

LAKE DISTRICT CHALLENGE



Highlights

- The Lake District – Bike it. Hike it. Paddle it.
- The ultimate way to explore this Unesco World Heritage Site
- Tackle all terrains as you bike, hike and kayak in the heart of the Lake District National Park
- Conquer the summit of one of the Lake District's most iconic peaks – Old Man of Coniston
- Experience the beauty and the brawn of England's best adventure playground
- Bike & kayak and associated equipment hire all included
- Organise your own accommodation that suits your comfort levels and budget
- Any questions please contact Adventurous Ewe at jim@adventurousewe.co.uk or call 01492 588 069
- We look forward to welcoming you to The Lake District.



WELCOME

Overview

The Lake District's postcard panorama of craggy hilltops, mountain tarns and glittering lakes paints the perfect landscape for your multi activity adventure! Trek to the summit of one of the Lake District's most iconic peaks, the Old Man of Conistone, tackle the off-road mountain bike trails of Grizedale forest and kayak across the picturesque Conistone water.

You don't have to be a pro at biking or kayaking, just have a great sense of adventure and some gritty determination to conquer 10 miles of biking, 5 miles of hiking and 2 miles of kayaking. The sense of achievement is huge as you conquer this 17 mile route.

It's a perfect weekend away in the heart of one of England's greatest adventure arenas.

If the dates listed do not suit you and you have a group of over 10 people, please get in touch as we'd be happy to set up a new date between April – October. Or if you have any questions about our new operations and continued level of care for your safety and wellbeing, simply email: info@adventurousewe.co.uk or call 01492 588 069.

We look forward to welcoming you to the impressive Lake District.





TRIP SUMMARY



Activity: Bike, hike, paddle
Duration: 1 day
Active days: Approx 7 – 8 hours
Distance: Approx 17 miles
Altitude: 803m
Cost: Deposit: £45 per person
Remaining balance: £120



Group size: 10 – 40 people
Level of difficulty: ■■■■■
Moderate - Tough
Dates: Runs from May - October
Typical programme: **Friday:** briefing & accommodation
Saturday: Snowdon Triple Challenge
Though this event can be run on any day for private groups of over 10 people.

ROUTE MAP

Get ready for an adventure



BIKE: 10 miles

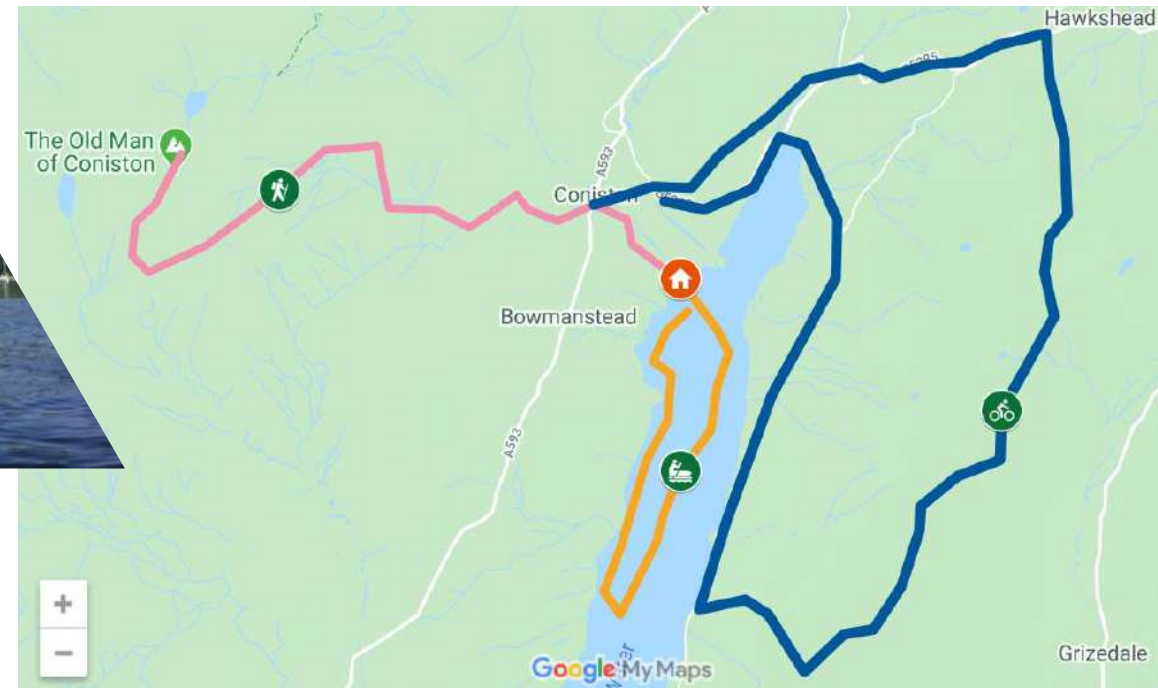
On road, cycle path and forest trails

HIKE: 5 miles

On mountain paths and rocky trails

KAYAK: 2 miles

Distance dependent on weather conditions on lake



ITINERARY

Bike it. Hike it. Paddle it.

THE CHALLENGE - BIKE, HIKE & KAYAK

You will have a central base to which you will start and finish each of your activity sections. You will complete the adventure in teams of no more than 10 people per team and will be accompanied by a certified Bike, Mountain & Kayak Leader at all times.

FIRST LEG: 12 miles bike

After a short safety briefing you will be kitted out with your bike to tackle the first leg of your Lakes Multi Activity Adventure. With the Old Man of Coniston rugged peak looming behind you in the distance you will follow the shores of Coniston Water winding into the impressive Grizedale Forest. With tackling a steep climb you will be rewarded with spectacular views of the Old Man of Coniston and the lake which eagerly await. You will then have a sweeping descent before following the scenic route skirting the shores of Coniston Lake and back to base.

Included: Bike hire - mountain bikes provided and will be fitted according to your height and helmets will also be provided and must be worn at all times whilst on your bike.

Distance covered: approx. 10 miles on road and forest trails

SECOND LEG: 5 miles Old Man of Coniston hike

Arriving back at base, you'll swap your bikes for boots and begin the ascent of The Old Man of Coniston at 803m. Your climb will start on the quiet country lane which climbs steeply for the first half mile. Following another steady climb you'll come to Low Water Lake, a great place to stop and take in your surroundings. The path continues up the hillside, zigzagging as it ascends where you'll notice the remains of old copper workings as the lakeside village of Coniston was originally established to support the local mining industry. The final section will see you trekking a few steep steps before reaching the summit!! From the peak your view will take in the surrounding lakes and mountains and, weather permitting, some of the most extensive views in the Lake District. Following your obligatory photo snap, your descent takes you down the same path before arriving back at base.

Distance covered: Approx. 5 miles

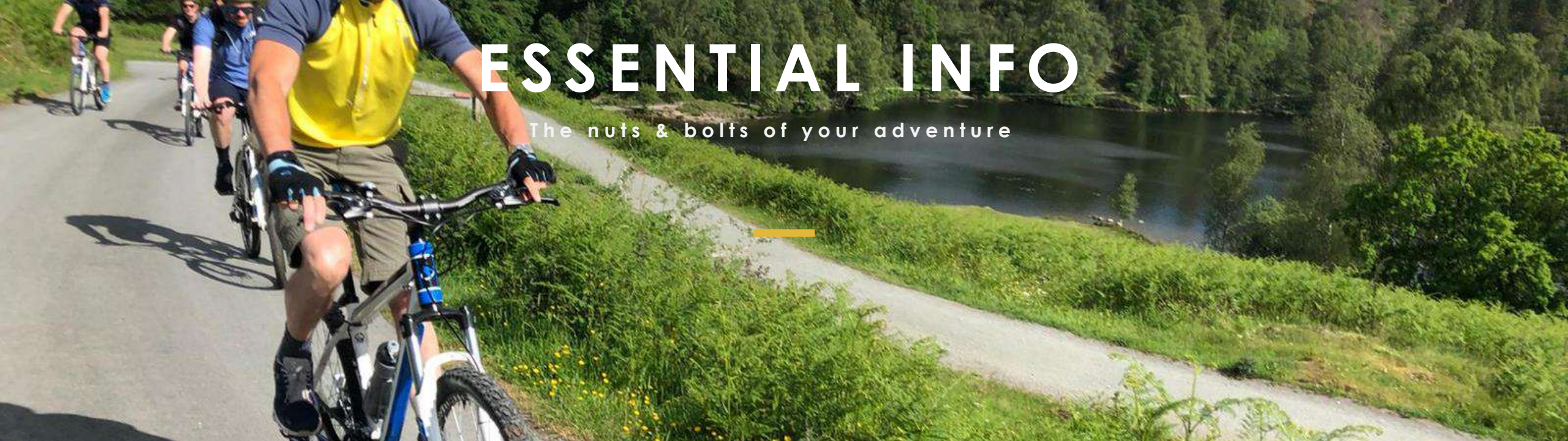
Trekking time: Approx. 2 – 3 hours

THIRD AND FINAL LEG: 2 miles kayaking (weather dependent)

Your final activity awaits at the shores of Coniston Water – a 2 mile kayak. You'll be kitted out for the water element of your challenge and following a briefing you'll have the chance for a practice before venturing out onto the lake. This is the perfect well-earned rest for those legs after your bike and mountain climb. Coniston Water is a magnificent glacially formed lake nestled amidst some of the Lake District most spectacular scenery. Weather permitting, you may catch a glimpse of the summit of the Old Man of Coniston and Grizedale Forest which gives an incredible sense of achievement.

On returning to the shores you can celebrate the completion of this epic Lakes Multi Activity Adventure with your fellow team mates.

Included: Kayak hire - double sit-on-top kayaks, buoyancy aid & paddle



ESSENTIAL INFO

The nuts & bolts of your adventure



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Lake District Challenge will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for each activity together with a support crew. They're a friendly bunch with a huge level of care, though rest assured they are fully experienced and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in radio contact with base throughout your adventure.

Group size

We pride ourselves in small group events to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for event to run is **10 people** and the maximum group size is **40 people**. You will be taking part in teams of no more than 10 people per team.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.



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Level of difficulty

The Lake District Challenge is graded as 'Moderate to Tough' dependent on weather conditions. Preparation is key to help you get the most enjoyment and reward from this adventure. A good level of fitness, endurance and some gritty determination will help you conquer each of the activities.

Bike section: the cycling is on roads and forest trails on mountain bikes. The route is undulating with some hill climbs and should take approx. 1.5 - 2 hours to complete.

Trekking section: the route follows a mountain trail which is rocky and uneven. Hiking boots are highly recommended given the uneven terrain and mountainous weather conditions. The trek should take approx. 3 - 4 hours to complete.

Kayaking section: previous kayaking experience is not required for this challenge as full instruction and support will be provided. As a safety precaution we recommend that you're able to swim 25m in distance. If you are not a confident swimmer please let us know so we can make the necessary plans. The kayak should take approx. 45 mins – 1 hour to complete.

Training

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers Joe Brown, The Climbers Shop and ashmei athletic apparel where sustainability meets performance.

Bikes, helmets, double sit-on-top kayaks, paddles & buoyancy aids are provided. Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and then will not be used for the next 72 hours.



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Adventure with purpose

Adventurous Ewe is a **Snowdon Visit Specialist** and we also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

We've also teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

These partnerships mean that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.





WHY ADVENTUROUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Toubkal Summer Trek, and plant or protect enough trees to suck 2x as much back out the atmosphere.

What's the number?

It works out on average at **20kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations. The only thing not included is travel to Morocco. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

What does the number mean?

To give some meaning to the numbers:

- Driving 20 miles in the car: 5.6kg CO2e
- The average UK person per day: 41kg CO2e
- A typical Dubai hotel room for the night: 99kg CO2e
- An economy ticket from London to Ibiza: 206kg CO2e
- An economy ticket from London to Vietnam: 1,352kg CO2e
- A business class ticket from London to Vietnam: 3,922kg CO2e
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 - 10 years.

What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



TOURISM DECLARES CLIMATE EMERGENCY



Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



**TOURISM DECLARES
CLIMATE EMERGENCY**



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

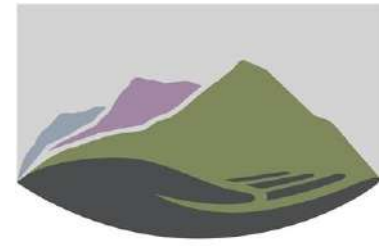
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



Arbenigwyr ar ymweliad â'r Wyddfa
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership



TOP TIPS

Bike it! Hike it! Paddle it!

- Dress the part. and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Train in your trekking kit including the wearing of your rucksack with weight inside and in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Cycle in brightly coloured attire
- Have three bags – a backpack for the mountain with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks, water & any medication), a small bag to leave in the support vehicle with your cycling & kayaking kit (trainers, spare socks, small towel, etc.) and your main luggage/travel bag can stay at the hotel or in your car
- Bring your own facemask and hand sanitiser
- Good sturdy hiking boots which are comfy, well worn-in and water-proof for the trek. Trainers can be worn for the bike and kayak sections
- Look after your feet – blister prevention
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking
- Wear your waterproof trousers on the kayak leg
- We don't recommend taking any valuables with you on the kayak
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE ADVENTURE!**



COST

Deposit: £45 per person payable on booking

Remaining balance: £120 per person payable 4 weeks prior to your trip start date

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

Fundraising

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.



INCLUSIONS & EXCLUSIONS

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your challenge from Adventurous Ewe
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei sustainable athletic apparel both in shop and online
- Public liability insurance
- Risk assessment and emergency management planning

During your trip:

- Cycle & Mountain Leaders and Kayak Instructors
- Hire bikes and helmets included
- Kayaks, paddles and buoyancy aids
- Kayak briefing, instruction & support on the lake
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national parks & lake
- Snacks, water and packed lunch supplied by an independent local caterer who uses local produce
- Luggage and bike transfer from cycling & trekking transition point
- Complimentary celebratory fizz on completion of the challenge
- All trip management and hygienic cleaning procedures of equipment before, during and post adventure.

NOT INCLUDED

- Accommodation to allow you the flexibility to stay where you feel comfortable and within your budget
- Clothing and equipment listed on your Kit List
- Getting to the start and finish of the trip
- Evening meals
- Personal spending money
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of travel costs.

Currently not included but can be organised at an additional cost

- Additional night/s accommodation
- Any trip extensions

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your adventure.

BAGS

- ☐ **Main kit bag (duffle bag)** – store items not needed whilst on the trip itself. This can be left at the hotel or in your car
- ☐ **Daypack** – 20-25 litre for trekking. A rain cover is ideal
- ☐ **Dry bags** – can be used for all activities and also for additional storage of items between activities
- ☐ **Reusable cloth bag** for shopping (to avoid plastic bags)
- ☐ **Luggage tags** - please ensure you clearly mark all your bags with your name

CLOTHING

- ☐ **Water-proof jacket with hood AND water-proof trousers** – you **must** have good quality water-proof jacket & trousers. We recommend: Gore-Tex Pro, Gore-Tex or Páramo.
- ☐ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- ☐ **Midlayer** or **fleece**
- ☐ **Trekking trousers or leggings** - trekking trousers with zip off legs are ideal if it is warm. Avoid cotton.
- ☐ **Base layers** (merino wool or wicking fabric) long-sleeved top x 1 and long johns x 1 (weather dependent)
- ☐ **Wicking t-shirts** for trekking and cycling
- ☐ **Shorts** (optional) for trekking and cycling
- ☐ **Cycling gear** – you are welcome to wear cycling clothing if you wish and high vis is recommended. You will have the opportunity to change into your trekking clothes after completing the cycling leg
- ☐ **Buff** – used for sun protection and warmth
- ☐ **Beanie** - for warmth on the mountain
- ☐ **Gloves** – thermal for the mountain. Cycling gloves are optional
- ☐ **Underwear** – wicking or merino wool base
- ☐ **Casual clothes** for evenings and travel

FOOTWEAR

- ☐ **Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- ☐ **Trainers** – for cycling and kayaking
- ☐ **Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks especially if the forecast is for poor weather conditions. Wicking socks for wearing with trainers for bike & kayak. Please ensure you trial your sock-wear prior to your trip to ensure your sock choice is suitable for your feet.
- ☐ **Flip-flops** or similar – (optional).

EQUIPMENT

- ☐ **Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system. You can purchase an Adventurous Ewe Water-to-Go filtration bottle
- ☐ **Thermos** – (optional) if you wish to take a hot drink on the trek
- ☐ **Cycling helmet** – essential (bring your own or hire ones are available)
- ☐ **Head torch & spare batteries** - essential to carry at all times during the trek
- ☐ **Sunglasses** – these are essential. They must have strong UVA/UVB protection
- ☐ **Trekking pole(s)** - optional. Please train with these prior to your trek

TRAVEL ADMIN

- ☐ **Travel tickets ie. train tickets**
- ☐ **Debit/credit cards**
- ☐ **Cash/coins for car-parking in Llanberis**

ADDITIONAL ITEMS

- ☐ **Favourite snacks**, both sweet and savoury
- ☐ **Electrolytes** especially if the weather forecast is for warm conditions
- ☐ **Hand sanitiser** (essential)
- ☐ **Face mask**
- ☐ **Sunscreen and lip block** – SPF50 as a minimum
- ☐ **Camera** – enclose in a dry bag
- ☐ **Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap / shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- ☐ **Light-weight mico-fibre towel** – for kayaking
- ☐ **Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NICE TO HAVE

- ☐ **Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than taking a full roll)
- ☐ **Spare dry bag** for dirty or wet clothing
- ☐ **Multitool/Swiss army knife**
- ☐ **Portable charger**
- ☐ **Travel padlock**

Two days prior to your trip, please check the mountain weather forecast and prepare accordingly. Visit [MWIS The Lake District](#)

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe Triple Challenge we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069



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susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





Adventurous
ewe

We look forward to welcoming
you to the beautiful Lake District
for a fantastic adventure.

