



## Classic Lake District

- **Classic Mountain Days**
- **Classic Hill Walks**



### OVERVIEW

These courses offer the chance to experience some of the classic Lake District walks. Choose from a 2 day or 5 day course under the supervision of a qualified guide. Classic Hill Walks is aimed at regular walkers

with little previous experience who would like to explore the lower Lakeland fells. Classic Mountain Days takes that next step with ascents up to 1500m and average walking time of 7-8 hours per day.

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of climatic conditions, limitations of transport or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

## Classic Mountain Days

A chance to explore the Lake District fells under our expert guidance from a warm and comfortable base. A variety of classic fell walks will be undertaken from our central location, each course offering different walks so you may book more than one!



### PREVIOUS EXPERIENCE

You should be comfortable walking for 7-8 hours per day with around 1500m (4500ft) of ascent

### OUTLINE ITINERARY

An exact programme is difficult to confirm as we operate according to the weather, conditions and the progress of the group, but typically we would aim to do:

**Day 1:** Arrive in Ambleside and check into your B&B.

**Day 2:** Meet at the Adventure Peaks shop at 9.15am. Your leader will discuss your experience, aims and aspirations for the course with you and develop a suitable itinerary. Your first day may be spent walking the classic Fairfield Horseshoe or the Langdale Circuit

**Days 3 - 6:** One or four more days (depending on length of course booked) of the best of the Lake District. Walks may include Skiddaw & Blencathra, Scafell from Langdale, Highstreet, Kentmere Horseshoe, Conistone Old Man or other classic trails.

We'd aim to be off the hill by 5pm on the final day of your course.

## Classic Hill Walks

These weekends will be at a much more relaxed pace set amongst the lower fells and lakes. Again each course will be different offering a totally different Lake District experience.

### PREVIOUS EXPERIENCE

You should be comfortable walking for 5-6 hours per day with around 600m (1800ft) of ascent

### OUTLINE ITINERARY

An exact programme is difficult to confirm as we operate according to the weather, conditions and the progress of the group, but typically we would aim to do:

**Day 1:** Arrive in Ambleside and check into your B&B.

**Day 2:** Please meet at the Adventure Peaks shop at 9am. Your instructor will discuss your experience, aims and aspirations for the course with you and develop a suitable itinerary.

**Day 3 - 6:** The rest of your course will be spent exploring many of the well known and not so well known corners of the Lake District. Walks may explore areas such as Tarn Howes, Cathedral Quarry in Conistone, Miligan Daltons Cave in Borrowdale, Hardknott Fort, Ullswater, the waterfalls of Langstrath, to name a few!

We'd aim to be off the hill by 5pm on the final day of your course.



## WHAT IS INCLUDED

- ✚ When booked, accommodation on a B&B basis for 2 or 5 nights (ie Friday & Saturday nights or Sunday to Thursday)
- ✚ Instruction and leadership at a ratio of 1:8
- ✚ All safety equipment including both bags & first aid kits

## WHAT IS NOT INCLUDED

- ✚ Transport to and from Ambleside
- ✚ Personal clothing and equipment
- ✚ Lunch and evening meals

## LEADERS



The majority of our leaders are qualified Mountaineering Instructors many of whom are members of AMI (Association of Mountaineering Instructors)

[www.ami.org.uk](http://www.ami.org.uk)

## ALTERNATIVE DATES

We are happy to run courses on any dates for groups of 4 or more people. Please contact the office for details.

## WEATHER CONDITIONS

Hill walking can be undertaken in most weather conditions. Our instructors will endeavour to make the best use of the conditions to give you an enjoyable and rewarding day out.

## EQUIPMENT

A detailed equipment list will be provided on booking. However generally you will need the following.

- ✚ Walking boots (3 season)
- ✚ Rucksack (30 litres)
- ✚ Waterproof jacket & trousers
- ✚ Hat & gloves
- ✚ Warm jumpers
- ✚ Waterbottle / Thermos flask
- ✚ Food for lunch

**A 15% discount is available on all equipment and clothing from the Adventure Peaks shop from the time of booking to one month after your course.**

[www.adventurepeaks.com/shop](http://www.adventurepeaks.com/shop)



## COURSE BASE

The course will commence from the Adventure Peaks Shop in the centre of Ambleside at 9.15am. At this point any equipment required will be issued. You should have your rucksack packed ready to depart including a full packed lunch. Each day will finish at 5.00-5.30pm.

## ACCOMMODATION

If booked, we provide accommodation in one of Ambleside's most comfortable and friendly Bed & Breakfasts, all within easy walking distance of the town centre and the Adventure Peaks shop/office.

## MEALS

Accommodation is included on a Bed & Breakfast basis. Please bring plenty of food and drink for your time out in the hills. Ambleside has plenty of restaurants from Thai, Indian, Chinese, Pizza and pub grub for you to enjoy in the evening.



## INSURANCE

We recommend you have travel insurance to cover cancellation/curtailment. Search & rescue cover is not required as the Lakes has a dedicated voluntary Mountain Rescue Service.



## BOOKS & MAPS

Ordnance Survey maps **OL4, OL5, OL6 & OL7** cover the whole of the Lake District at a scale of 1:25,000.

Ordnance Survey maps **89 & 90** also cover the Lakes but at a less detailed scale of 1:50,000.

The British Mountaineering Council produce a Lake District map at a scale of 1:40,000 which is waterproof and tear resistant and which has been specially designed for walkers and climbers.

