

Lake District Challenge

Friday 3 – Sunday 5 June 2016



Lake District Challenge grade: **Level Five (Tough)**

The challenge

The two day, 20mile Challenge is to complete the skyline circuit of the Borrowdale Valley at heart of the Lake District. Saturday will see us tackling the Western side of the valley, ascending High Spy, Maiden Moor and Cat Bells. Then on the Sunday we'll make our way down the western flanks of the valley to complete the circuit. The route takes in some of finest Lakeland scenery, some cracking fells (hills), excellent views, peaceful lakes, quaint hamlets, and peaceful woodlands.



Day 1: Saturday Glaramara, High Spy, Maiden Moor, Cat Bells to Keswick

We start our way across the fields to the lovely sleepy hamlet of Seatoller. From here a well graded track zig zags its way up the fellside and onto the Allerdale Ramble. This track traverses through the hills and provides everyone with lovely views over the surrounding hills and valleys. We will ascend up through the disused slate mines and out onto the open fellside beyond. Ahead a rocky path leads up to the summit of High Spy. From here we can see a broad grassy ridge stretching out to the north which we follow over the top of Maiden Moor and CatBells. Finally we descend to Hawesend and follow the shores of Derwentwater back to

Keswick where we will no doubt reward ourselves with an afternoon tea.

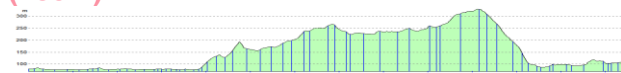
Distance 10 miles (15.5km), ascent 2350ft (750m)



Day 2: Sunday Keswick, Castle Head, Ashness Bridge, Watendlath, Rosthwaite, Glaramara

Continuing on from yesterday's end point in Keswick, we soon leave the lovely market town behind and wander down to the shores of the beautiful Derwentwater. We will make our way around to Castle Head to enjoy the fantastic view of the lakes below. We will then press on to the famous Lake Distict beauty spot of Ashness Bridge; a quaint packhorse bridge over a tumbling white water ghyll and backdrop of derwentwater and skiddaw. We trek to our next classic view point of Surprise View, which although you know it's coming, somehow never fails to surprise. Then we cross the top of Lodore Falls and make our way up to the beautiful hamlet of Watendlath. Now our path makes its way over the pass and down to Rosthwaite, where the riverside path leads us back up to Glaramara.

Distance: 10miles (16km), ascent 1500ft (480m)



Breast Cancer Now, Fifth Floor Ixex House, 42 – 47 Minorities, London, EC3N 1 DY

Breast Cancer Now is a company limited by guarantee in England (No. 9347608) registered charity in England and Wales (No. 9347680) and Scotland (No. SC045584)

ACCOMMODATION AND WHAT'S INCLUDED

Accommodation

Glaramara
Seatoller
Borrowdale
CA12 5XQ



Room pricing is as below and the whole group will be placed in the same hotel. Please note that this hotel is subject to change under extenuating circumstances.

Friday Night

We will aim to start the event by meeting everyone in the bar on the Friday night at **7pm**. You will have the chance to meet your fellow participants with dinner being served in the restaurant at **7.30pm**. We appreciate that a lot of you will have had long journeys and it may not be possible to make the 7pm meet. After dinner we'll have brief chat about the event and then relax and enjoy the evening.

If you are unable to make it to the hotel by 8pm please let Walkwise know in advance on 01539 560 911. You will be able to check into the hotel from 4pm onwards.

Saturday

Breakfast: 8am
Main Briefing: 9am in the Lounge
Walk to the start: 9.15am
Picnic lunch
Three-course dinner: 7.00pm

Sunday

Breakfast: 8am
Coach to the start: 9am
Picnic lunch

| Package Friday - Sunday | Price per person |
|---|---|
| Full Package With 2 nights' accommodation 2 breakfasts 2 picnic lunches 2 evening meals All transport to walks Professional walking guides | Twin share £189.00 / person Single £189.00 / person Please check we have single availability when booking |
| EXTRA Night Sunday - Monday Dinner, Bed & Breakfast | £70.00 per person shared £70.00 per person single |
| Event only 2 picnic lunches 1 evening meal All transport to walks Professional walking guides | £75.00 per person |