



Trek26 Lake District



Activity: Trek **Grade:**  **(Tough)** **Duration: 1 day**

The beautiful hills and valleys of the Lake District are home to some of the best walking routes in the UK. In 2017, the 13 valleys were collectively awarded World Heritage status and amongst them is the Ullswater Valley.

With its tranquil lake of the same name, nestled amongst rolling hills, undisturbed flora and fauna and expansive vistas of Lakeland's highest mountains, it is no wonder why we have chosen this valley to set the scene for our demanding 26 mile trek. As we trek, we will be able to admire the classic paddle steamers leisurely cruising the lake and take in the stunning views, including the famous Striding Edge on Helvellyn.

This is a tough and memorable trek on undulating terrain; at 26 miles, it forms an enormous challenge for walkers. A more moderate half-distance option is also available.

DETAILED ITINERARY

We meet at our Event Hub at Dalemain, for registration, a full briefing and a breakfast bap, to help us get ready for our trek. After warming up our muscles, we set off on the challenge. Following quiet lanes and footpaths, we first head towards Dunmallard Hill and on to Pooley Bridge. From here the terrain is undulating as we walk through woodland fields to Maiden Castle, where we'll be rewarded with wonderful views across the valley. We soon pass the beautifully situated Watermillock church and through Swinburn Park heading for the spectacular waterfalls of Aira Force. Trekking through the ancient woodland of Glencoyne Deer Park, our route joins a meandering path beside Ullswater before reaching Glenridding. Rounding the bottom of the lake, we trek predominately on good paths heading north to Howtown. We ascend onto the moorland edge and take in the momentous views across Ullswater. Our route is undulating from here, through farm land and open fell, to reach The Cock Pit Stone Circle before descending on a wide track to lead us back into Pooley Bridge and on our home straight to Dalemain.

The half marathon route starts with a transfer to the southern end of Ullswater to join the route of the full marathon, returning to Dalemain via the eastern shore of the Lake.

There will be refreshments at the end and time to celebrate before saying our farewells.

Trek approx 26 miles / 13 miles

Breakfast Bap and Packed Lunch included

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

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CHALLENGE GRADING

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Tough (3)**. Main challenges lie in the long strenuous distance on undulating terrain.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

