

Lake District Triathlon Weekend

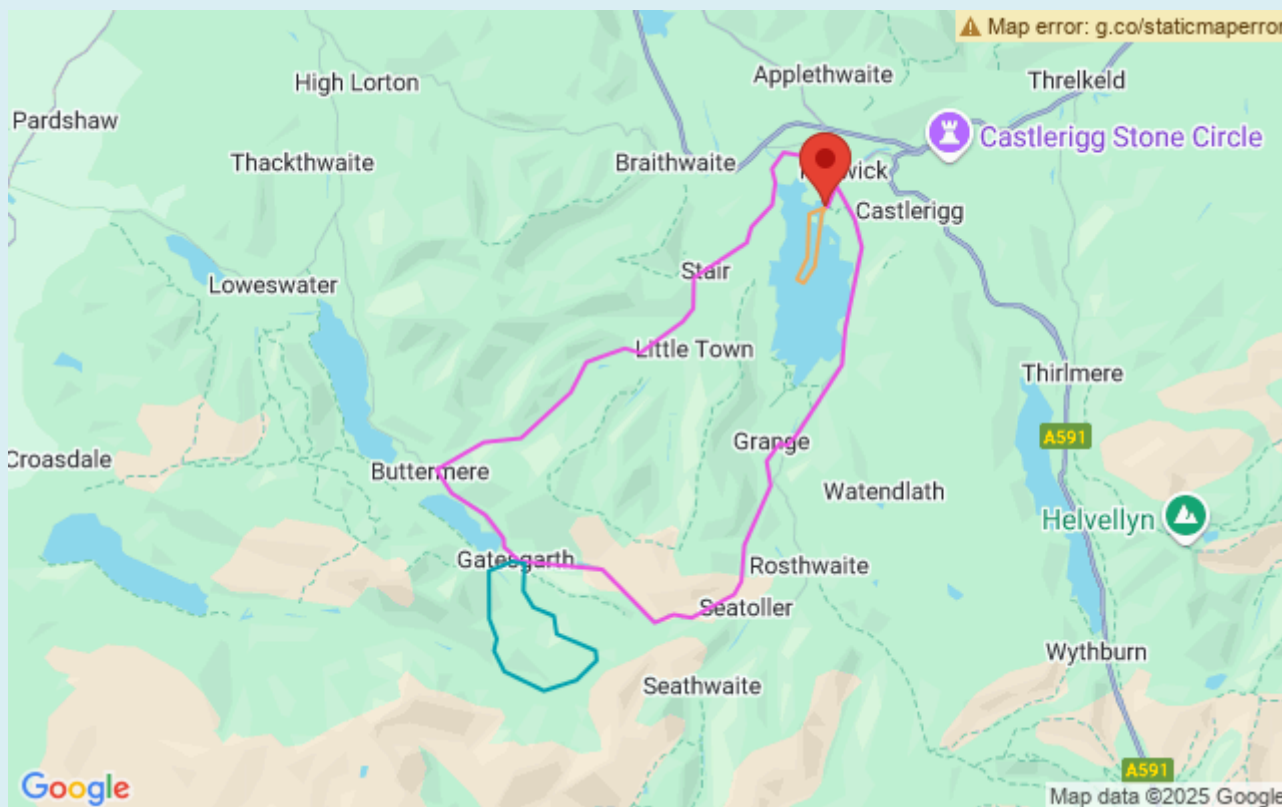


Duration: 3 days

The beautiful hills and valleys of the Lake District - one of the best natural adventure playgrounds in the UK – sets the scene for our demanding multi-activity challenge. The route is designed to test your skills, stamina and mental strength as we set off through this fabulous scenery – by canoe, then bike and on foot around Haystacks, before returning to bikes once more to finish the route.

Whether you take part on your own or with friends, this long, tough day offers a great challenge – and the sense of achievement and camaraderie at the end will be unforgettable!

DETAILED ITINERARY



Day 1: Arrive Lake District

Arrive late afternoon at our hostel on the eastern shore of beautiful Derwentwater, near Keswick. After settling in, we share an evening meal together and get everything ready for the big day tomorrow. Night hostel.

Day 2: Triathlon

After an introduction and briefing about the day's events, we get acquainted with our canoes! After a safety briefing, we head out onto the open expanse of Derwentwater – which gives us a unique view of our surroundings and an idea of what lies ahead of us today! The conditions will dictate our goal on the water, but if conditions are good we'll aim to paddle around St Herbert's Island in the middle of the lake, named for an Anglo-Saxon priest who lived there for many years; parts of the hermitage are still visible.

Returning our canoes to shore, we change into dry kit and prepare to start the first of our cycle sections. We ride alongside Derwentwater, heading towards the beautiful Borrowdale Valley and the tip of the lake. The fells rise up around us and the views are wonderful. Reaching the end of the valley at Seatoller our route climbs steeply up to Honister Pass, a very tough climb with a height gain of over 200m. Hopefully the views from the top will be a wonderful reward before we descend into the Buttermere valley; care needs to be taken on the steep descent. Towards the end of Buttermere we come to Gatesgarth, a small village lying at the foot of Haystacks – the trekking section of our challenge.

At 597m, Haystacks is not one of the highest fells in the Lake District, but is popular largely because it was

Wainwright's favourite mountain walk. The curved crags visible from Gatesgarth give us a taster of the wonderful views awaiting us. The ascent is steep in places but we take it steady and it's not too long before we reach the summit, with its small tarn, rocky outcrops and wonderful views across to some of the main peaks in the region. Descending again, we return to our bikes.

Our second cycling section, which is slightly longer than our first stint, takes us along Buttermere. We then turn right into the Newlands valley and start the second of our big climbs, gaining 200m in height once more as we climb to the pass of Newlands Hause. The scenery through the Newlands valley is spectacular. After reaching the summit, a wonderful descent takes us back to Derwentwater, and we skirt round the northern tip of the lake and finally come back to our start point.

Challenge completed, we celebrate the evening with a great BBQ, reliving the best (and worst!) bits with your fellow triathletes! Night hostel.

Approx distances: 1-2 miles canoe, 23 miles cycle, 6 miles trek

Day 3: Depart

Head home after breakfast, feeling tired, achey and very proud of yourself!

WHAT'S INCLUDED

- Hostel accommodation
- Experienced Discover Adventure leaders and support staff throughout
- Back-up vehicles
- Use of canoes with all safety equipment and instruction
- Lunch, snacks and drinks en-route
- Maps and route information

WHAT'S EXCLUDED

- Travel insurance (optional)
- Bike (rental arranged on request or bring your own)
- Cycle helmet (compulsory) and water bottles
- Personal items such as drinks, snacks and souvenirs
- Transport to/from the event
- Entry to any optional sites or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | TOUGH (3)



Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips can involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They demand good stamina, fitness and a determined attitude.

See [Trip Grading Explained](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 5 Jul 2025, and the challenge is subject to change.