**Run Venture Adventure: Lake District**

The Bob Graham Round in the English Lake District is seen by many as one of the great fell and mountain running challenges.

First achieved by the Bob Graham himself in 1932, the 66 mile route takes in 42 mountains and climbs over 26000 ft in height.

To be part of the exclusive club you must complete this circuit in under 24 hours, where on average only 1 in 4 attempts end successfully.

However, the route itself is spectacular and the Run Venture team are pleased to offer you the chance to run this route at a more relaxed pace over 5 days.

The route is nicely split into 5 legs of between 11 and 15 miles, giving you the opportunity to run the same route as the man himself without the pressure of time.

However, this is still and arduous undertaking for even the fittest of runners and should not be underestimated. The route climbs and descends steep mountains including Scafell Pike, the highest in England. The terrain, the cumulative effect of running over mountains for 5 days, and the unpredictable weather can push one’s limits.

To that end included in this adventure is a training/assessment day on Dartmoor where the instructor will ensure you will have the kit, skills and fitness to complete the challenge.

There is no pressure to complete all the days, and if you wish to sit out any of the route, there is the option to stay at the accommodation and/or explore the local town of Keswick.

**Adventure includes:**

* Travel to Keswick and return to Devon
* Private house accommodation (shared twin rooms)
* Breakfast, lunch & snacks on the hills, evening meal
* Drop off and pick up to the start and finish of each days run
* 5 fully supported and guided runs by qualified mountain leaders
* Pre-course information sheet
* Kit and equipment discount voucher for any of the Run Venture stores
* Training and assessment day

**Adventure Itinerary:**

Day 1. Travelling up from Devon in the Run Venture bus, we will arrive in Cumbria at our accommodation for the week, a Victorian Town House, in time for an evening meal.

Day 2. After breakfast and a kit check, a short walk takes us to the start of leg 1 in Keswick. On completion of running over 3 mountains, a short drive back takes us to the accommodation.

Day 3. Short drive to the start of leg 2 after breakfast and on completion of a longer run over 12 mountains, we will get picked up at Dunmail Raise.

Day 4. As before but a longer more arduous leg 3 over England's highest mountain plus 14 others. Pick up at Wasdale.

Day 5. After a relaxing drive back out to Wasdale, leg 4 starts with a steep incline followed by a group of rugged mountains before descending to Honister pass.

Day 6. After transport in the morning back to the stunning pass, the final leg is a less strenuous run over three mountains and lanes back to Keswick to complete the route. The afternoon can be handed over to relaxing by Derwent Water or shopping in Keswick.

Day 7. After a leisurely start, it's time for a gentle drive back home to Devon.

Round statistics

Day 1: 12.3 miles 5125 feet of ascent 5 hours trail running

Day 2: 13 miles 6020 feet of ascent 7 hours trail running

Day 3: 17 miles 6640 feet of ascent 10 hours trail running

Day 4: 10.3 miles 4846 feet of ascent 8 hours trail running

Day 5: 10.5 miles 2326 feet of ascent 4 hours trail running

Dates: Sunday 28th May to Saturday 3rd June 2023

Meet 7am at Run Venture Tavistock (pick up on route available ask for details)

Assessment/training date TBC

There are only 6 places available on this trip so booking early is essential.

Cost £1000 per person (deposit of £250 required at point of booking)

**Booking Form**

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| --- | --- |
| NAME:  | AGE (Min 18 Years Old): |
| PHONE:  | GENDER:  |
| EMAIL: |
| ADDRESS:  |
|  |
|  | POSTCODE:  |
| DIETARY REQUIREMENTS:  |

**Please see terms and conditions below (Signature required)**

Terms and Conditions

The legal stuff: when you book with us, you are agreeing to the terms, conditions and participant declaration laid out below. Short and sweet, our rules are designed to cover your back as much as ours.

Cancellations and refund policy

* Should you decide to cancel your booking more than 4 weeks before your activity date, 50% of your fee will be refunded.
* If we receive your cancellation less than 4 weeks before your activity date, no refund can be made.
* Should we need to cancel the activity that you have booked, we will offer you the choice to EITHER receive a refund of all moneys paid to date minus any card fees we incurred at the time of booking, OR to transfer your moneys towards another booking of your choice.
* We advise you take out insurance for cancelations, as the above policy is not flexible.

Participant Declaration: all activities

Run Venture Ltd accepts its responsibility to make its activities as safe as is reasonably practicable. However, adventurous activities are inherently hazardous and cannot be completely risk free, however hard we try. Accidents can happen without any contributory negligence from Run Venture or its staff. Run Venture can accept no responsibility for loss or damage to personal property or for personal injury not arising as a result of its own act or default.By booking with us, you are agreeing to the following statements:

* I am physically fit for the activity I have booked
* I appreciate that the activity may be hazardous by its nature and I accept a certain element of risk
* I agree to abide by such regulations as Run Venture may consider advisable on the day of my activity
* I confirm that I will adhere to the Minimum Kit recommendations provided by Run Venture for the activity that I have booked
* I confirm that I agree to release Run Venture, its staff, agents, representatives, associates, sponsors, marshals, and volunteers for any and all liability, including but not limited to claims, liability, damages, demands, causes of actions for any loss, damage, injury, claim, legal fees or action arising from my participation in the activity I have booked. This release extends to any claim made by my family, estate, heirs, or assigns arising from or in any way connected with the aforementioned activities. This release does not include a release to Run Venture for acts of its own negligence.
* I understand and accept the above statements and accept that I have a responsibility to take careful note of instructions and to act in a way that will minimise the likelihood of injury. I am fit for the course and will inform Run Venture before the course of any special medical conditions that might affect my safety.
* I understand that Run Venture reserves the right to change the date, course or event base or, if necessary, to cancel an event entirely, in the event of Force Majeure (that is, unpredictable events beyond their reasonable control including, without limitation, natural disasters, war, civil or political unrest, terrorism, extreme weather, epidemics and pandemics). No refund will be available in this eventuality.
* I also understand that Run Venture reserves the right to cancel a course/race if it is not fully booked, or they are unable to run it for whatever reason, outside of the above clause in the event of 'Force Majeure' being enacted. If this happens, we will either transfer your money towards another course or refund you in full, minus any card fees we have incurred at the point of booking. Of course this will be a last resort and we will do everything in our power to make sure a course is run before we think about cancelling it.

By submitting this form, I acknowledge having read and agreed to the above waiver.

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| SIGNATURE:  |
| DATE:  |