



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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LAKE DISTRICT TRIPLE CHALLENGE  
UK

Fri 21 Jun - Sun 23 Jun 2024







## In aid of Royal Marsden Cancer Charity

21 Jun - 23 Jun 2024



### 3 DAYS | UK | CHALLENGING

This incredible challenge pits you against the spectacular adventure playground of the Lake District National Park.

Trek to the summit of one of the Lake District's most iconic peaks, the Old Man of Coniston, before testing yourself on the off-road mountain bike trails of Grizedale forest, then kayak across iconic Coniston Water.

The hire of all bikes, kayaks and safety equipment is included in the challenge.

- One incredible day of trekking, biking and kayaking in the stunning Lake District National Park
- All bike and kayak equipment included for you
- Off-road mountain biking on the trails of famous Grizedale forest
- Trek to the summit of the Old Man of Coniston
- Kayak around Coniston Water

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 21 Jun*

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#### Arrival

Your weekend will begin on Friday night by meeting your challenge leaders and the rest of the group in the YHA Coniston Holly How for your pre-challenge welcome and safety briefing.

Accommodation is provided in same-sex dormitories at the YHA Coniston Holly How.

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### DAY 2 *Sat 22 Jun*

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#### Challenge Day!

You will wake early for a pre-challenge breakfast before beginning the adventure with the tough bike section up the hill and into Grizedale Forest. The forest circuit in the forest is one of the Lake District's most famous mountain biking locations. You can guarantee you will be well tested on the forest tracks before descending back to Coniston.

Next up is the trek to the summit of the Old Man of Coniston, a classic Lake District mountain. This is an 11km trek to the summit at 803m.

The final section sees you challenge yourself to a circular kayak loop on Coniston Water before you finish this incredible challenge and celebrate your achievements with a dinner before another night at the YHA Coniston Holly How.

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### DAY 3 *Sun 23 Jun*

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#### Departure

After breakfast you are free to depart.

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## NB

#### Please note:

The itinerary, or the order in which you complete the activities may vary depending upon the weather and other aspects beyond our control.

If you are returning home by train please make sure you have booked an open ticket, as timings will depend very much on the group's speed and ability. You may also want to consider booking yourself another night at the hostel to avoid travelling/driving home when tired.

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £85.00 when you book  
Then a balance of £285.00  
(9 weeks before your challenge)  
Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £85.00 when you book  
Raise a minimum of £580.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Risk assessment and emergency management planning

### On your challenge

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- All challenge management before, during and post event
- Group first aid supplies
- All equipment hire including mountain bikes, helmets, open top kayaks and life jackets. You are welcome to bring your own mountain bike and helmet if you wish
- Qualified mountain leaders, cycling leaders & mechanics and kayak instructors
- Drinks and snacks available throughout the day
- Packed lunch and drinks
- Accommodation during the challenge (usually same-sex dormitories)
- Breakfast before the challenge

## WHAT'S NOT INCLUDED

### Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

### On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS	
Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 05/04/2024), and the remaining 20% within 4 weeks of completing the challenge (by 21/07/2024). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Raising the sponsorship	We are here to help you throughout your fundraising and training journey. We will supply you with fundraising materials including supporter t-shirts and posters. We will also provide any relevant training advice along with kit lists.
Typical group size	The typical group size is 50 - 60 participants

### Why book with Charity Challenge

- Hire of mountain bikes and kayaks is included in the cost.
- The very best Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Fully qualified mountain bike and kayak leaders who can also provide expert instruction to guide you through each activity.
- Mountain bike in Grizedale forest, one of the Lake Districts most famous mountain biking areas.
- Summit the iconic Lake District peak, the Old Man of Conistone, 803m high.
- Kayak on the historic Conistone Water, scene of Donald Campbell and his famous Bluebird.

### Level of Difficulty

This challenge is graded as **challenging**. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a multi-activity challenge before. You do not need to be an expert mountain biker or kayaker, just somebody with a sense of adventure.

You can tell your supporters that on your Lake District Triple Challenge you will be:

- Climbing to the summit of the Old Man of Conistone – 10km, 803m (approx. 3-4 hours).
- Mountain biking 12km through Grizedale Forest, including the lung-pumping ascent of the hill into the forest (approx. 2 hours).
- Kayaking for 1.5km around Conistone Water (approx. 1.5 hours).

### Training

This challenge will have you biking, kayaking and hiking in the incredible Lake District National park, and requires a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking and cycling. If you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge. There is no substitute for walking in the hills so try if possible to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it. Also see your Charity Challenge [Fitness Training](#) notes.

Your training should also include some cycle training, preferably, including some hills. The biking section of this challenge takes place on off-road trails, but you should gear your training to being comfortable on a bike and have experience of cycling up hills.

For the kayaking, no prior experience is necessary, although if you have the opportunity to go to a local kayaking club then this would help. Kayaking requires good upper body strength, so if possible, doing some exercises or light weights to build your strength would be advantageous.

### Group Size

Our minimum group size is 50. There will be one challenge leader for approximately every 10-15 participants.

### Group Management

Charity Challenge operates all of its challenges as team events. This challenge is not run as an individual event, so please come prepared to help other members of the team. As all of our challenges have a strong 'charity fundraising' aspect then this is a fantastic opportunity to meet like-minded people who have incredible stories to tell.

We employ experienced and fully qualified challenge leaders to accompany and lead you. Our leaders are first aid qualified and have extensive experience in leading challenge events throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group and will be carrying full safety equipment and mountain first aid kits with them at all times. They will also be in constant radio communication with the vehicle drivers and 'base camp' throughout the challenge. Qualified mountain bike leaders and kayak instructors are also employed to guarantee that you are very well looked after at all times and have access to expert advice.

### How do you manage differing ability levels on each activity?

The Lakes Triple Challenge is a team event and is not run as an individual, against the clock challenge. We would encourage everyone taking part in this challenge to support each other to achieve everything that they can.

However, with any multi-activity challenge we fully expect people to have very different abilities across the biking, trekking and kayaking sections. Just because you are an experienced trekker does not mean you have lots of experience in a kayak. This is perfectly normal, and we fully expect this.

On each of the 3 activities we encourage you to stick-together as a team as much as possible. However, if it becomes necessary to split the group then we have a suitable number of leaders to allow this to happen.

There are two important points to note regarding how we manage the groups on this challenge:

- We must wait for all participants to finish an activity before moving on to a next one.
- All 3 activities are 'leader led'. We do not route mark either the bike or trek routes and so we ask everyone to stick with the leaders at all times. They are experienced at managing groups on these activities, and they enable us to keep everyone safe and keep the challenge running smoothly.

### Weather

As you know, the weather in the UK can be highly unpredictable and erratic. Being prepared is key! We will run UK challenges between March and November, and although the summer months of June-August should be, warmer and sunnier, we all know that this isn't always the case. Please check the weather forecasts to ensure that you bring clothing suitable for warm, sunny, walking weather and also sudden wind and downpours.

### Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated. The terrain on this challenge varies throughout and can be rough at times, so be prepared! The path on the trek is steep and uneven, whilst the biking section follows off-road forest trails and as such can be uneven.

### Challenge Timings

**You will be sent precise timings and locations 1 month prior to the start of this challenge.**

You will need to make your way to the hostel for 7pm on the first evening of the challenge. Here you will meet your fellow challengers and leaders and have the challenge safety briefing.

The challenge will begin at approximately 8am on the Saturday and you can expect to finish back in Coniston by 6pm.

### Getting to and from the Challenge

The base for your challenge is normally the YHA Holly How in Coniston.

Limited car parking is available at no extra cost. We would strongly encourage all participants to car share where possible to limit the disturbance to local residents. The nearest train station is at nearby Windermere and buses and taxi's can take you from the train station to Coniston village.

### Accommodation

Accommodation is usually provided at the YHA Coniston Holly How in same-sex dormitories. You can expect typical hostel style accommodation, with shared bathrooms. Bedding is provided for you.

We encourage everyone to see the hostel as part of the challenge!

### Food & Drink

You will be provided with a breakfast on the morning of the challenge, and a packed lunch during the day along with snacks during the transition between activities. You may also wish to bring your own snacks to help power you through the day. You will also have a celebration dinner after the challenge.



You will be given breakfast in the morning on the final day, after which you are free to depart.

Please note: No dinner is provided on the Friday evening. Food is available at the YHA, but must be pre-booked. Alternatively, Coniston has a number of excellent pubs and restaurants within walking distance.

### Bike & Kayak Equipment

**The hire of all bikes and kayaks, along with relevant safety equipment is provided for you on this challenge and is included in the cost.**

If you wish to bring your own bike then please let us know at least 2 weeks prior to the challenge by emailing [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com)

If you choose to bring your own bike then it is your responsibility to make sure that it is suitable for the terrain covered during the cycle section. This section takes you along the mountain bike trails of Grizedale Forest. It includes steep ascents and descents over loose terrain. **Only mountain bikes are suitable for this challenge. If you bring your own bike, you must also bring your own helmet.**

You will be paddling two-person, sit-on-top kayaks that are designed to be extremely stable. You will be sharing the kayak with another participant from your group. Full safety instruction is provided by our qualified leaders and these leaders will also accompany you on the water in case of any difficulties.

### Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, you may wish to change kit between each activity. You will be able to leave any extra equipment at the event base.

A full kit list for this challenge can be found in your account area, or on the website [here](#). Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

### Trek Section.

Waterproof and well-worn in boots will be indispensable for the trek. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Trainers are not suitable. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasise that jeans should not be worn on this challenge.

### Bike section.

You may wish to bring a pair of cycling shorts or trousers to wear for this section. You will have the opportunity to change into them before completing this section. Whilst you are welcome to take your day-sack on the bike with you,

we would recommend that you keep this back at the event base to make the bike section more comfortable.

### Kayak Section.

You do not need to have a wetsuit or swimming costume for this section. Most people complete this part of the challenge wearing the same clothes that they used for the bike and trek. However, if you wish to bring separate clothes for this section then you will have the opportunity to change into them before undertaking this section of the challenge. You will need to wear shoes or trainers whilst in the kayaks, so you may wish to consider bringing along a spare pair of old trainers.

**The hire of bikes and kayaks is included in the cost of this challenge. Any safety equipment required for the biking and the kayaking will be provided, including helmets and life vests.**

### Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the challenge, as well as after the hike and again at the end of the day. However, during the challenge facilities will be limited to the great outdoors!

### Money

During the challenge, there are limited opportunities to spend any money. The village of Coniston does have several outdoor shops, gift shops, cafes and pubs so you may like to bring some for once your challenge has finished.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a few important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate, as they lack grip.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- Listen to your instructor's guidance, especially on the biking section, where there is a rough, steep descent on the route.
- Always wear the safety equipment provided to you for the biking and kayaking activities.
- We employ qualified instructors for each activity. Please listen carefully to the instructions given.
- This is an all day challenge. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking

lots of fluids.

### Emergencies

Your challenge leader will have a mobile phone and radios in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race and you will not be expected to walk or cycle at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, you will be transferred back to the start point by the support vehicle.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and can then discuss any advice given by them with the challenge leader.

### Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

### Responsible Tourism

At Charity Challenge we are committed to responsible tourism. On this challenge in particular, we always liaise with the rangers at the Lake District National Park and the Grizedale Forestry Commission office to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you

about how you can do your bit to conserve the local area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter.

Instead, we'd like to encourage you to support '[Fix the Fells](#)' who maintain the excellent footpaths we will be walking on. Fix the Fells have an excellent website that provides information on their fantastic work and allows you to donate to them directly. Their website can be viewed [here](#).

We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For local accommodation options check out the [GoLakes website](#).

For extra information, please visit our [Responsible Tourism page](#).



# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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