



# Trek<sup>26</sup> Lake District

Event guide  
13 miles  
**7-8 August 2021**

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# Welcome



**Trek26**  
Lake District

Trek26 Lake District 7-8 August 2021

A massive thanks for taking on our epic Trek26 Lake District challenge. We're so pleased to have you on board and hope you're looking forward to the adventure ahead! It'll be tough, but we know you've got what it takes.

We've put together all the information you'll need for your trek so you're fully prepared to take on 13 miles!

We're always here to help; whether you need support with your fundraising, advice on your training or would like more information about the trek – just drop us an email [events@alzheimers.org.uk](mailto:events@alzheimers.org.uk).

Trekking 13 miles is no mean feat, so you should be really proud of yourself for taking on this fantastic challenge.

**When the trek gets tough, remember that every step and every pound, will help us get closer to a cure. Dementia devastates lives, but together we can beat it.**



# Key info



Trek26 Lake District 7-8 August 2021

## Start and finish point

The start location is **Patterdale Cricket Club, King George 5th Playing Field, Patterdale, Penrith, Cumbria, CA11 0PJ.**

The finish point is **Dalemain Mansion & Historic Gardens CA11 0HB.**

You'll select your arrival time by completing our survey sent out two months before your trek. It's really important that you arrive at your allocated time, as we need to control the number of people on site at any one time. If you arrive early or late, you will be asked to wait before we invite you to join us at the event hub.

## Coming by car

There's no parking at the start location. You can either be dropped off at the start location or park at the finish point, then take the shuttle to the start line (this takes around 30 minutes). If you're parking at Dalemain, your shuttle will leave 15 minutes after your arrival time. Household groups can sit together, but you'll be seated two metres apart from all other trekkers.

## Timings

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**6.45am - 10.15am**  
**Allocated arrival times**

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**11.30am - 5.00pm**  
**Trekkers will be crossing the finish line**

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Please arrive ready to trek! Unfortunately the event hub won't be staffed during the day, so any belongings left are at your own risk.

Two weeks before your event you'll receive a pack; this will contain a social distancing info sheet, map, emergency contact details for the day (which hopefully you won't need!), trek number and timing chip. Make sure you bring everything in your event pack along on the day.

You must arrive with your emergency contact details already filled out on the back of your trek number and then attached to the back of your rucksack. We'll ask to see your rucksack with your trek number attached before you come into the event hub.

If you haven't received your pack by Friday 6 August, please let us know by emailing [events@alzheimers.org.uk](mailto:events@alzheimers.org.uk) and we can bring one along on the day for you.



# Food



You'll need plenty of energy to trek 13 miles! Eat well the day before, and include plenty of carbs and protein. We'll provide all the food to keep you going on the day.

There's a lunch stop on the route. This will be as close to the middle as possible, so you can grab extra snacks and water and take a breather.

## Breakfast

You'll get a breakfast pastry and a hot drink at the event hub before you set off.

## Lunch

You'll get a sandwich for your lunch as well as lots of snacks including energy foods like cereal bars and fruit, and treats like crisps and tray bakes. Hot drinks will also be available.

## Snacks

There'll be plenty of snacks available at all our rest stops, but if there's something in particular you'd want on the day, it's best to bring it along with you.

## Water

Please bring your own water bottles or hydration packs already filled up with two litres of water when you arrive. There'll be water available at the event hub and rest stops to top up if you need it.

## Dietary requirements

If you didn't tell us about your dietary requirements when you signed up, just drop us an email to [events@alzheimers.org.uk](mailto:events@alzheimers.org.uk) and we'll be able to get this all sorted for you.



# Kit list



Trek26 Lake District 7-8 August 2021

Having the right kit means you'll be comfy and ready for any weather. Check out our **kit list** to make sure you've got everything you need.

## What you'll need on the day

- your trek number attached to the back of your rucksack and the rest of your event pack in your bag
- a water bottle or hydration pack already filled up with two litres of water
- walking poles (if you used them in training)
- comfortable trekking boots
- a decent waterproof jacket and waterproof trousers
- a rucksack to carry snacks, water and any extra layers
- a hat and sunglasses for sun protection
- sunscreen
- a phone and camera to take your celebratory selfies!
- hand sanitiser and a face mask



The right kit makes a huge difference, so get it sorted now, train with it in the last few weeks and wear it on the day. Check out our **training plans** online, so you are fully prepared for taking on your challenge.

# Your epic route



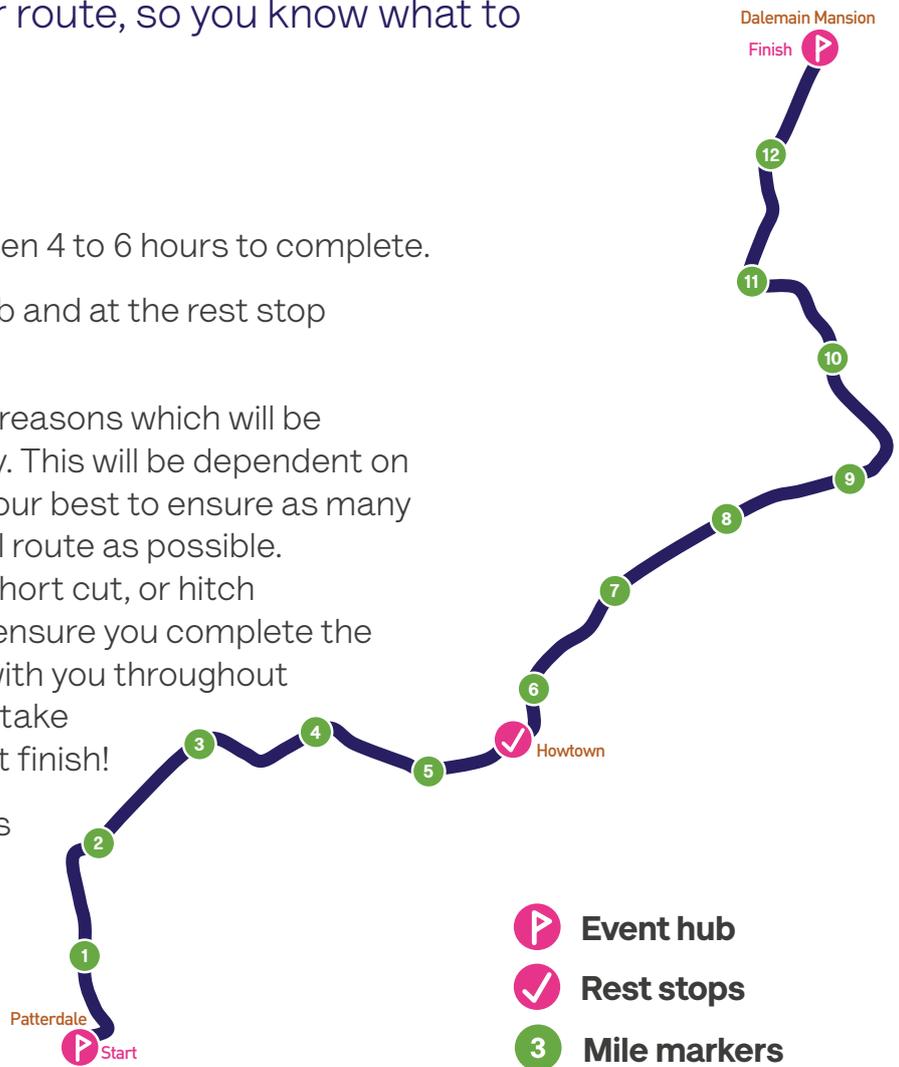
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Lake District

Trek26 Lake District 7-8 August 2021

Here's a brief snapshot of your route, so you know what to expect on the big day.

## Route info

- This challenge tends to take between 4 to 6 hours to complete.
- There will be toilets at the event hub and at the rest stop along the route.
- There'll be a cut off time for safety reasons which will be confirmed in the briefing on the day. This will be dependent on weather conditions, but we will try our best to ensure as many people are able to complete the full route as possible. We may need to ask you to take a short cut, or hitch a ride forwards along the route, to ensure you complete the course safely. We'll communicate with you throughout the event on how long sections will take and work with you to get you to that finish!
- The route is full marked with arrows and will be easy to navigate your way around. You'll be posted a map in your event pack which will arrive a week before your event, but you should only need this if you get lost or need emergency support.
- Our experienced trekking crew and doctors will be out on the route with you to help and keep you safe. They'll be located at the rest stops.



## Family and friends

Unfortunately friends and family who aren't taking part in the trek won't be allowed on the event site this year. They'll only be allowed in the car park to drop you off or pick you up after the event.

# Thank you!

A huge thank you for being part of the Lake District team. You reaching the finish will help us get closer to beating dementia forever.