Henry Morris report

By: Matthew, Tom and Shradheya

As part of our Henry Morris project, we decided to complete a timed lap around mountain kinder scout, which is 636 metres above sea level (making it the tallest mountain in the Peak District). The aim of the hike was to challenge us mentally and physically while we developed skills such as effective planning, cooperation, resilience and leadership.

Before the hike, we planned carefully, we researched the route, constantly checked the weather forecast and made sure we had the correct equipment . We also considered safety and how important it was to stay together as our group.

Our preparation was especially important because the weather conditions in the peak district can drastically change in a small amount of time. We made sure to be ready for any weather conditions ,such as rain or reduced visibility, as these things can cause our hike to become particularly dangerous. Carefully planning our route helped us understand the more challenging sections of our hike and allowed us to manage our time effectively and estimate how long it would take to reach certain parts of our route.

The hike went very positively, completing it in 3hours and 30 minutes roughly, however there were weather warnings the previous day and late into the afternoon, so we were forced to wake up very early Sunday morning, around 4am, to prepare for this we brought raincoats and spaceblankets incase the hike would prolong into the night.One of the biggest challenges was maintaining our pace throughout the hike. Some sections were steep and tiring, which tested our physical fitness and resilience.

Matthew’s dad (James) and Tom's dad (Dave) accompanied us on the journey and helped a lot by taking us there. We are very grateful they gave up their time for us. They helped us stay safe in case anyone was injured or hurt. They were well prepared for this because they are both physically fit and have experience going up kinder scout or doing things similar to it.

We would do some things differently as well, including planning the hike in advance which can be tricky due to weather complications and not knowing the weather a few weeks before the hike. Additionally it can be quite hard to organize a date due to holidays and people having other things to do.

We enjoyed eating our lunch on the rocks next to the waterfall, taking in the breathtaking view of the peak district, and climbing on the large boulders and the top. We are all sure that we enjoyed it and are happy to do it again in the future.

Overall, the Kinder Scout hike was a quite challenging but rewarding experience. The hike allowed us to develop our physical endurance, our confidence, teamwork and leadership skills. Most importantly, that good preparation, a positive attitude and supporting each other can make a massive difference when going against a challenge.

We all are proud that we completed the hike within the time we wanted to finish it and we believe that this experience helped us become more confident while facing challenges. We will carry what we learnt from our hike forward into future activities and challenges. We are very grateful that the Henry Morris trust has given us this opportunity.

Best wishes Matthew Shradheya and Tom.



