



The Lake District Challenge

Friday 19 - Sunday 21 July 2019

breast cancer
now



This two day challenge explores the beautiful scenery of the Lake District, and with two different challenge levels, there's something for everyone!

With two different routes on offer, you can tailor your weekend to suit your ability.

Choose our skyline trek if you want to test yourself on the dizzying heights of the Lake District. Or for a simpler (but by no means flat!) option, take on the Borrowdale Circuit, following a variety of paths and tracks conquering some of the lower Lakeland Fells.



“

It's great fun and
anyone can do it!
- Sarah

”



The challenge

The Lake District Skyline Challenge!

Day 1: Saturday

Derwent Bank, Cat Bells, Maiden Moor and High Spy to Rosthwaite

Beginning from the hotel, we will make our way along the lake shore to warm up before we tackle the first peak of Cat Bells. The path zigzags up the lower slopes and rewards our efforts with tremendous views across the surrounding lakes and valleys. Eventually, the gradient softens and a ridge stretches out ahead. There are a couple of rocky sections on the ridge but mostly the hillside is grassy and broad. Soon, the summit of the first peak, Cat Bells is reached. Beyond the broad ridge we continue onto Maiden Moor with lovely views across the lush countryside of Newlands Valley. Now you are really away from it all and we continue onwards to our highest point of High Spy. Looking ahead we can see a broad grassy ridge stretching out south to the central massif of the Lake District. Our path now begins to descend into the valley below where we conclude the day along the banks of the River Derwent, to the Lake Land hamlet Rosthwaite.

Distance 10 miles (15.5km) Ascent 2350ft (750m) 2 main climbs

Day 2: Sunday

Rosthwaite, Joppley Howe, Watendlath Walla Crag and Keswick,

Continuing on from Saturdays end point in Rosthwaite, we start with a steady climb up the old corpse road to Joppley Howe. This Lakeland fell is full of character but also affords a fantastic view across all of yesterdays walk and the rest of todays route too. Now, it's onto the picture perfect village of Watendlath and then the spectacular Surprise View and the Chocolate Box views of Ashness Bridge. Onwards, we have the lovely hill of Walla Crag which is yet another excellent view point. After this, it's pretty much down hill as we descend to Friars Crag and the shores of Derwent Water. The final section of the walk takes us through the market town of Keswick, before we follow the majestic waters of the River Derwent back to Portinscale and the Derwentbank.

Distance 10 miles (15.5km) Ascent 2150ft (700m) 2 main



The challenge

The Lake District Borrowdale Circuit.

Day 1: Saturday

Derwent Bank, Cat Bells, Maiden Moor and High Spy to Rosthwaite

We walk directly from the center and follow the grounds down to the shores of Derwentwater where we can take in lovely views across the lake with secluded bays, peaceful woodlands, private promontaries and isolated islands, At the head of the lake at manesty we make our way off to the small hamlet of Grange before we begin our ascent of Castle Crag. This mighty Fell rises nearly 900ft above the valley floor and provides a superb panorama of our challenge. Onwards we follow the Cumbria Way up to the tiny hamlet of Seatoller before meandering along the River Derwent before concluding the day in the lovely Village of Rosthwaite.

Distance 10 miles (16km) with 400m 1250ft ascent, 1 main climb

Day 2: Sunday

Rosthwaite, Watendlath, surprise view, Walla Crag and Keswick.

Continuing on from yesterdays end point in Rosthwaite, we start with a steady climb up the old corpse road over the Lakeland Pass to the picture perfect village of Watendlath. Here there is a small café and time to pause before we head off down the valley by the waters of Watendlath Beck. We will then pause at the breathtaking view point of the spectacular Surprise View and the Chocolate Box Ashness Bridge. Onwards and we continue our route passing under towering cliffs of Falcon Crag before we join the lake-shore path at Friars Crag. The final section of the walk takes us through Keswick before we follow the waters of the River Derwent back to Portinscale and the Derwentbank.

Distance 10 miles (15.5km) Ascent 1250ft (400m) 1 main climb



The challenge



The HF Holidays hotel offers accommodation with spectacular views. On Derwent Water, surrounded by excellent walking routes, it has a bar, free parking and Wi-Fi.

All rooms have en suite bathroom facilities with bath or shower. There is a TV, hairdryer and tea and coffee facilities in each room.

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 and make some new friends. Dinner will then be served in the restaurant at 8pm. We appreciate that a lot of you will have had long journeys up and it may not be possible to make the 7pm meet, so the main briefing for the Challenge will be after dinner.

Breakfast: 8am

Main Briefing: 9am in the Lounge

Leave by coach to the start of the Challenge: 9:15am

Picnic lunch

Three course dinner: 7pm

Sunday

Breakfast: 8am

Leave by coach: 9am

Picnic lunch

Friday 28 – Sunday 30 September 2018	Price per person
<p>Full Package</p> <ul style="list-style-type: none"> • With two nights accommodation • Two breakfasts • Two picnic lunches • Two evening meals • All transport to walks • Professional walking guides 	<ul style="list-style-type: none"> • Twin share £185 per person • Single £185 per person • Premium room supplement £10.00 per person <p>*Please check we have single availability when booking</p>
<p>Extra Night</p> <ul style="list-style-type: none"> • Sunday 21 July • Dinner, bed and breakfast 	<ul style="list-style-type: none"> • £65 per person in a twin share room • £65 per person in a single room
<p>Event only</p> <ul style="list-style-type: none"> • Two picnic lunches • One evening meal • All transport to walks • Professional walking guides 	<ul style="list-style-type: none"> • £75 per person

Address:

HF Holiday's
 Derwent Bank
 Portinscale
 Nr Keswick
 Cumbria
 CA12 5TY



For more information please

Call 0207 025 2483

Email events@breastcancernow.org

Check out our other WalkWise events
breastcancernow.org/walk18

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Breast Cancer Now is a charity registered in England and Wales (1160558), in Scotland (SC045584) and in the Isle of Man (1200).