

Please find attached some details for this year's Long Walk, on Saturday 29th June, based at Little Ground House. Diane and Rob Green have done a fantastic job organising this event which follows the first section of the 26 Lake, Meres and Waters route devised by Leo Pollard.

Booking is essential. Thank you to all those who have already let us know they are going to attend. There are still a few beds left in the hut and the field will be open for anyone who wishes to camp or stay in their vans.

The attachment "NOTICEBOARD FLYER" gives a brief description of the route and outlines the plan for the weekend.

Attachments 1 to 5 are maps showing the Long Walk Main Route marked in red.

Attachments 6 to 8 are maps showing an extra extended part of the route from the Breakfast Stop to the Lunch stop, for runners who want to add a bit more mileage.

Also attached are 2 elevation guides, one for all of the Long Walk and one showing the elevation on the extended route.

The route outlined is a guide and may not be the best path/line to take on the day. Walkers should use their own judgement.

THE LONG WALK 2024



GET FIT

KEEP FIT

JOIN IN

THE 26, LAKE, MERES AND WATERS (Section 1)

Friday 28th June – Sunday 30th June

Little Ground House

THE SET ROUTE:

1.Loweswater 2. Crummock Water 3.Buttermere 4.Ennerdale Water 5.Wast Water

20 Miles, 1 Breakfast Stop 1 Lunch Stop (estimate 10 hours Total Asc of 4898 ft and des 5001 ft)

Optional for runners: 26 miles extended route via Warnscale Bothy, Hay Stacks path to Red Pike

The 26, Lake, Meres and Waters is an ultra challenge of 100 miles. There is no set route. For safety and practical reasons, a set route has been chosen for the Long Walk 2024.



Weekend Guide

Friday – Arrive at LGH,

10.30pm Lights out , no noise,

Saturday 05.45am Transport to Maggies' Bridge Carpark.

Start: 7.00am Loweswater

Breakfast Stop: 09.00am Crummock Water/Buttermere

Lunch Stop: 12.30pm Gillerthwaite (Ennerdale)

Wast Water: 05.00 (Well done, brilliant!)

Walk back to LGH/End of walk report in.

LGH Evening Meal provided: 07.00pm

Sunday: 07.30am onwards breakfast provided.

Cost: Normal hut fees per night.

Food and transport: small cost TBC. (Booking Essential)

Everyone taking part in the walk/run must assess and ensure their own abilities (experience, knowledge, skill and fitness) is at a standard appropriate to be able to complete their chosen set route.

You must carry your own adequate equipment for the route and weather.

THE LONG WALK 2024

Everyone must be confident and experienced to navigate their own route. A map, compass and whistle is strongly advised.

You must carry your own extra food and drink.

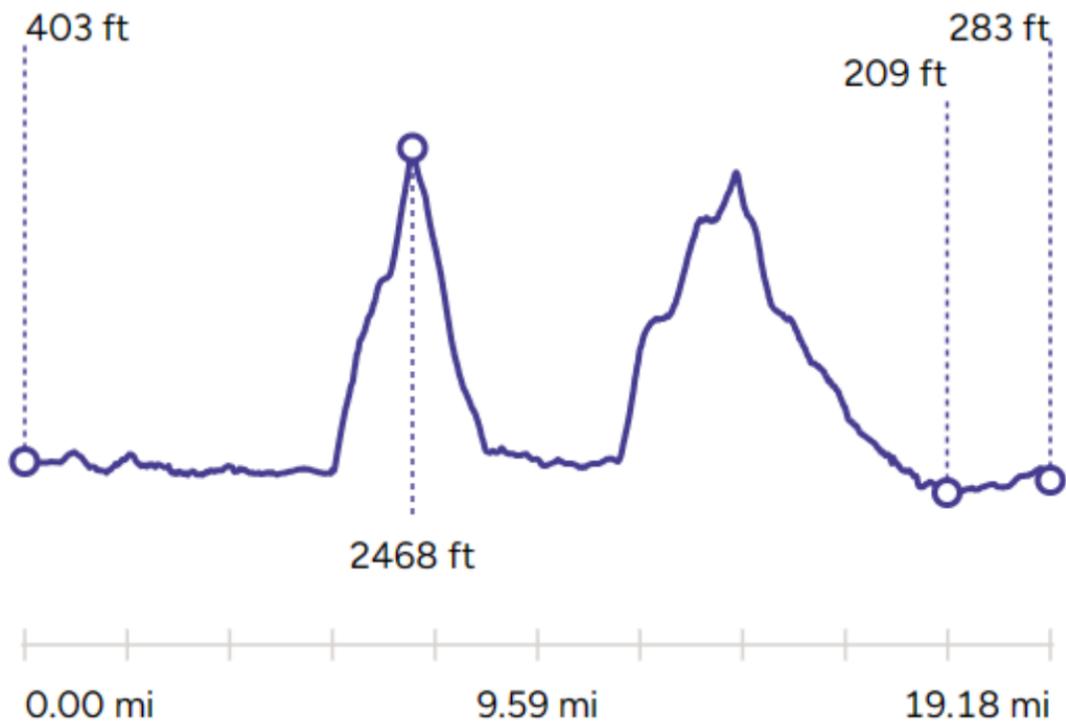
Strongly advised: Fully charged mobile phone with the emergency contact details stored and emergency money

Participants should look out and care for each other. Retiring participants information should be given to support team.

Your chosen route of walk/run and your contact details should be handed to Robert Green before departure.

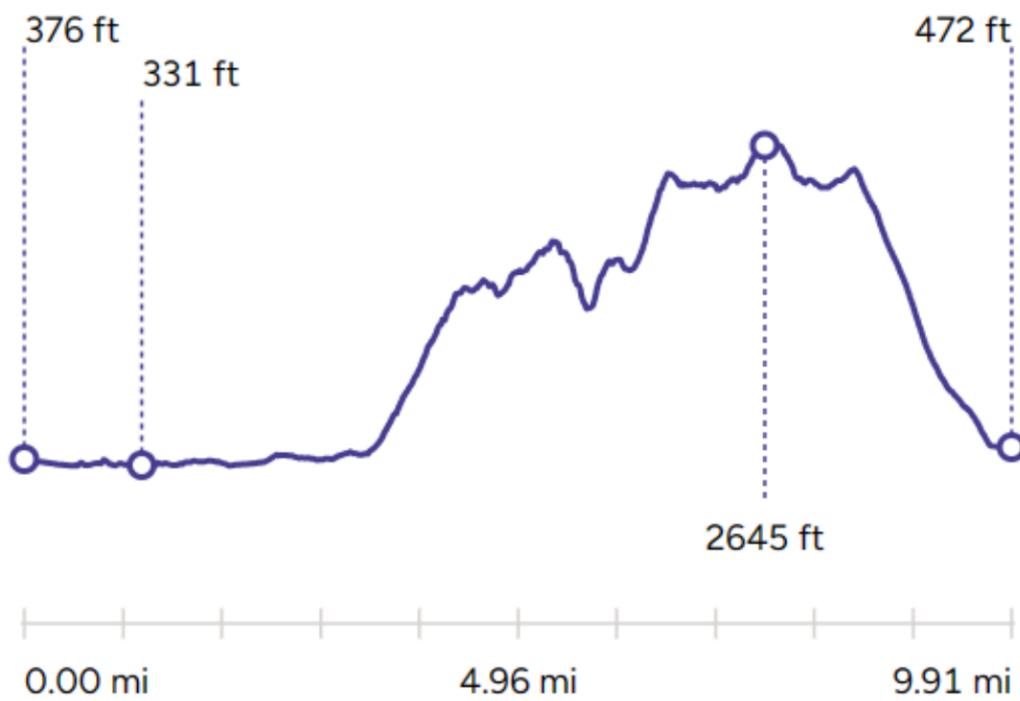
Elevation

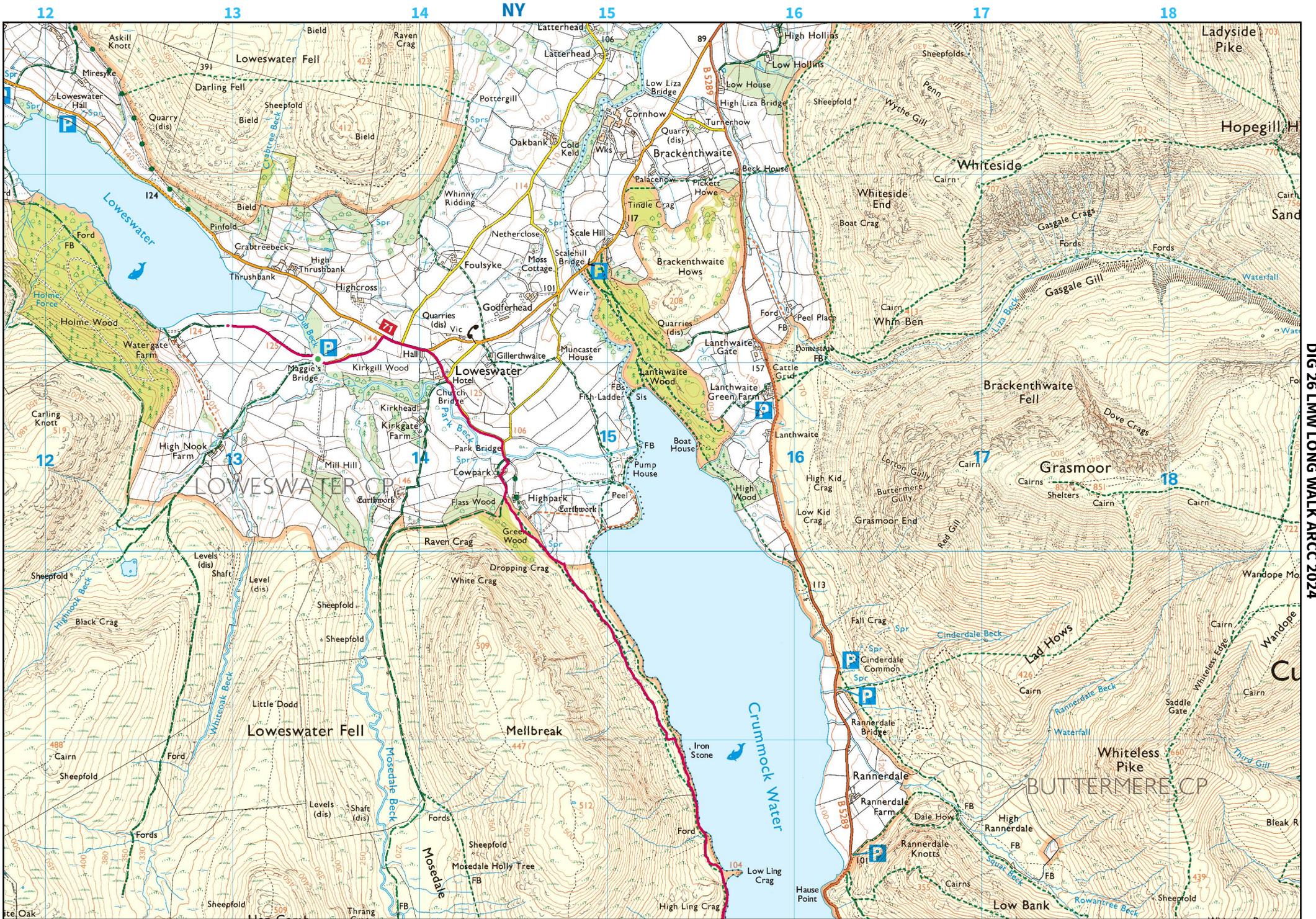
Total ascent: 4933 ft



Elevation

Total ascent: 3708 ft





DIG 26 LMW LONG WALK ARCC 2024

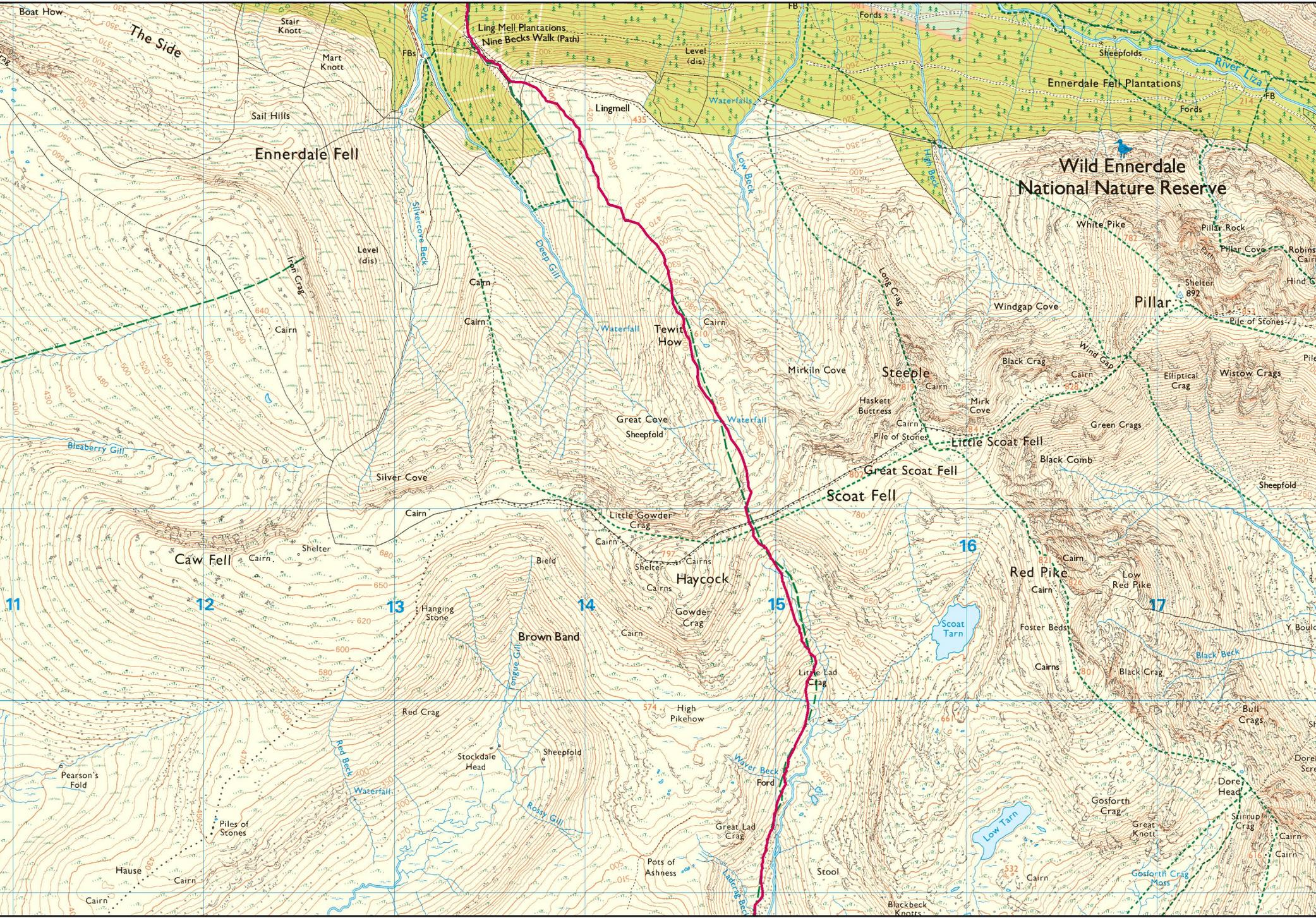


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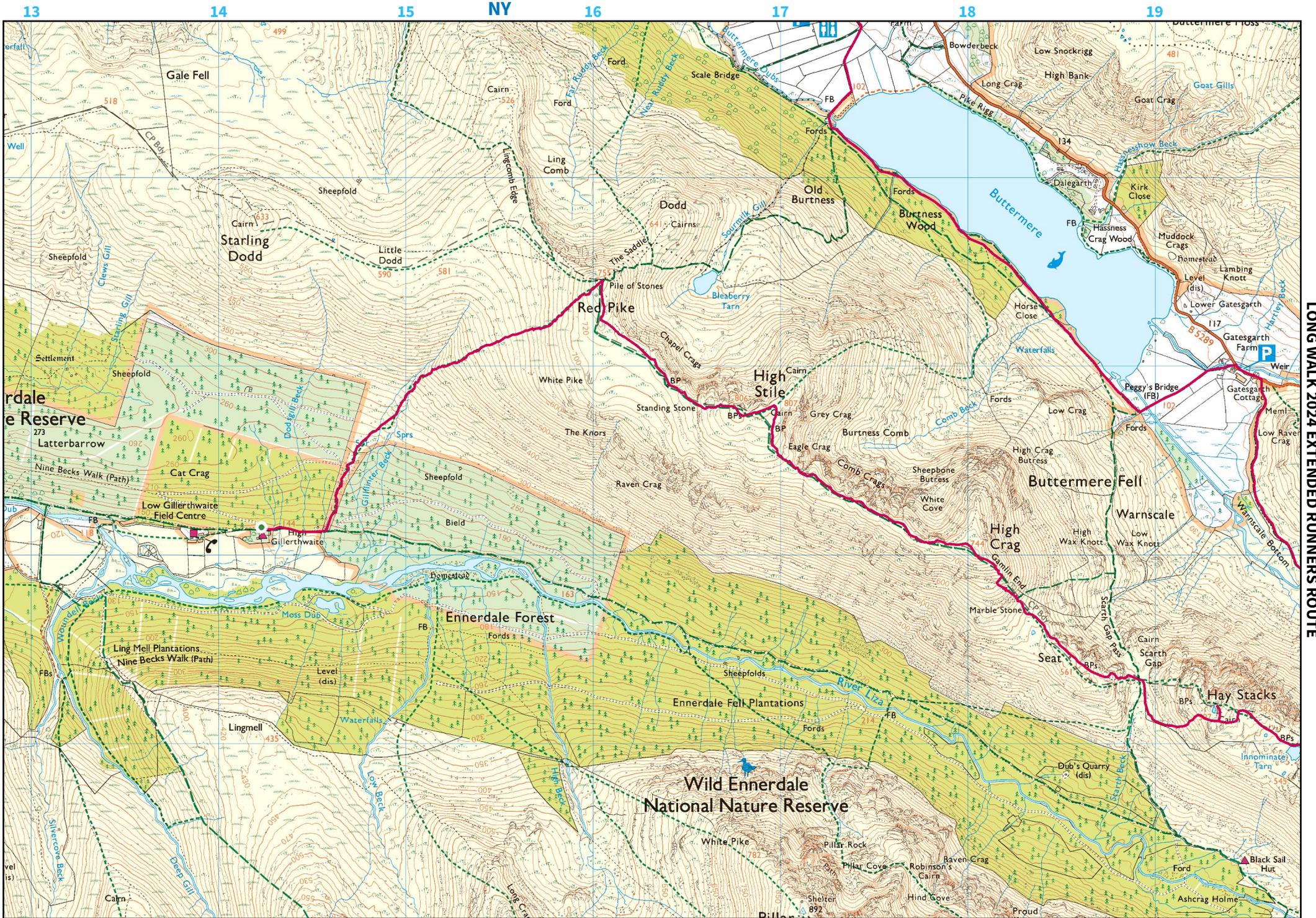
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DIG BREAKFAST STOP BUTTERMERE BRIDGE WARNSCALE BOTTOM LUNCH STOP ENNERDALE ENNERDALE



DIG BREAKFAST STOP BUTTERMERE PEGGY'S BRIDGE WARNSCALE BOTTOM LUNCH STOP ENNERDALE ENNERDALE



LONG WALK 2024 EXTENDED RUNNERS ROUTE