

# EVENT GUIDE





**BEN KEEN**  
Director



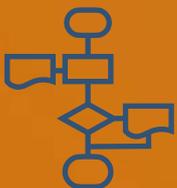
**CHRIS FORECAST**  
Events Manager

## OUR EXPERIENCE MAKES YOURS A BETTER ONE.

The date for your Lake District Hike is rapidly approaching!

The Adventure Element are delighted to be the delivery partner of this event and we would like to thank you for taking part and being involved in what will be an incredible weekend.

Our role is to ensure the smooth and safe delivery of the event. As part of your preparations, please read through this document carefully so you are fully prepared before your arrival at the Event Registration.



Meticulous planning  
with eye for detail.



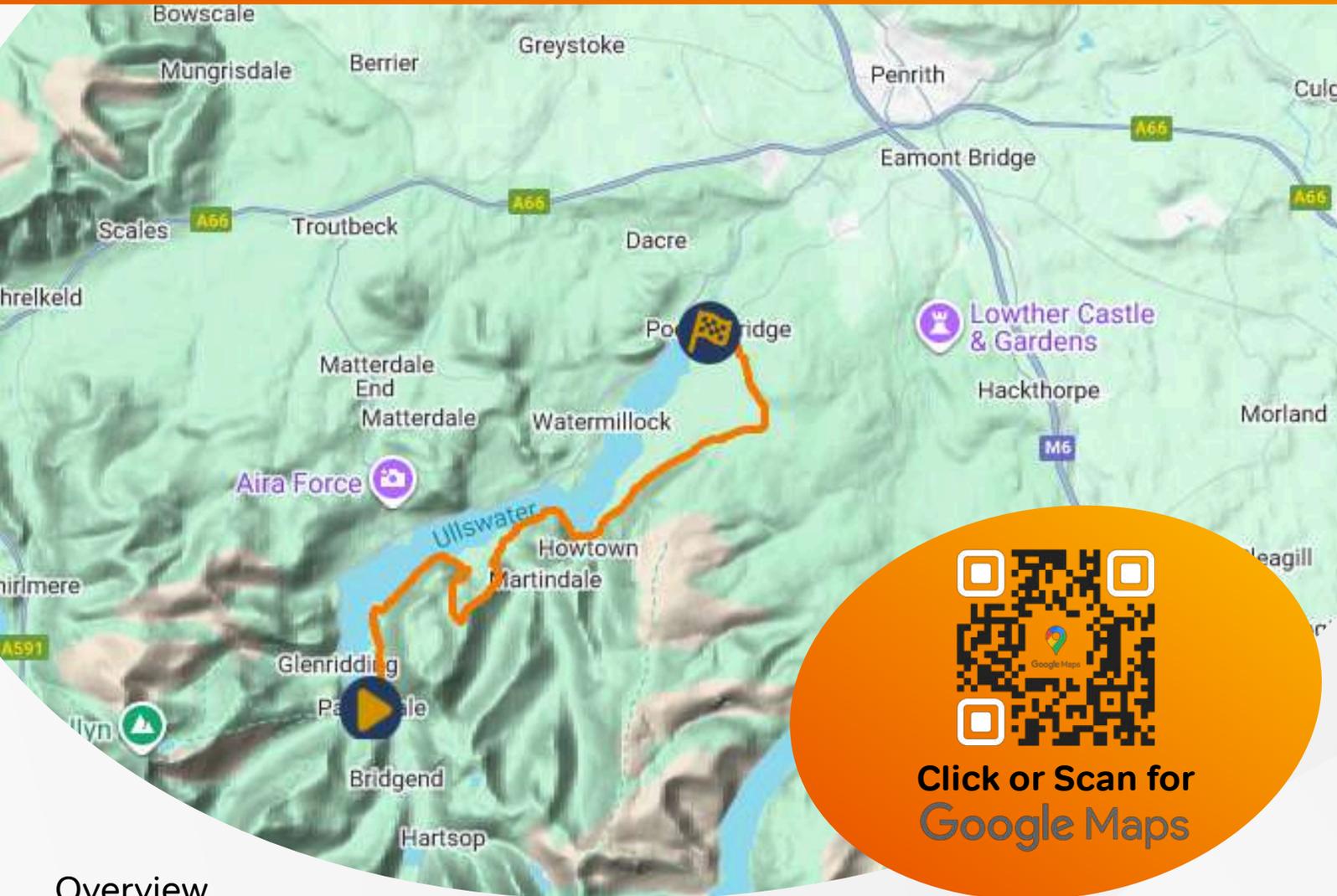
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## Overview

Many consider Ullswater to be the hidden gem of the Lake District and as the most beautiful of the English Lakes. It is pure and tranquil and relatively unspoilt by the tourism and commercialism that blights many other Lake District towns.

Ullswater is the second largest lake in the Lake District, approximately 9 miles long,  $\frac{3}{4}$  of a mile wide and nearly 200 feet deep. For this itinerary participants will walk the remote Eastern shore from its southerly tip to its northern post point. The route will stray slightly from the Ullswater Way to take in the summit of High Dodd and Askham Fell which offer panoramic views of the lake.

### Arrival Day, Friday 18 September

Arrival at the hotel in Penrith from 1700 for registration. The event briefing and evening meal (included) will take place at a local restaurant a short walk from the hotel.

### Hike Day, Saturday 20 September

Following a hearty breakfast at the hotel, you'll board the coach for the journey to Patterdale, where your walk begins. After collecting a packed lunch, you'll set off on a guided 20km route from Patterdale to Pooley Bridge, tackling around 820m of ascent along the way. For much of the journey, the route follows the Ullswater Way, occasionally straying from this iconic trail to take in the summits of High Dodd and Askham Fell. The sweeping views over Ullswater more than justify the extra effort. At the finish in Pooley Bridge, there'll be time to soak up the sense of achievement before boarding the coach back to Penrith for your onward journey.

## Safety Information

Supplementary information to this event guide will be sent out via email from Myeloma UK between now and the event. This will contain videos detailing important safety information about the event as well as guidance on kit and training. Please ensure these emails don't go to your junk folder and that you don't 'unsubscribe' from Myeloma UK's emails.

## Registration

Registration will be held at:

**The George Hotel, Devonshire Street, Penrith CA11 7SU**

This will be the groups accommodation for Friday night. Registration will be held from 17:00–18:45, you will be greeted by The Adventure Element staff. An event briefing will be held at the Arturo Lounge Restaurant, a short walk from the hotel, at 19:00 followed by an evening meal at 19:30.

## Parking

Limited parking is available in the hotel carpark, this is allocated on a first come first serve basis. It is not possible to book the parking but there are numerous pay and display carparks near to the hotel.

## Accommodation

Rooms are allocated on a twin share basis and will be automatically assigned based on age and gender. If you have a room share request then please contact the Hike team ([hike@myeloma.org.uk](mailto:hike@myeloma.org.uk)) If you wish to have a single room then there will be an additional supplement and is subject to availability. Before boarding the coach on Saturday morning you will need to have checked out of your room and put your luggage in your vehicle or in a room at the hotel.

## Catering

A full breakfast buffet will be available from the hotel on Saturday morning from 07:00. A packed lunch consisting of a deep filled sandwich, tray bake, crisps and fruit will be given to you when boarding the coach for the morning transfer.

A two-course evening meal – a main meal plus a starter or a dessert – and a selected drink is provided on Friday night at Arturo Lounge Restaurant. You will be able to choose your meal closer to the event.

All dietary requirements will be fully catered for, if you have specified a food allergy or intolerance there will be a separate sandwich available for you.

## Transfers

A coach will take the group from the hotel to the start point. This will need to leave promptly at 08:30 to ensure we all have enough time to complete the walk. At the end of the hike the coach will be waiting to take you back to the hotel. There is an additional safety vehicle to shuttle anyone who drops out early back to the hotel.



# Ullswater Hike

Saturday 19 September



20km/12.5miles



820m/2,689ft



8 to 9hrs



Click for  
**STRAVA**



## GPX Files

Both hike days will be fully guided but we understand people like to have the route on their watch, phone or navigation device. Follow the instructions below to access the route files.



Click or scan for  
GPX file download

## Uploading the file to your device

Either scan the QR code with the camera on your phone or click on the QR code if viewing on <https://hovercode.com/hovercode/5b680dbe-79a5-4cf8-b8d2-37688c3ed72f/edit/> on your phone. This will take you to a page to download the GPX file, the file will then appear on your phone in your files folder or in your downloads folder on your computer.

You can then upload the file to your device from your phone by sharing the file to the app you use to sync the device you want to use.

## Converting the GPX file

To convert the GPX file into other formats such as TCX visit the following website:

[www.alltrails.com/en-gb/converter](http://www.alltrails.com/en-gb/converter)

## Viewing the route

Click or Scan for  
Google Maps



Click or Scan for  
**STRAVA**



## Equipment

It's really important to ensure you are ready for the conditions the Lake District can throw at you. This kit list provides you with the essential equipment and clothing you'll need in order to stay warm and safe throughout the event. The following kit list is not a comprehensive list of all you are required to wear but a list of the essential items or items to consider.

**Be prepared for any conditions!**

**Note: Items in bold and grey boxes are essential** and will be checked by the event staff before boarding the coach. This is to ensure all participants have appropriate or adequate clothing/equipment for the prevailing conditions.

## Trekking Equipment

Item Needed	Got it	Packed it
<b>Rucksack 20+ litres. Must have 2 x padded shoulder straps.</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Water bottle or bladder (Min. 2 litres).</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hiking boots/shoes with ankle support and good tread</b> (you are not permitted to wear 'street trainers' or fashion boots for the hike)	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof rucksack liner or heavy duty rubble bag.	<input type="checkbox"/>	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>	<input type="checkbox"/>
Walking poles	<input type="checkbox"/>	<input type="checkbox"/>

## Trekking Clothing

Item Needed	Got it	Packed it
<b>Fleece jacket or soft shell</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gloves waterproof/windproof</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Warm hat</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Waterproof and breathable jacket. (Gore-tex or similar)</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Waterproof trousers</b>	<input type="checkbox"/>	<input type="checkbox"/>
Lightweight fleece top	<input type="checkbox"/>	<input type="checkbox"/>
Sun hat	<input type="checkbox"/>	<input type="checkbox"/>
Trekking trousers (you will not be allowed to wear jeans)	<input type="checkbox"/>	<input type="checkbox"/>
Trekking socks	<input type="checkbox"/>	<input type="checkbox"/>

## More Information

For more information on mandatory kit and how to choose the right equipment please see our event guide playlist on YouTube:

[Event Guide Videos](#)



## Friday 18 September

17:00 - 18:45	<b>Registration</b> - Room keys will be available for collection from The Adventure Element staff from the George Hotel, Penrith.
19:00	<b>Welcome from Myeloma UK</b> - To be held at the Arturo Lounge restaurant a short walk for the hotel.
19:15	<b>Event Briefing</b> - The Adventure Element will give a safety briefing and update the group on any changes to timings and logistics.
19:30	<b>Evening Meal</b> - Served at the Arturo Lounge

## Saturday 19 September

07:00	<b>Breakfast</b> - A full English buffet breakfast is available from the hotel restaurant.
08:00	<b>Lunch Collection</b> - Lunch will be available for collection prior to boarding the coach.
08:30	<b>Coach departure</b> - Coach will leave promptly from the hotel.
09:30	<b>Arrival at Patterdale</b> - Team photo then departure onto hike.
17:30 - 18:30	<b>Arrival at Kimmeridge</b> - End of day 1 walk, board coaches back to the hotel
19:30	<b>Arrival at hotel</b> - Onward journeys.

## **Do I need to train for the event?**

The challenge is not to be underestimated and increasing your general level of fitness before the event through walking and aerobic exercises will help you with event preparation.

## **What speed will we have to walk at?**

The event is guided on a 1:10 ratio, this will allow the group to split into natural speed groups so everyone should be able to walk at the speed they want to. We have planned the day using a minimum walking speed of 3kph.

## **Is it essential to get all the items on the kit list?**

Yes, all items on the kit list are important for safety reasons and must be carried. In the event of bad weather, some items will need to be produced for inspection by the Event staff, failure to produce these items may result in you not being allowed to start the activity.

## **Will there be food/refreshments during the event?**

Yes, you will be given a packed lunch which you will need to carry with you. Please bring along any supplementary snacks you may wish to have.

There will be the opportunity to fill up with water along the way but you will need to carry at least 2 litres of water with you.

## **Will there be toilets along the route?**

There are a few public toilets along the way which the guides will be able to point out. Other than that you will have to use nature's

## **What first aid provisions will be on the event?**

All Adventure Element staff are first aid qualified and will be carrying first aid kits. There is an additional roaming member of staff in a support vehicle to pick up anyone who can't continue walking.

## **Will there be route signage?**

No, the route will be guided. You will be provided with a map which is purely for you to have a concept of the route and where you are along the way.

## **What happens if the weather is really bad?**

It is rare that we have to completely cancel an event due to bad weather. It is important that you come prepared for any type of weather.

We have already planned an alternative route we can use which will allow for a great day out but will keep us away from the cliffs should it be too windy or slippery underfoot.

From Everyone at The Adventure Element and Myeloma UK...

**Thank you** for joining the Ullswater Hike!

Together, we make it possible to live longer  
and better lives with myeloma.

**Together, we are the cure.**



[hike.myeloma.org.uk](http://hike.myeloma.org.uk)

[hike@myeloma.org.uk](mailto:hike@myeloma.org.uk)

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