

The Lake Districts' Ullswater Circuit

Friday 24th - Sunday 26th June 2011

Fundraising for Breakthrough Breast Cancer
Organised by professional walking company Walkwise UK

22 mile trek around the perimeter of England's second longest and arguably most beautiful lake, taking in an exceptional variety of impressive scenery.



Boot Level Two: This trek is of intermediate level. The route is primarily undulating with some challenging sections with steep ascents and descents. Training is recommended.

Day 1: Saturday 25th June

Patterdale Hotel, Howtown, Pooley Bridge.

From leaving the hotel you'll be able to enjoy the full beauty of the valley straightaway. Your route will initially cross the valley to the southern end of the lake. From here you go through the quaint farms and out along the foot of the hillside to the wonderful viewpoint of Silver Point.



Here the stunning views of mountains begin to unfold and the impressive scenery is made all the more by the majestic lake in the foreground.

The route now undulates through the ancient woodlands and picturesque hillsides. Eventually you'll reach the foot of Martindale, where you'll join the lakeside footpath around to Howtown.

Continuing along the hill foot you'll finish off the first day's trekking in the picturesque Lakeland village of Pooley Bridge.

Distance to walk on Saturday: 11 miles / 18 km
Ascent on Saturday: 1,440 feet / 465 m

Day 2: Sunday 25th June

Pooley Bridge, Aira Force, Glenridding.

The morning's trek will begin from Pooley Bridge and along the northern arc of Ullswater Circuit. Initially there is no path adjacent to the lake, so you'll make your way across the traditional Cumbria farmlands, through villages and delightful woodlands before emerging onto the open fellside.

Here with your newfound height the views are as extensive as they are enchanting. The peaceful waters of the lake stretch out through the inviting arms of the valley, which in turn reach up to the lofty and dramatic ridges of the highest Lakeland Fells.

After being rewarded with such inspiring views you'll pass around Gowbarrow Dodd and on to the tumbling cascades of Aira Force.



From here you'll cross the fields before your circuit of Ullswater concludes with a final walk back along its foreshore.

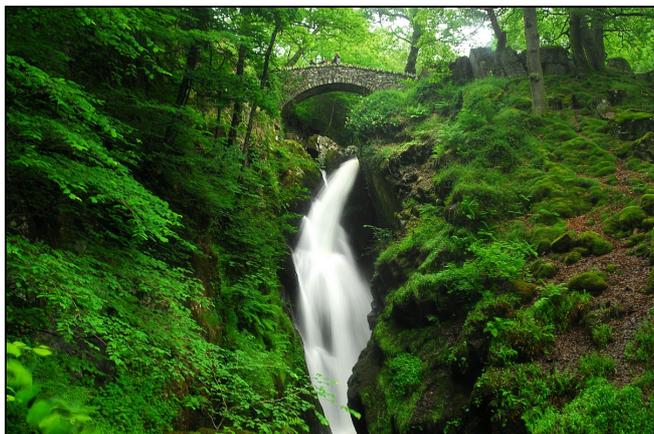
Distance to walk on Sunday: 11 miles / 18 km
Ascent on Sunday: 1,600 feet / 516 m

Accommodation

Patterdale Hotel, Ullswater.

The Patterdale Hotel is perfectly located in the idyllic valley of Ullswater. It is very comfortable and has an excellent reputation for food and wine.

All bedrooms are tastefully furnished, with en-suite facilities and equipped with a telephone, hair dryer, clock radio and TV. The hotel's lounge and bar are also set-up with comfort and relaxation in mind – overall making for an ideal place to stay.



Cost

Full Package: £150 per person (sharing a twin room), or £180 per person in a single room made payable to Walkwise UK – our walk operator.

Includes: 2 nights accommodation (Friday 4th and Saturday 5th), 2 breakfasts, 2 picnic lunches, 2 evening meals, all transport to and from walks (to and from the hotel), professional walking guides.

Minimum fundraising pledge: £250 per person.

Event Only: £75 per person paid to Walkwise UK – our walk operator.

Includes: 2 picnic lunches, 1 evening meal (Saturday), all transport to and from walks (to and from the hotel), and professional walking guides.

Minimum fundraising pledge: £250 per person.

Extra night: If you would like to stay an extra night on the Sunday, departing Monday 7th, the cost is £50 per person and includes dinner and breakfast.



Itinerary

8PM FRIDAY 24th – Meet the Walkwise Guides, Breakthrough representatives and your fellow trekkers in the hotel for dinner and a briefing about the weekend.

9AM SATURDAY 25th – Short briefing about the trek. Ready to leave by coach at 9.15 for the start of the challenge.

5PM (approx) SATURDAY 25th – End of first day's trekking and transported by coach back to the hotel.

7.30PM SATURDAY 25th – Three-Course meal at the hotel.

9AM SUNDAY 26th – Leave by coach for the start of the final day's trekking.

4PM (approx) SUNDAY 26th – End of trek, finishing back at the hotel.

For more information

For more information on the Prima Lakes Trek, or any of our other five 2011 UK Treks listed below please visit our website breakthrough.org.uk/treks or call Breakthrough on 08080 100 200 or email fundraise@breakthrough.org.uk

13 th – 15 th May 2011	Prima Scottish Lochs Trek
10 th – 12 th June 2011	Cotswolds Way Trek
1 st – 3 rd July 2011	Devon Coastal Trek
15 th – 17 th July 2011	Gower Coastal Trek
5 th – 7 th August 2011	Prima Cotswolds Trek

How fit do I need to be?

(Provided by WalkWise UK)

- Your UK Trek will be a physically demanding event and as such you will need to train beforehand. You will be walking up to 22 miles and at least 10 miles a day along many varying landscapes with some steep ascents and descents. If you're not used to walking or regular exercise you ought to prepare yourself.
- Anyone with a reasonable level of fitness and health should be able to complete this walk, but you will need to train beforehand.
- Whilst this trek is a challenge it is also not a race. We want everyone to enjoy themselves and to be able to appreciate the beautiful surroundings. There is usually quite a discrepancy in people's abilities and the Walkwise Trekking Guides will allow for this, ensuring that no one is left behind and you can take the trek at your own pace.
- There will be a few trekking guides with the group and what usually happens is that the group will naturally split into different groups of ability. You can decide which group you would like to trek in; it may be that on the Saturday you trek in the slower group and then on the Sunday you decide you would like to pick the pace up a bit and switch to the faster group.
- Ultimately, anyone who leads a fairly active and moderately healthy lifestyle should be ok on this trek, as long as you train beforehand.

Why bother training?

- You will have a far better chance of completing the challenge.
- You will enjoy the trek far more if you have a good level of fitness.
- You will be far less likely to become injured or suffer from aches and pains (remember to train in your walking boots if going out on hikes as this will break them in and help to minimise blisters whilst on the challenge).
- Your potential sponsors will be far more likely to dig deep into their pockets if they can see just how much hard work you're putting in to prepare for the challenge.
- It will make you feel more energetic and more relaxed about the expedition.

How shall I train?

- Training is very specific to the activity that you are undertaking, therefore to become fitter for trekking you need to trek. This can be mixed up with some cross training of your favourite sport or outdoor activity, e.g. swimming, aerobics, squash.
- To break your body in and avoid injury, training is best done gradually building up to the challenge over a period of time.

The simplest of changes to your every day life can make a really big difference:

- If you're popping out to the shops, walk instead of taking the car.
- If you go to work on the bus or tube make a resolution to walk to the next stop or get off a stop early.
- Once a week during your lunch hour take a brisk walk around the park, or have a 30 minute jog.
- To get used to ascents and descents stop using the lift and start using the stairs. Using the stairs regularly is a very effective tool in preparing your body for climbing up hills.
- Do some half-day walks. To build up your stamina it's a good idea to go on some half-day walks. Buy a local guide book of short walks in your area or why not get a group of friends together? Try to do 2 or 3 half-day walks over a period of a couple of months and start to build up the distance you cover.
- Try some full-day walks. After a few half-day walks try to do a couple of full day walks and gradually increase the distance you cover until you're happy with your own ability.

How to raise your £250

You'll be sent a full Fundraising Pack once booked, but take a look below to see how easily you could reach your £250 minimum sponsorship target in just a couple of weeks. You're fundraising could easily be a lot bigger than these ideas, all you need to do is make sure you have a bit of a plan at the start. Breakthrough will support you every step of the way with regular fundraising tips and free fundraising materials.



Online sponsorship page:

It's very easy and really quick to set-up an online sponsorship page at www.justgiving.com/breakthrough. Then just email the address to all of your friends, family and colleagues and ask them to forward it on to their contacts too.

If 10 people sponsor you £10 each that's **£100 raised.**



Food/Cake sale at work:

Make home-made cakes or soup and sell these at lunch or in the afternoon at your workplace. Ask friends if they will help to make them and if it's ok to sell them at their workplace as well.

If you hold 2 food sales at work and 30 people buy a cake or a pot of soup sold at £2 each that's £60 raised. If you manage to get your family or friends to do one at their work as well you could double the amount! **At least £60 raised.**



Bag packing at your local supermarket:

This is a far more lucrative fundraising activity than most people think. If you go to a large supermarket and bag-pack for a few hours asking for donations for doing so, you'll be amazed at how much you can raise. Get a group of friends to help you and that should help make it more fun and bring in the donations quicker.

If you bag-pack twice and 60 people donate £1 for you to pack their bags, that's **£60 raised.**



Quiz Night / Raffle

Ask your local pub/club if their quiz entry fee can be donated for one night towards your fundraising efforts for Breakthrough.

If 15 people take part in the quiz at £2 each that's **£30 raised.**

Congratulations, you've reached your £250 minimum sponsorship target!