



Lake District Challenge... Walk, Jog, or Run it

07 - 08 June 2025

GENERAL COPY

A challenge event you can take on at your pace. The Lake District Challenge invites you to walk, jog or run a distance of your choice, along a signed route, with free food and drink at regular rest stops, plus support including medics, marshals and massage. Get the 'Ultra Challenge' support & hospitality all the way – helping you to push yourself further and achieve something really special for **[YOUR CHARITY NAME]**.

Join us in the Lake District Challenge and take on England's finest countryside at your pace. The Challenge Base Camp is in Kendal. From there it's a full challenge anticlockwise loop taking in a couple of tough hills to Ambleside, a half way point by Lake Windermere, forests, and nature reserves - with some stunning views en route - before a huge welcome and celebration back at Base Camp after a momentous journey. It will test spirit & determination but is totally achievable with good preparation and the Ultra Challenge support. With 50km, 25km and 10km challenge options also available - there's a challenge here for everyone – and you can join as an individual or as a team of friends / family.

You may have to dig deep at times, you'll meet new friends along the way, and the journey will be unforgettable! As you cross the finish line, you'll get a big welcome from the cheer squad, a glass of fizz, t-shirt, and a special medal to celebrate your achievement.

Click here for full details of prices and to sign up: <https://www.ultrachallenge.com/lake-district-challenge/>

WHAT YOU'LL GET:

- ✓ Sign up from £10
- ✓ Inclusive & fun event with a great atmosphere and camaraderie
- ✓ Choose your distance, including 25km, 50km, 100km PLUS a 10 km option
- ✓ Walk, jog, or run – it's your challenge, your way!
- ✓ A fully signed route, with a team of 'Trekmasters' out on the trail with you
- ✓ Regular covered rest stops, with free food & drink, massages and medics
- ✓ An epic finish line moment, with a glass of fizz, medal and t-shirt
- ✓ Camping, transfer and parking options to make getting there & away easy
- ✓ Full fundraising support, and a choice of fundraising options

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RUNNERS COPY

Part of the Ultra Challenge Series, the Lake District Challenge invites you to join us in Cumbria and run England's finest countryside at your pace. Choose your distance - the full challenge Kendal loop, or a half challenge, quarter challenge, 10km or our new Lake District Marathon distance. Test yourself on a fantastic Ultra Challenge - suitable for all experience levels - and you'll get the best support & hospitality all the way.

The Challenge Base Camp is in Kendal. From there it's a full challenge anticlockwise loop taking in a couple of tough hills, Ambleside, a half way point by Lake Windermere, forests, and nature reserves - with some stunning views en route - before a huge welcome and celebration back at Base Camp after a momentous journey. Push yourself further in the stunning Lake District!

Your entry includes free food and drink at regular rest stops, plus support including medics, marshals and massage. As you cross the finish line, you'll get a glass of fizz, t-shirt, and a medal to commemorate your achievement.

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- ✓ Choose your distance, including 25km, 50km, 100km PLUS a 10 km option
- ✓ Run at your pace
- ✓ A fully signed route, with a team of 'Trekmasters' out on the trail with you
- ✓ Regular covered rest stops, with free food & drink, massages and medics
- ✓ An epic finish line moment, with a glass of fizz, medal and t-shirt
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