



Trek 26 Lake District

Itinerary

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Overview

Explore this iconic landscape as we take in the stunning Ullswater Lake surrounded by towering fells and the awe-inspiring Aira Force waterfall. This area is traditional British scenery at its best and you will explore a different side of it on this tough but rewarding trek.

Our route will be a challenge whether you're taking on the 13 or 26 miles. You'll cover a variety of terrains through woodland, across farmland and with wonderful views across the lakes and of Helvellyn, England's third highest mountain. You'll finish together in the grounds of the stunning historical stately home of Dalemain Mansion, where you'll be rewarded with a real sense of achievement, your well-deserved medal and glass of bubbly!

On the day

You'll meet all your fellow trekkers at the event hub in the morning where the first stop is registration. We know a challenge like this can be daunting, but you'll be trekking with people who have also experienced how tough dementia can be, just like you. We'll all be in it together. After registration there's just time for breakfast, a cuppa and your event day briefing. Then before you know it we'll all be joining in the big count down to the start!

Your day will take in a huge variety of terrain and sights. The 26 mile route will be a challenge as you trek around the stunning Ullswater Lake, passing the powerful Aira Force waterfall. The 13 mile route will also be a rewarding achievement as you trek from the tiny hamlet of Patterdale along the lake's eastern edge to Dalemain Mansion.

Key Info

- **Level:** Tough
- **Terrain:** Traditional countryside walking through woodland, farmland and fields
- **Gradient:** This route traverses the rolling hills of the area so there will be achievable uphill sections with rewarding views from the top!
- **Highlights and Landmarks:** Ullswater Lake, Aira Force waterfall, views of Helvellyn mountain
- **Route:** 26 mile route is circular starting and finishing at Dalemain Mansion. The 13 mile route starts at the half-way point at Patterdale School and covers the second half of the 26 mile route joining them to finish together at Dalemain Mansion.

What's included?

As well as all the support from the team at the start and the celebrations at the finish, there will be plenty of opportunities out on the route at our checkpoints to rest, refuel and refresh before heading off to continue your challenge. You'll get your breakfast and lunch included, and there'll also be sweet treats and salty snacks at every checkpoint to keep your energy levels up and the opportunity to top up your water bottles too.

After your epic trek you'll be cheered over the finishing line and receive your well-earned medal and glass of bubbly! There'll be plenty of time to congratulate the friends you've made along the way and shout about your achievement with a selfie at the photo wall. As you cross the finish line, remember that you've brought us one step closer to a cure.

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