BOB GRAHAM CHALLENGE
This classic Lake District Mountain Challenge is based on the route taken by the famous fell runner Bob Graham back in 1932. The 66 mile, 27,000ft circuit takes you over 42 of the highest peaks in the Lake District. The challenge for the ultra distance fell runner is to complete the journey within 24 hrs. We offer it as a guided 3 or 5 day challenge! The route provides an iconic circuit of the Lake District fells.

LAKES 3000’S CHALLENGE
The Lake District has four mountains which are over 3000 foot in height (Scafell Pike, Scafell, Skiddaw and Helvellyn), and these can be combined into a challenging walking event generally known as the Lake District 3000 Footers. You can choose to complete the challenge as a one day (16hr with minibus transfer) or two day (2 x 8hr with minibus transfers) event depending on your ability and previous mountain walking experience.

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 flight schedules, climatic conditions, limitations of infrastructure 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.
BOB GRAHAM CHALLENGE

PREVIOUS EXPERIENCE
You should get as fit as you can before attempting either of these challenges. Choose which challenge suits your fitness and experience. The 3-day challenge should only be attempted by those with previous ultra-distance experience (12+ hour days through mountainous terrain). The 5-day challenge can be attempted by strong hill walkers used to 8 hr days with 1500m+ of ascent.

WALKING PACE
Timings given in the charts below are based on a consistent walking pace of 4km/hr. The actual time taken on each leg will vary. If everyone in the group is strong enough we will try to push the pace on the descents.

OUTLINE PROGRAM
Meet in a Keswick pub Friday evening for a chat with your guide, to meet the rest of the challenge participants, go over the plans for the challenge and have a kit check. Please refer to the charts for outline plans for the different challenges.
Set off EARLY Saturday morning from Moot Hall in Keswick.

WHAT TO CARRY
We will arrange for your bag of spare/dry clothes to be transported to each night’s accommodation, and back to Keswick at the end. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers, food, head torch etc.

ACCOMMODATION
We plan to use B&B or bunkhouse accommodation as close as possible to the route, and near to somewhere that will serve an evening meal. Full details of accommodation will be given to you nearer the time.

Keswick, in the northern Lake District, is easily reached by car or bus. The nearest main line railway station is Penrith (17 miles) and a good bus service operates between Keswick and Penrith. www.keswick.org

WHAT WE PROVIDE
✓ A guide to take you round each day.
✓ B&B or bunkhouse accommodation during the challenge.
✓ Baggage transfers
✓ Pick-up if you pull out

WHAT IS NOT INCLUDED
✗ Friday night accommodation in Keswick
✗ Personal clothing and equipment
✗ Food and drinks
✗ Accommodation after the challenge

5-DAY SCHEDULE

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance (km)</th>
<th>Ascent (m)</th>
<th>Est Time (hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>Meet in a pub in Keswick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>19.8</td>
<td>1600</td>
<td>7.6</td>
</tr>
<tr>
<td>Sun</td>
<td>24.9</td>
<td>1800</td>
<td>9.2</td>
</tr>
<tr>
<td>Mon</td>
<td>29.2</td>
<td>2130</td>
<td>10.9</td>
</tr>
<tr>
<td>Tue</td>
<td>21.0</td>
<td>1850</td>
<td>8.3</td>
</tr>
<tr>
<td>Wed</td>
<td>21.3</td>
<td>860</td>
<td>6.8</td>
</tr>
<tr>
<td>TOTAL</td>
<td>116.2</td>
<td>8240.0</td>
<td>42.8</td>
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</tbody>
</table>

3-DAY SCHEDULE

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance (km)</th>
<th>Ascent (m)</th>
<th>Est Time (hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri</td>
<td>Meet in a pub in Keswick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>44.7</td>
<td>3400</td>
<td>16.8</td>
</tr>
<tr>
<td>Sun</td>
<td>50.2</td>
<td>3980</td>
<td>19.2</td>
</tr>
<tr>
<td>Mon</td>
<td>21.3</td>
<td>860</td>
<td>6.8</td>
</tr>
<tr>
<td>TOTAL</td>
<td>116.2</td>
<td>8240.0</td>
<td>42.8</td>
</tr>
</tbody>
</table>
LAKES 3000’s CHALLENGE

PREVIOUS EXPERIENCE
You should get as fit as you can before attempting either of these challenges. Choose which challenge suits your fitness and experience. The 1-day challenge should only be attempted by those with previous ultra-distance experience (12+ hour days through mountainous terrain). The 2-day challenge can be attempted by strong hill walkers used to 8 hr days with 1500m+ of ascent.

WALKING PACE
Timings given in the charts below are based on a consistent walking pace of 4km/hr. The actual time taken on each leg will vary. As we use minibus transfers between the ascents you do not need to be a fell runner to complete these challenges!

OUTLINE PROGRAM
Meet in an Ambleside pub Friday evening for a chat with your guide, meet the rest of the challenge participants, go over the plans for the challenge and have a kit check. Please refer to the charts for outline plans for the different challenges

WHAT TO CARRY
Where overnight stops are included we will arrange for your bag of spare/dry clothes to be transported to each night’s accommodation. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers, food, head torch etc.

ACCOMMODATION
We include B&B accommodation in or near Ambleside for the Saturday night of the 2-day challenge. If you are planning to use a B&B on the Friday and/or Sunday night and wish us to arrange this, please let us know so we can book and invoice you for the extra nights.

Ambleside is a small compact town in the heart of the Lake District easily reached by car and bus, and just a few miles from Windermere station. The town offers a multitude of accommodation which can be seen on this website. www.amblesideonline.co.uk

WHAT WE PROVIDE
✓ A guide to take you up the mountains
✓ 1 night B&B accommodation during the challenge (2 day challenge only)
✓ Transfers between peaks
✓ Pick-up if you pull out

WHAT IS NOT INCLUDED
× Friday night’s accommodation
× Personal clothing and equipment
× Food and drinks
× Accommodation after the challenge

1-DAY SCHEDULE

<table>
<thead>
<tr>
<th>Day</th>
<th>Timings</th>
<th>Distance (km)</th>
<th>Ascent (m)</th>
<th>Itinerary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri eve</td>
<td></td>
<td></td>
<td></td>
<td>Meet in Ambleside</td>
</tr>
<tr>
<td>Sat</td>
<td>0500/0615</td>
<td>8.0</td>
<td>1100</td>
<td>Drive to Wasdale Scafell and Scafell Pike from Wasdale</td>
</tr>
<tr>
<td>Sat</td>
<td>1045/1215</td>
<td>6.4</td>
<td>750</td>
<td>Drive to Swirls Car park Helvellyn</td>
</tr>
<tr>
<td>Sat</td>
<td>1230/1530</td>
<td></td>
<td></td>
<td>Drive to Keswick</td>
</tr>
<tr>
<td>Sat</td>
<td>1545/1600</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>1615/1945</td>
<td>9.6</td>
<td>650</td>
<td>Skiddaw ascent</td>
</tr>
<tr>
<td>Sat</td>
<td>2000/2030</td>
<td></td>
<td></td>
<td>Return to Ambleside</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td>24.0</td>
<td>2500</td>
<td></td>
</tr>
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2-DAY SCHEDULE

<table>
<thead>
<tr>
<th>Day</th>
<th>Timings</th>
<th>Distance (km)</th>
<th>Climb (m)</th>
<th>Itinerary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri eve</td>
<td></td>
<td></td>
<td></td>
<td>Meet Ambleside</td>
</tr>
<tr>
<td>Sat</td>
<td>0900/0945</td>
<td>20.0</td>
<td>1400</td>
<td>Drive to Great Langdale Scafell and Scafell Pike from Great Langdale</td>
</tr>
<tr>
<td>Sat</td>
<td>1815/1900</td>
<td></td>
<td></td>
<td>Back in Ambleside B&amp;B</td>
</tr>
<tr>
<td>Sun</td>
<td>0800/0830</td>
<td>9.6</td>
<td>650</td>
<td>Skiddaw ascent</td>
</tr>
<tr>
<td>Sun</td>
<td>1315/1330</td>
<td>6.4</td>
<td>750</td>
<td>Helvellyn ascent</td>
</tr>
<tr>
<td>Sun</td>
<td>1700/1730</td>
<td></td>
<td></td>
<td>Return to Ambleside</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td>26.4</td>
<td>2800</td>
<td></td>
</tr>
</tbody>
</table>
GENERAL INFORMATION

NUTRITION
It is important that you are well fuelled up for this challenge. You should not stuff yourself - just eat little and often. High energy bars are a good option on the final ascent when the fuel tank may be running low.

Drinks: Whatever you like but just ensure you stay hydrated. With the fickle British weather it could be very hot or unpleasantly cold. Adjust your liquid intake to suit. Some people prefer to stick to water and obtain the required calories from the food, while others use energy drinks. If you intend to use energy drinks, make sure you have tried and tested the one you choose – don’t use it for the first time on the challenge.

EQUIPMENT
Our leader will carry an emergency shelter, comprehensive first aid kit, phone, sleeping bag, and navigational equipment. You will just need your personal equipment as below:

To carry with you
✓ Gloves
✓ Hat (covering ears)
✓ Waterproofs
✓ Backpack rain cover
✓ Blister plasters
✓ Personal First aid kit
✓ Sunglasses
✓ Head torch
✓ Camera
✓ Survival blanket
✓ Food for each day
✓ High energy bars/gels
✓ Drink (a hydration system is best)
✓ Walking poles (optional)

To wear
✓ Walking boots/fell shoes & socks
✓ Walking trousers/shorts
✓ Sports top (not cotton)
✓ Windproof jacket

To leave in your bag
✓ Changes of clothes, socks especially
✓ Towel
✓ Food and drinks for other days
✓ Evening wear
✓ Sleeping bag (if bunkhouses are used)

All clients are issued with a 15% discount card (or code) on booking which can be used against purchases of all equipment and clothing from the Adventure Peaks shop from the time of booking to 12 months after your course.

www.adventurepeaks.com/shop

LEADER/GUIDE
A qualified Mountain Leader who has good knowledge of the route will accompany you on the challenge. We may not use the same leader each day.

ALTERNATIVE DATES
We are happy to organise the challenge on any dates for private groups of 8 or more people. Please contact the office to discuss your requirements and for a personal quotation.

WEATHER CONDITIONS
You must come prepared for whatever weather is forecast for the weekend. We would not cancel the challenge except in extreme circumstances.

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

IF YOU NEED TO PULL OUT…
We will arrange to collect you and take you to a B&B if there is no public transport readily available.