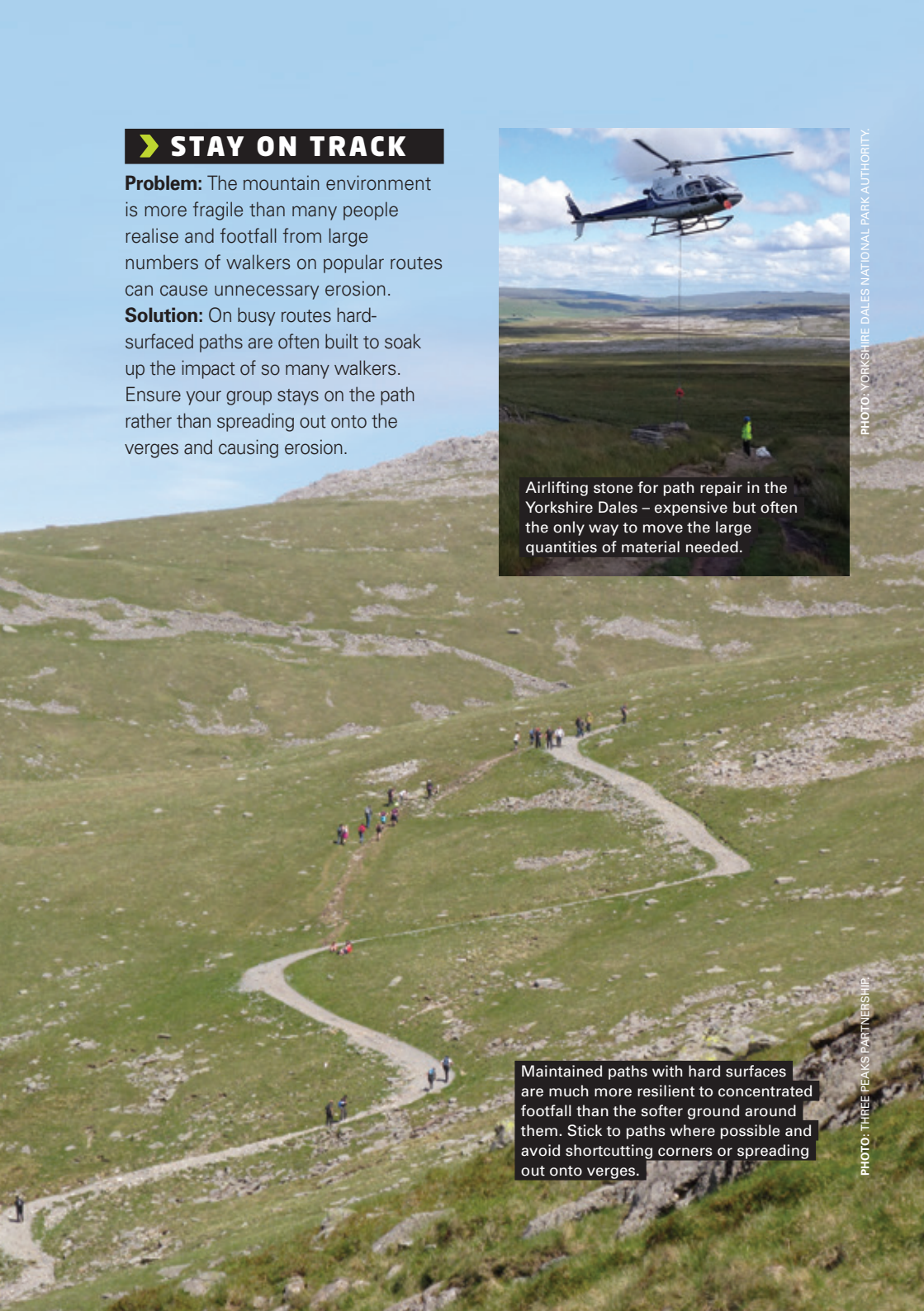
Problem: The mountain environment is more fragile than many people realise and footfall from large numbers of walkers on popular routes can cause unnecessary erosion.

Solution: On busy routes hard-surfaced paths are often built to soak up the impact of so many walkers. Ensure your group stays on the path rather than spreading out onto the verges and causing erosion.



Airlifting stone for path repair in the Yorkshire Dales – expensive but often the only way to move the large quantities of material needed.

PHOTO: YORKSHIRE DALES NATIONAL PARK AUTHORITY



Maintained paths with hard surfaces are much more resilient to concentrated footfall than the softer ground around them. Stick to paths where possible and avoid shortcutting corners or spreading out onto verges.

PHOTO: THREE PEAKS PARTNERSHIP

STAGE 3: ON THE DAY 04

Essential kit to minimise the impact of your solid waste – a sturdy but lightweight trowel, a small amount of toilet paper, ziplock bags, lighter and hand sanitizer.



PHOTO: ROB DYER

WHEN NATURE CALLS

Problem: It's not uncommon for participants of challenge events to get caught short on the hill. But on crowded paths, sanitation can become a real problem, creating unpleasant sights and smells.

Solution: Encourage your group to use proper toilets wherever available. If members of your group do need to go

away from civilisation, ensure they are considerate of others. Pick a spot at least 50 metres from paths or water sources and carry a lightweight trowel to bury solid waste 15-20 cm deep which will speed up breakdown. Carry out used toilet paper/baby wipes in a ziplock bag instead of leaving them to blow around the mountain.

ESSENTIAL KIT

The mountain environment poses many challenges to walkers, from rough terrain to quickly changing weather. This unpredictability and rawness is one of the main draws, but also means that participants should be prepared for the varied conditions they may experience. The following should be considered the bare minimum equipment required per participant to safely embark on a challenge event in the mountains at any time of year, regardless of weather and conditions when you set off:

- Waterproof jacket with hood
- Waterproof trousers
- Warm clothing
- Sturdy footwear
- Water
- Food
- Warm hat and gloves
- Sun hat and sunscreen (depending on conditions)
- Map and compass
- Headtorch
- Small personal first aid kit
- Mobile phone
- Whistle (to attract attention in case of no phone service)
- Rucksack

"Never underestimate how wet you can get on the mountainside, especially on a breezy day. A good set of waterproofs – both jacket and trousers – are essential for any mountain challenge regardless of the weather or time of year. I always check everyone in my group is properly kitted out as I'd rather lend out spares to people who haven't brought adequate kit, than turn them around half way through the walk because their clothes aren't giving them the weather protection they need."

Kate Worthington , RAW Adventures



PHOTO: RAW ADVENTURES

"I have had a few cases of having to mend old boots on the hill. Many folk borrow a pair of old boots, only to find that the sole glue has perished meaning the sole falls off part way through a walk. Then there's no choice but to descend back down again...rather awkwardly!"

Kate Worthington , RAW Adventures



WATCH: How to pack a rucksack

<http://tv.thebmc.co.uk/videos/how-to-pack-a-rucksack/>

STAGE 3: ON THE DAY 04

CLOTHING AND THE LAYERING SYSTEM

When out in the hills you will need, as a minimum:

- shoes or boots to keep you upright
- insulating layers to keep you warm
- waterproofs to keep you dry



Footwear

Choose shoes or boots that are comfortable and provide adequate support. Whilst no footwear is perfectly suited for all seasons and terrain, ensure your choice is appropriate for the most demanding conditions you'll encounter. A lightweight summer shoe would be inappropriate for a challenging walk on uneven terrain in wet or muddy conditions, for example.

Socks

Overheated feet will be uncomfortable and prone to developing blisters, so your socks need to wick moisture away from your skin. Choose socks with padded heel, ball and toe sections where most pressure is applied.

Some walkers wear two pairs of socks, a snug thin inner one and a thicker outer one. This can reduce friction on your feet, as the sock layers will move against each other instead of your feet moving against the sock.

Insulating layers

Layers of clothing work well to regulate body temperature. This is especially important in the hills as the range of temperatures experienced is often greater than in everyday life. A thin base layer to wick moisture away from the body, an insulating mid layer and waterproof outer jacket and trousers work very well together. Most waterproofs are made from breathable fabrics, allowing moisture to escape whilst keeping the rain out.

Such a layering system will keep you warm and dry throughout the day, an important consideration to guard against a steep reduction in body temperature, which can easily lead to hypothermia. Choose items that fulfil a range of functions. A waterproof doubles up as a windproof for example.

STAGE 4: AFTER THE EVENT



Mountain Rescue Teams rely on your donations to remain functional. They are made up of volunteers who are ready to drop everything in the everyday lives and at a moment's notice if you hurt yourself.

Volunteer work parties help to build, repair and maintain paths in many upland areas where challenge events take place. Consider donating your time or a proportion of the money you raise to help continue this essential work and maintain these areas in good condition for future events.

➤ GIVE SOMETHING BACK

The organisations that look after our mountain areas devote huge amounts of time, manpower and money each year in order to keep these special places in good condition and pick up the pieces when adventures go wrong. Much of the time, this work falls to National Park Authorities or charities such as Mountain Rescue teams, the National Trust, Fix The Fells or the John Muir Trust.

Mountain Rescue teams are entirely volunteer based, receive no public funding and rely on donations to keep up their good work. Footpath maintenance is surprisingly costly, with helicopter drops often needed to move the large amounts of rock required for repairs into areas inaccessible by ground vehicles. This is the biggest drain on the limited resources of these organisations, and undoubtedly large numbers of challenge events contribute to the need for continued maintenance of these paths.

Whilst raising money for any charity is an admirable aim, please consider donating a proportion of the money raised or entry fee to one or several of the organisations responsible for looking after people on the hill or maintaining footpaths in the area you are visiting. Here is a list of some relevant organisations. It is far from exhaustive and the best advice would be to target your donation(s) towards organisations working locally to the area where your challenge event is taking place:

BMC Access & Conservation Trust:
www.thebmc.co.uk/donate-to-act

National Parks:
www.nationalparks.gov.uk

National Trust:
www.nationaltrust.org.uk/donate

Fix The Fells:
www.fixthefells.co.uk/donate

Three Peaks Partnership:
www.threepeakspartnership.co.uk/get-involved/

Yorkshire Three Peaks:
www.yorkshiredales.org.uk/threepeaks

Mountain Rescue England & Wales: www.mountain.rescue.org.uk/giving/online-donations

Scottish Mountain Rescue:
www.scottishmountainrescue.org/donate-to-scottish-mountain-rescue/



PHOTO: OXFAM

Teams on the Yorkshire Dales Trailtrekker event

> ROUTE MARKERS

Wherever possible, avoid using route markers at all and where they are used, ensure all markers are removed immediately after the event. Where they are unavoidable,

do not use paint or other markers on rock or vegetation - even biodegradable paint can take a long time to wash off and leaves an unsightly mess in the meantime.

> REVIEW YOUR EVENT

Regardless of how successful your event was, improvements (even small ones) can almost always be made. Reviewing the day(s) with organisers, participants and

landowners and discussing what went well and what could be improved upon is time well spent. It could mean an even better event next time around.

> BMC HILL CODE

- **Footpaths:** either stay on paths or well away from them – avoid walking on path verges
- **Gates:** leave gates as you find them
- **Parking:** park carefully – avoid blocking gates, driveways and the road
- **Risk:** develop the skills to manage the risks associated with walking and scrambling
- **Wildlife:** do not disturb livestock, wildlife or cliff vegetation; respect seasonal bird nesting restrictions
- **Dogs:** keep dogs under control at all times; don't let your dog chase sheep or disturb wildlife
- **Litter:** leave no trace – take all litter home with you
- **Sanitation:** don't make a mess – bury solid waste and carry out sanitary items
- **Economy:** do everything you can to support the rural economy – shop locally

> GETTING INTO HILL WALKING

After following the above guidance, hopefully the participants in your event will be keen to experience more of the hills and mountains of the UK independently. There are many ways for individuals to get into hill walking, from heading out

with experienced friends, finding a local hill walking or mountaineering club, hiring a Mountain Leader or booking onto a Mountain Training 'Hill and Mountain Skills' course. For more information on this, see:

www.thebmc.co.uk/getintohillwalking

CHALLENGE EVENT ACCESS

➤ OPEN ACCESS LAND

The Countryside Rights of Way Act 2000 (CRoW) gives recreational users a right of access to the uplands of England and Wales on foot. It covers areas of mountain, moor, heath, down and registered common land. These areas are designated as 'open access' and are marked on OS maps in a yellow wash.

Landowners must allow free use of open access land to recreational and educational users, but are allowed to charge for use by commercial users. Challenge events that make use of access land and charge an entry fee are considered a commercial user and

organisers should contact landowners to seek permission and negotiate any fees the landowner may charge.

Dogs need to be kept on a short lead of no more than two metres between 1 March and 31 July each year to protect ground nesting birds, and at all times in the vicinity of livestock.

In Scotland, the access laws are different and you are advised to read about these on the Mountaineering Scotland website (www.mountaineering.scot) prior to organising a challenge event north of the border.



WATCH: One dog and his man

www.thebmc.co.uk/dogs



Signs used to show where designated Access Land starts and ends, usually attached to stiles, gates and fence posts. The left hand image shows the symbol for entering access land and the right hand image the symbol for leaving access land.

➤ RIGHTS OF WAY & ACCESS LAND



Area access:



Access land boundary and tint: gives a right of access on foot without having to stay on paths, specifically including walking and climbing.



Access symbol: marks the start of access land and area wide access on foot: usually placed on gates, stiles and fence posts.



'Negative' access symbol: marks the end of area wide access, although linear access such as public rights of way or permissive footpaths may exist beyond it: usually placed on gates, stiles and fence posts.

Linear access:

..... **Path:** not a public right of way

..... **Footpath:** right of way on foot only

..... **Bridleway:** right of way on foot, horseback or bicycle (cyclists are obliged to give way to other users)

..... **Restricted byway:** right of way on foot, horseback, bicycle or horse drawn carriage



Byway open to all traffic: right of way to all forms of traffic from pedestrians to motor vehicles

Public rights of way can sometimes be diverted, removed, created or have the rights suspended, but only by the local highway authority. Official signs, posted by the authority, will be found on the route to tell you if there are any changes to the local network.

Help the Hills

How long will your litter last?

Litter can take a lot longer to degrade than you think. If you see it, pick it up. If everyone does their bit our hills will stay clean.

Paper bag
1 month



Food waste
2 years



Plastic bag
10-20 years



Cigarette butt
12 years



Wine bottle
Not biodegradable



Plastic bottle
450 years



LANDOWNERS' FEEDBACK



Wasdale, home of England's highest mountain and deepest lake attracts lots of challenge events over the year. The most challenging for us has to be the national 24 hour three peaks, which brings in its wake erosion, litter and overnight noise problems from March through to October. These issues cost the National Trust (a charity) thousands of pounds to manage each year and ironically are the result of genuine people raising money for charity.

Ben Nevis, Snowdon and Scafell Pike have created a website to provide information to organisers and guides as to how they can minimise their group's impact, as well as encouraging participants to put something back through donations or volunteering. www.threepeakspartnership.co.uk

Steve Jolley, Wasdale Ranger, National Trust



For many, scaling Ben Nevis as a challenge event is one of their first experiences of a wild place.

The John Muir Trust believes that such introductions are essential – if people visit and value wild places they are more likely to care for them. Each year around 100,000 people reach the summit of Ben Nevis from a variety of starting points. As a result the John Muir Trust works year round to make sure all its paths and navigation cairns are in good condition and that the mountain stays litter free. Visit www.johnmuirtrust.org/trust-land/ben-nevis to find out more about the Trust's conservation projects in this special place and how you can join and support the charity.

Alison Austin, Nevis Property Manager, John Muir Trust



The Yorkshire Three Peaks challenge is a hugely popular walk, generating millions for the charity sector and putting vital funds into the local economy. It's a tough personal challenge, well worth undertaking. Event organisers do need to take special care they don't impact in a negative way on the local community, and thought should be given to this from day one of event planning. The path network also struggles to cope with demand, but there are ways to help keep the route in good order. Visit www.yorkshiredales.org.uk/threepeaks for details. Supporting our maintenance work means we will all have this network to enjoy for generations to come.

Steve Hastie, Area Ranger, Yorkshire Dales National Park Authority

TOP 6 BIG ISSUES

Above all, treat the countryside like you'd treat somebody's home – it often is! The biggest potential problems which can be addressed through good event planning are:

- 1 Participant safety
- 2 Litter
- 3 Parking
- 4 Sanitation
- 5 Noise
- 6 Changeable weather

...if you do nothing else, please consider these issues whilst organising your event.

WHAT IS THE BMC?

The British Mountaineering Council is the public voice for hill walkers, climbers and mountaineers in England and Wales » we secure access to crags and mountains » we deliver discounted courses and lectures » we arrange member discounts at over 700 retailers nationwide » we provide specialist insurance cover » we supply Summit magazine every quarter » we have over 80,000 members, and the numbers are rising...

Join today and support our vital work.

JOIN NOW: go to www.thebmc.co.uk/join or phone **0161 445 6111**

» FURTHER READING & INFORMATION:



READ:
BMC Green Guide to the Uplands
A good practice guide for walkers, climbers and mountaineers.



www.thebmc.co.uk/green-guide-to-the-uplands



READ:
BMC New Hill Walkers booklet
Your first steps to exploring the mountains of Britain and beyond.



www.thebmc.co.uk/new-hill-walkers-booklet



READ:
Scottish Outdoor Access Code
Public access to Scotland's outdoors. Your rights and responsibilities.



www.outdooraccess-scotland.com



READ: The Green Guide for Groups of Walkers
Minimal impact advice for walking groups of all sizes



www.thebmc.co.uk/green-guide-groups



READ:
The Countryside Code
Respect. Protect. Enjoy.



www.naturalengland.org.uk/countrysidecode



READ:
Planning your challenge event
Learn event planning from the experts



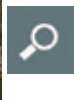
www.thebmc.co.uk/challenge-event-planning



WATCH:
BMC 'Hill Walking Essentials' DVD
An info-packed instructional DVD for those new to hill walking.



www.thebmc.co.uk/hill-walking-essentials-dvd



SEARCH:
Mountain Training find a leader
Explore and learn under the guidance of a qualified leader.



www.mountain-training.org/find/find-a-leader

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