



Coniston Adventure Team Challenge 2017

16 September

Event Details

This is first and foremost a TEAM challenge, designed for teams of four to six participants. As this is a team event, all participants must be within 100 metres of each other throughout all the challenges.

Top Tip: A team that stays together is often faster and stronger than one that spreads out.

There are 3 sections to the challenge, which all teams must complete:

10k Hike taking in the summit of the Old Man of Coniston.

12k Mountain Bike in Grizedale Forest.

1mile Kayak on Coniston Water.

The average time it takes teams to complete the challenge is 4-6 hours

The event is based at the John Ruskin School, and this will be the transition area from which all the sections will start and finish. The event base will also be where the evening entertainment will take place. Camping is available on the main field for teams and guests, enabling you to soak up the atmosphere all weekend!

Teams must register on the Friday night between 18:00 – 21:00 or on Saturday between 06:30 – 07:30 and be ready for a full briefing on Saturday morning at 08:00.

Celebration Meal and Awards

Over the weekend free breakfast, pasta lunch, dinner and hot drinks are provided to all team members and available for guests at the event base. Full vegetarian options will be available, but please let us know if any of the team has any other dietary requirements.

On the Saturday night you can celebrate in style in a themed marquee with a tasty hot and cold main and dessert buffet. There will be a bar, medal ceremony and entertainment, so you can enjoy your achievements with your team mates.

We allocate a place to each team member, and if any additional people wish to attend we shall charge £10 (£5 for children) to cover the cost of the meal and entertainment. This should be paid in advance by calling our Events team.

Each team member will receive a medal for completing the challenge.



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Where to Stay

Each team is responsible for booking their accommodation as this allows you to choose the standard of accommodation you would like.

Camping

Camping is available at the John Ruskin School on the surrounding school fields. Pitches are charged at £10 per tent, per night with basic amenities in the school. If you'd like to take up this offer, please contact the Events Team on 0345 143 0200 or alternatively email:

coniston.challenge@guidedogs.org.uk

Other Accommodation

You can contact one of the local Lakes Information Centres below to access information about more camping, B&B or hotel accommodation for your event. Please remember that at this time of year accommodation does book up quickly so early booking is advisable.

- Coniston Tourist Information Centre
Telephone 01539 441533 (10:00-17:00)
Website: www.conistontic.org

NB. Accommodation for Coniston could be either in Coniston or Ambleside (Ambleside is 15 minutes from Coniston and has more facilities)

Kit List

On the hill section, it's important that each team member carries or wears:

- **Compulsory** – walking boots or good trail shoes **with a proper off-road sole***
- Good walking socks
- Tracksuit bottoms / running tights
- Wicking base layers – long / short sleeves
- Fleece or spare top
- Waterproof top and bottoms
- Sun hat / sun screen
- Rucksack
- Small first aid kit – to include blister kit
- Whistle
- Extra food e.g. nuts, raisins, bananas, energy bars
- Water bottles or a hydration system that will hold 2litres
- OS Explorer map 'OL6' The Lakes (or photocopy) and compass

*The hill walk is on a rough and broken mountain track. Participants with footwear deemed to be unsuitable will, for safety reasons, be given the option to hire walking boots at a minimal charge, or to sit out on the section.



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Training Guide

The Hike

Although walking is something most people do every day, it is advisable to train for a strenuous mountain walk. Remember this is a challenge event and more importantly a team event so we have mountain rescue acting as marshals throughout the walk who will check that teams are staying together for safety purposes.

The Hike will be approximately 10k which will take your team up to the summit of the Old Man of Coniston.

Top Tip: Break in walking boots and any new gear before the challenge!

Kit List

Please note this kit list is in addition to items on the hike kit list.

- Mountain bike*
- Cycle shorts/longs
- Cycling top
- Cycling shoes / trainers
- Gloves and windproof / waterproof top
- Helmet
- Bike repair kit – pump and spare tube (and knowledge of how to use it)
- Optional – waterproof handlebar map bag

The Mountain Bike

The bike ride is approximately 12k route half on roads, half on trails and is also an orienteering exercise– so mountain bikes must be used. Please note **helmets are compulsory** (but you don't have to shave your legs if you don't want to!)

Please feel free to use your own bikes for the event, but do ensure that you have them serviced before the event. You should carry with you a spare inner tube and pump, and also know what to do with them should you have a puncture.

Mountain Bike Hire

If you don't have a bike or you are unable to transport one to the challenge, we have negotiated a special rate for you to hire a mountain bike on the day. The cost includes helmet, a measured bike, puncture repair kit, bike damage insurance, collection and delivery after the event, maintenance team on hand all day.

*To hire a bike, please book online at

<http://www.windermerecanoekayak.com>, and choose the Guide Dogs Coniston Adventure Team Challenge under Events. Bike hire costs approx. £25 per bike (**Please note, price is subject to change**)



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Top Tip: Do make sure that you have trained on a bike before getting to the event, otherwise you may regret it!

The Kayak

We will be providing you with the latest, extremely stable, sit on top canoes for your team to complete the one mile kayak and back. This means the canoes are very stable in all weather conditions, plus it keeps the team together! All canoes, paddles, life jackets are provided for the event.

Training

Canoeing uses upper body muscle groups including stomach and shoulders. A rowing machine is ideal for this as well as swimming.

Top Tip: Why not go for a couple of practices in a canoe before the event? You can hire canoes in the Lake District by calling Windermere Canoe and Cycle on 01539 444451 or Derwent Water 01768 776572 and Coniston Boating Centre 01539 441366. Or visit www.golakes.co.uk for more locations.

In case you get really wet, you should plan for a complete change of clothes including shoes after the canoe section.

Top Tip: Those with delicate hands might want to wear cycle gloves for this event.

Kit List

In addition to the hike and bike kit lists sections.

- Set of clothes for possibly wet conditions
- Shoes / sandals that you don't mind getting wet
- Waterproof jacket
- Warm fleece top
- Hat / gloves if the weather is cold

If you have any questions about fundraising, kit, training, or the event itself please call us on **0345 143 0200** or email coniston.challenge@guidedogs.org.uk, we would love to hear from you!

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