



# Steps for Nepal

## Fundraising Pack

### Overview

Thank you for joining the **Steps for Nepal** challenge! Your participation not only supports a great cause but also allows you to experience the breathtaking beauty of the Lake District and appreciate some of Doug's favourite walks. This fundraising pack is designed to guide you through setting up your fundraising efforts, participating in the challenge, and making the most of your experience. Let's make every step count towards transforming lives in Nepal.

### The Walks

#### 1. Tarn Hows

A scenic circular walk suitable for all abilities via accessible paths. Tarn Hows offers beautiful views of the surrounding fells and is one of the most picturesque spots in the Lake District.

3.2 km – Approximately 1.5 hours. Start public carpark in Coniston.

#### 2. Catbells

Catbells is a classic Lake District fell with rewarding views over Derwentwater. It includes some hands-on sections but is achievable for most walkers with a moderate level of fitness.

7.6 km – Approximately 3 hours excluding breaks. Start carpark at Hawes End or limited layby parking. Avoid during school holidays as it can get very busy. Must be flexible if weather is adverse.

#### 3. Blencathra

Blencathra provides a bigger mountain challenge and is known for its dramatic ridges and panoramic views. Completing this walk marks the culmination of the Steps for Nepal

challenge. The route we suggest is via Scales Fell and takes in Scales Tarn too but avoiding Sharp Edge. Blencathra was Doug's favourite mountain.

9.13 km – Approximately 4.5 hours excluding breaks. Start in Threlkeld. Local parking available but it is advisable to start early and avoid peak season as parking is limited.

**Or**

6.6 km – Approximately 3.5 hours excluding breaks. Start in Threlkeld. Local parking available but again, advisable to start early and avoid peak season as parking is limited.

## Setting Up Your Fundraising Page

To maximize your fundraising potential, follow these steps to set up a compelling page:

1. **Visit [www.justgiving.com](http://www.justgiving.com) and create an account.**
2. **Click 'Start Fundraising'.**
3. **Select 'Taking part in an event'.**
4. **Name your page creatively (e.g., 'Steps for Nepal – Conquer the Lakes').**
5. **Set a realistic fundraising target that challenges and motivates you.**
6. **Share a personal story about your connection to the cause.**
7. **Upload engaging photos or training pictures.**
8. **Share your page with everyone you know.**
9. **Link your page directly to Community Action Nepal to ensure funds are directed appropriately.**

## Top Fundraising Tips

- **Start Early:** Give yourself ample time to reach your goal.
- **Regular Updates:** Keep your supporters engaged with updates from your training.
- **Social Media:** Utilize platforms like Facebook, Instagram, and Twitter to spread the word.
- **Employer Support:** Inquire about matched giving programs at your workplace.
- **Host Events:** Organize a fun event like a quiz night or bake sale to raise funds.
- **Personal Thanks:** Always thank your donors personally to show appreciation.
- **Sponsorship Form:** If you'd like a physical form, please email [kerrypage@canepal.org.uk](mailto:kerrypage@canepal.org.uk)

## Promotion Ideas

- **Capture Moments:** Share beautiful photos from your training walks in the Lake District.
- **Progress Updates:** Regularly update your supporters on your fundraising progress.
- **Visual Storytelling:** Create a short video to explain what the challenge means to you.
- **Sponsor Specifics:** Encourage friends to sponsor individual miles or summits.

## Essential Kit List

To ensure a safe and enjoyable walking experience, pack the following essentials:

- **Walking Boots or Trail Shoes:** Ensure they have good grip for varied terrain.
- **Waterproof Jacket:** A hooded jacket is essential for unpredictable weather.
- **Warm Layers:** Pack a fleece or insulated jacket.
- **Hat & Gloves:** To keep warm during cooler conditions.
- **Comfortable Trousers/Leggings:** Avoid jeans for comfort and flexibility.
- **Backpack:** A small pack to carry your essentials.
- **Hydration:** At least 1 litre of water.
- **Nutrition:** Bring a packed lunch and high-energy snacks.
- **Medication:** Any personal medication you might need, such as an inhaler.
- **Sun Protection:** Sunscreen and sunglasses.
- **First Aid:** Blister plasters and a basic first aid kit.
- **Nepal Flag:** For your summit or completion pictures.

## Additional Recommendations for Blencathra

- **Waterproof Trousers:** Essential for wetter conditions.
- **Extra Warm Layer:** For higher altitudes.
- **Increased Water Supply:** 1.5–2 litres.
- **Wind Protection:** Hat suitable for cold wind.
- **Navigation Tools:** Bring a map and compass.
- **Illumination:** A head torch for early starts or late finishes.

## Useful Resources

Here are some resources to help you prepare for your walks:

- [Tarn Hows circular walk | Lake District | National Trust](#)
- [WalkLakes • Lake District Walk: Catbells](#)
- [WalkLakes • Lake District Walk: A Walker's Blencathra](#)
- [Blencathra: The Complete Guide – ONE LAKE DISTRICT](#)
- [Lake District - Mountain weather forecast - Met Office](#)

## Thank You

Your participation in **Steps for Nepal** is invaluable. Every step you take supports the mountain communities of Nepal, helping to provide essential services and opportunities. Thank you for your generosity and commitment. Together, we are making a difference.