

Lake District Triathlon Weekend

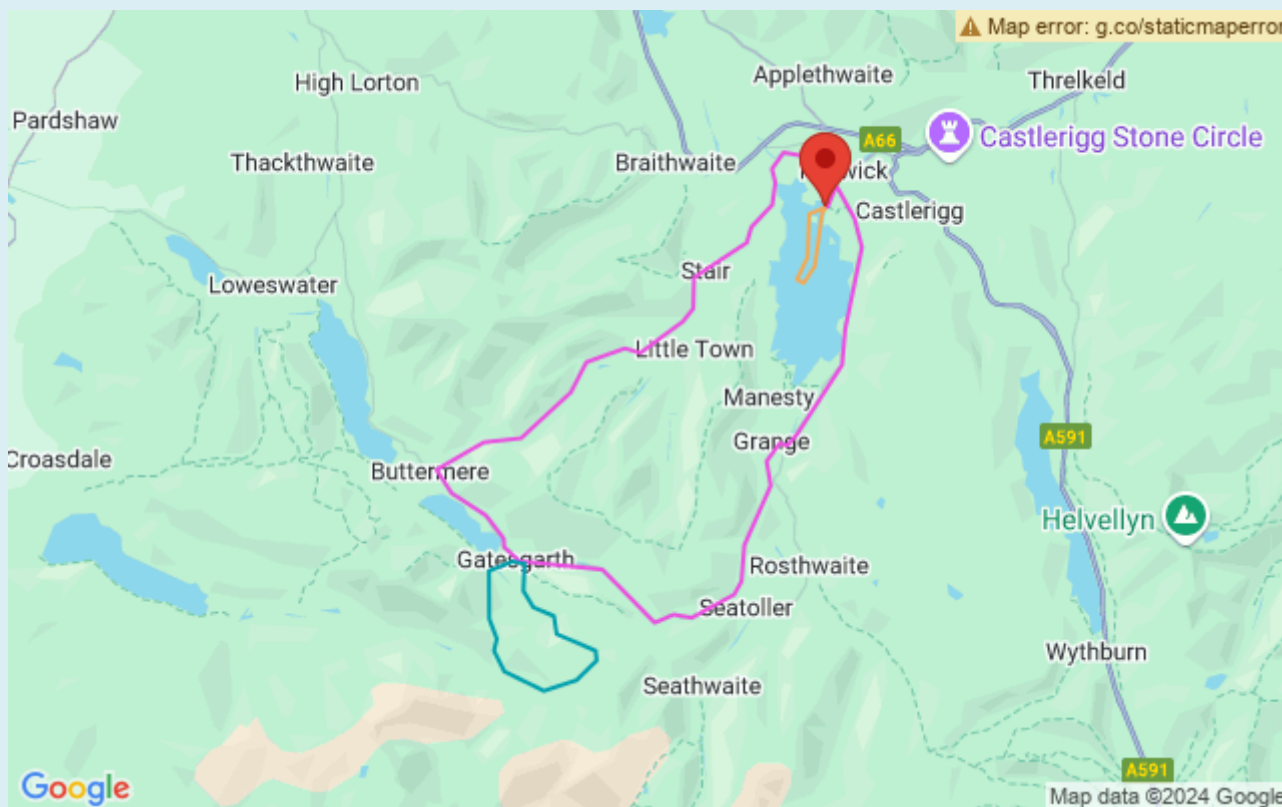


Duration: 3 days

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](#).

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Luggage

Your main luggage will remain at our accommodation (camp, hostel or hotel as appropriate) and you will not have access to it until the end of each day. You should carry a small daypack for items needed during the day.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.



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 20 Sep 2024, and the challenge is subject to change.