



THE LAKE DISTRICT CHALLENGE



ITINERARY – OUTLINE FOR BESPOKE TRIPS

This challenge is loosely based on parts of the Bob Graham Round and is a circuit of the Lakeland peaks that would in Bob's day be attempted in less than 24hrs. We don't take it to such extremes but still have the hefty task of completing a version of the round in two days!

DAY 1

KESWICK

We meet in the evening in our Keswick hostel and enjoy a welcome meal together.

DAY 2

SCAFELL PIKE

Approximately 27km

Today after a good breakfast we head north climbing the first ridge out of town to Steel Fell 549m and then head west almost all day. We traverse the Cumbrian mountains today and head for the highest peak in England Scafell Pike 978m. From here we drop down to Wast Water lake where we might take a dip in the chilly waters to soothe our aching muscles before getting ready for dinner.

DAY 3

YEWBARROW

Approximately 22km

For our last day we climb Yewbarrow 628m and then the last few peaks before descending to Keswick once again for a meal marking the end of a good challenge, and then home.



LOGISTICS



COSTS OF CHALLENGE

40+ participants: From £249pp
20 – 39 participants: From £299pp
Minimum Number: 20 participants

INCLUDED

Action Challenge Staff
All YHA accommodation
All meals
Minibus for support
Transfer of luggage
Local transfers

NOT INCLUDED

Travel to/from Keswick
Travel insurance
Alcoholic drinks
Items of a personal nature

EQUIPMENT

An equipment list will be forwarded at a later stage.

FOOD

Breakfasts will be in the accommodation each morning, packed lunch will be en-route and evening meals will be at the YHA or a local restaurant.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

TOTAL DISTANCE TREKKED

Approximately 92km

There are various ways to cut down the daily distance for those people that may need an easier walk.

RATING

Tough

FITNESS

This challenge requires a good level of fitness to walk the route.

ACCOMMODATION

All nights will be in dorms in YHAs. These accommodations are all in unique and beautiful locations

WEATHER

Any time of year, would be perfect for this trek, but it should be remembered that weather in the mountains is very unpredictable and proper clothing is necessary.