



Ullswater Way Challenge Walk

Guided challenge walk in the Lake District

With Mark Reid, author of 'The Inn Way' and Mountain Leader

WALK OVERVIEW

A WALK AROUND ENGLAND'S MOST BEAUTIFUL LAKE IN A DAY!

34 km – 650m of ascent – 10 hours

YOUR GUIDE



Mark Reid

Walking Group Leader
Hill & Moorland Leader
Mountain Leader
Author of 'The Inn Way' guidebooks

WHERE AND WHEN TO MEET

We will meet at 8:15am at Pooley Bridge in the Lake District. **The walk will commence at 8:30am.**

OUTLINE OF THE DAY

8:15am: Meet at Pooley Bridge, Lake District

8:30am - 6:30pm: Fully guided walk around the Ullswater Way Challenge Walk

6:30pm: Well deserved celebratory drink back at Pooley Bridge

NB: *Finish time is approximate*

THE WALK

The **Ullswater Way** is a 21-mile walking route around Ullswater, the most beautiful lake in the Lake District. Starting and finishing at Pooley Bridge at the northern end of the lake, the route takes in the Bronze Age Cockpit Stone Circle and a section of High Street Roman Road before a long and gradual descent to reach Howtown, with magnificent views across Ullswater. From Howtown, the route follows the stunning lakeside path, passing the hamlet of Sandwick and then along the foot of the steep slopes of Place Fell to reach Patterdale and then Glenridding at the head of Ullswater. The 'return' leg follows the shoreline to reach the dramatic Aira Force, before a 'balcony path' heads across the slopes of Gowbarrow Fell to reach Maiden Castle Iron Age farmstead, then back down to Pooley Bridge.

Highlights include

- Bronze Age, Iron Age and Roman relics.
- Ullswater's stunning eastern shoreline.
- Views of the Helvellyn and High Street mountain ranges
- Aira Force waterfalls and Wordsworth's daffodils
- Gowbarrow Fell
- Villages of Pooley Bridge, Howtown, Sandwick, Patterdale and Glenridding

Mark Reid will guide you around this challenge walk. The route takes in some of Lakeland's finest landscapes and scenery, with the lapping waters of Ullswater as company throughout the day.

The **Ullswater Way** is a demanding walk due to its length at 34 km (21 miles) with 650m of ascent and descent throughout the day, and so must be approached with preparation and training, but it is also an rewarding walk that will be remembered for many years.

All participants will need a good level of fitness and stamina, and prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk before this event. The walk will take around 10 hours to complete, and so we shall finish the walk at around 6:30pm. This finish time will be dependent on the pace of the group, weather conditions on the day etc, and so we could finish the walk anytime between 5:30pm and 7:30pm. Successful completion of this walk will depend upon your own level of fitness, stamina and preparation, as well as good fitting boots and no minor injuries along the walk, such as blisters or sore knees etc. **Participation of this guided walk is no guarantee of its successful completion.**

FOOD, WATER & FACILITIES ALONG THE ROUTE

Each person completing this walk will burn around **4,000 calories** and lose around **4 litres of fluid** over the course of the day. A good breakfast is important. Eat plenty of snack food throughout the day to maintain energy levels. Bananas, dried fruit, flapjack, nuts, chocolate bars etc are all good food to bring with you. Also, bring a packed lunch with you. You will need to carry at least 2 litres of water in your rucksack, and drink at regular intervals. We will pass through Howtown, Patterdale, Glenridding and Aira Force where refreshments and provisions may be obtained - *please bring money with you.*

WHAT TO WEAR & BRING WITH YOU

What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - waterproof with good ankle support and sturdy soles
- *plus* walking trousers

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

What to bring

- Sun hat, sunscreen, gloves and spare fleece
- Water bottle (2 litres) and flask of hot drink (optional)
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

Please note: Please provide your own walking boots, with sturdy cleated soles and ankle support.

In the car for the end of the walk

- Towel (in case it's raining)
- Change of socks, shoes and T-shirt and deodorant!

WHAT'S INCLUDED

- ✓ Fully guided walk around the Ullswater Way challenge walk with Mark Reid
- ✓ Use of our Outdoor gear if required
- ✓ TeamWalking Loyalty Reward scheme *

NB: All participants must provide their own walking boots, food (including packed lunch and snack food), water and drinks as well as accommodation (if applicable). * *Loyalty Reward issued on the course.*

Please Note:

- No previous experience is required as guidance will be given. However, this is a challenge walk that is demanding & strenuous, and must be approached with preparation & planning.
- This long distance challenge walk covers 34-km in a day, with 650m of ascent which will take around 10 hours to complete. The route includes hills, low fells, fields & farmland (livestock), woodland and lakeside paths with rough, wet, boggy, rocky and uneven terrain, stream crossings, stiles, paths, tracks, roads and lanes.
- We may encounter adverse weather conditions whilst on the walk.
- You will need to have a good level of fitness and stamina, and also prepare for this walk with some training (*depending on your current level of fitness*) by walking everyday and building up the distances walked so that you have completed at least one 15-mile walk prior to the event.
- Successful completion of this walk will depend upon your own level of fitness, as well as good fitting boots and no minor injuries along the walk (e.g. blisters, sore knees etc). Participation of this guided challenge walk is no guarantee of its successful completion.
- Our courses are suitable for all ages. Under 18s (minimum age 14) may attend if accompanied by a parent or legal guardian. The child must be accompanied at all times during the activity by their parent/legal guardian.

POST WALK

Please note that after completing this challenge walk you will feel tired, with aching feet and legs. Please take this into consideration if you are planning to travel home after the walk. We advise you to either arrange transport with friends or family, use public transport or stay overnight locally.

CONSENT FORM

Please complete the Consent Form, which also includes our **Terms and Conditions**.

Final details of this walk will be sent to you approximately 2 weeks prior to the event

ANY QUESTIONS? Email: info@teamwalking.co.uk
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