

# LAKE DISTRICT CHALLENGE

FRIDAY 9 MAY - SUNDAY 11 MAY 2014

BREAST  
CANCER  
**BREAKTHROUGH**

Lake District Challenge grade:



Level Two (Moderate)

## THE CHALLENGE

The Lake District Challenge is a fantastic 23-mile walk between 10 of the most beautiful lakes in the country. There's more to it than just lakes though - along the way we experience breath-taking mountain views, picturesque villages, tranquil rivers and a few ascents too. Our challenge starts on the shores of Coniston Water before heading to the beautiful Langdale Valley via the picturesque Tarn Hows and then into the beautiful Langdale Valley. We pass the tranquil Elterwater before ascending behind Ambleside to the gorgeous traditional Lakeland village of Troutbeck. It's then a fantastic finish as we conclude back in Windermere.



### Day 1 Saturday: Coniston Water, Tarn Hows, Yew Tree Tarn, Hodge Close Tarn, Little Langdale Tarn, Elterwater

There's no better place to start the challenge than the tranquil shores of the beautiful Coniston Water. We follow the shores, then go through woodland to the much-photographed Tarn Hows. A tumbling waterfall leads us down through the peaceful woodlands to Yew Tree Tarn. There is a short climb up to Holme Fell, and efforts are rewarded with a stunning view across the region.

Nestled on the slopes are two further small tarns that we pass before heading down to Hodge Close Pools. We walk through traditional Cumbrian farms before passing Little Langdale Tarn. Our final lake Saturday is at Elterwater, before we reach our destination of Skelwith Bridge with a superb tea shop and a great local Inn.

**Distance: 11.5miles (21km), with 2000ft (609m) of ascent.**



### Day 2: Sunday Skelwith Bridge, Loughrigg Tarn, Rydal Water and Windermere

The coach transports us back to Skelwith Bridge, where we begin an ascent to the lovely Loughrigg Tarn. The route continues through a pass before we traverse above Grasmere and Rydal Lakes. We now explore the bustling Lakeland town of Ambleside before heading up to the stunning viewpoint of Jenkins Crag. A graded path makes its way around to Troutbeck Bridge before a final ascent lifts us up to the stunning viewpoint of Orrest Head, where fantastic views across Windermere mark our final destination.

**Distance: 11.5miles (21km), with 200ft (61m) of ascent.**

**Breakthrough Breast Cancer, Weston House, 246 High Holborn, London, WC1V 7EX**

Breakthrough Breast Cancer is a registered charity in England and Wales (no. 1062636) and Scotland (no. SC039058)

## ACCOMMODATION AND WHAT'S INCLUDED

### Accommodation

Final details of accommodation will be confirmed to you by email eight weeks before the start of the challenge. Room pricing is as below and the whole group will be placed in the same three-star hotel.

### 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 here and then dinner will be served in the restaurant at **8pm**. If you are unable to make the hotel by 8pm please let WalkWise know in advance on 01539 560 911. You will be able to check in to the hotel from **4pm** onwards.

### Saturday

Breakfast: 8am  
Coach to the start: 9.15am  
Picnic lunch  
Three-course dinner: 7.30pm

### Sunday

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



Package	Price per person
<b>Full Package</b> With 2 nights' accommodation 2 breakfasts 2 picnic lunches 2 evening meals All transport to walks Professional walking guides	Twin share £159.00/person  Single £189.00/person  Please check we have single availability when booking
<b>EXTRA Night</b> <b>Sunday - Monday</b> Dinner, Bed & Breakfast	£50.00 per person shared £65.00 per person single
<b>Event only</b> 2 picnic lunches 1 evening meal All transport to walks Professional walking guides	£75.00 per person

## WALKWISE TERMS AND CONDITIONS

- 1) Any provisional booking will be held for 14 days pending receipt of your deposit.  
(the deposit of £50.00 is non-refundable)
- 2) Your place is secured only when WalkWise UK Ltd receive your deposit
- 3) Cheques are to be made payable to **WalkWise UK Trust Account**
- 4) The balance must be received 8 weeks prior to the start date of the event
- 5) **Cancellation details**  
Up to 8 weeks prior to the event, you cancellation will result in loss of deposit. Thereafter the following cancellation charges will apply:  
cancellation up to 6 weeks prior – 50% of the price  
cancellation up to 3 weeks prior – 75% of the price  
cancellation up to 2 weeks prior – 100% of the price.
- 6) The event will be operated by WalkWise UK Ltd.
- 7) For complete Booking conditions please see  
<http://www.walkwise.co.uk/general-terms-and-conditions.html>
- 8) Their company address is  
WalkWise UK Ltd  
30 Greenways Drive, Endmoor, Kendal, LA8 0EL  
Tel/Fax 01539 560 911  
e-mail : [holidays@walkwise.co.uk](mailto:holidays@walkwise.co.uk)  
Website: [www.walkwise.co.uk](http://www.walkwise.co.uk)