

EPIC LAKE DISTRICT

Take on one of the UK's most epic challenges in a 1 day:
20km cycle, 10km trek & 5km paddle!



3rd-4th July

ITINERARY

Day 1 · Prepare yourself

Check into your hostel in Coniston and head for a detailed pre-challenge meeting. After that you're free to explore the town or just chill out at the hostel in preparation for the challenge ahead.

Day 2 · Cycling (20km · 374m up · 250m down), Hiking (10km · 822m up · 500m down), Kayaking (5km)

Your challenge begins on Coniston Water, one of the 16 bodies of water in the Lake District. Get set up with your bikes and start cycling, skirting the edge of the lake before heading deep into Grizedale Forest. Swap your bike for hiking boots and stomp up a zigzag trail to the iconic peak of the Old Man of Coniston (803m). On the way you'll climb over Brown Pike, Buck Pike and Dow Crag, part of the famous Coniston Round. Pause to catch your breath and soak up the panoramic views before continuing down the other side past the old copper mines. It's now time for the final push as you paddle around Coniston Water, before smashing through the Lake District Challenge finish line. Celebrate with a glass of champers, you've earned every sip.

COSTS

£150 Registration cost

£450 Fundraising target

INCLUDED

- Qualified and experienced cycling, kayaking and mountain leaders
- Transfers from Windermere Train Station and back again
- 1 night in a local hostel
- Bikes and kayaks
- Breakfast at the hostel and a packed-lunch up the mountain

NOT INCLUDED

- Evening meal
- Travel insurance
- Personal expenses



WHAT'S THE ACCOMMODATION LIKE?

You'll stay at the Coniston Holly How YHA in single-sex dorm that sleeps 4-6 people per room. The building is a beautiful traditional lake house which sits in the heart of the Lake District National Park and provides easy access to the village and Coniston Water.

KITLIST: WHAT TO BRING

- Rucksack (15-25 litre)
- Warm jacket
- Waterproof jacket with hood
- Waterproof trousers
- Worn in hiking boots or shoes
- Warm hat
- Thin gloves for kayaking
- Padded cycling shorts (optional)
- Cycling shoes or trainers
- Sun protection (hat, sunglasses, sunscreen)
- Water bottles or water bladder (2 litres)
- Snacks and energy food and drink for the day

WHAT'S THE FOOD LIKE?

A full English or continental breakfast is included at the hostel. A packed lunch is also provided for the hiking portion of the challenge including a sandwich, cereal bar, drink, chocolate bar and piece of fruit. Coniston also has plenty of restaurants and pubs to choose from. Any dietary needs can be accommodated including vegetarian and vegan: just let your host know when booking.



GETTING THERE

STARTS ENDS

18:00 on Day 1 18:30 on Day 2

Your host will be waiting for you in front of Windermere Train Station at 18:00. If you're not able to join the transfer, or coming by car, you can also make your own way to the YHA Coniston Holly How by 19:00. At the end of your adventure, you will be dropped back at Windermere Train Station at 18:30, or back at the YHA.

