**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 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 as the route climbs and descends steep mountains including the highest in England. The terrain, the cumulative effect of running over mountains for 5 days, and the unpredictable weather can push ones 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
* Bunkhouse accommodation and breakfast (shared dorms)
* 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 of Run Venture stores
* Training and assessment day

Does not include

* provisions for food on the route
* Evening meals

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 bunkhouse with attached Inn, in time for an evening meal

Day 2. After breakfast and a kit check, a short drive in the bus takes us to the start of leg 1 in Keswick. On completion of running over 3 mountains, an even shorter 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 an easy stroll 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 I. Keswick.

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

Round statistics

Day 1: 12.3 miles 5125 feet of ascent 3-5 hours trail running

Day 2: 13 miles 6020 feet of ascent 4-5 hours trail running

Day 3: 15 miles 6640 feet of ascent 6-8 hours trail running

Day 4: 10.3 miles 4846 feet of ascent 4-6 hours trail running

Day 5: 10.5 miles 2326 feet of ascent 2-4 hours trail running

Dates: Monday 30th May to Sunday 5th June 2022

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 £750 per person (deposit of £250 required at point of booking, only refundable if a replacement person found and at the discretion of Run Venture Ltd)

**Booking Form**

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

**WAIVER**: In consideration of you accepting my booking, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against Run Venture Ltd, and all of their agents assisting with the sessions, sponsors and their representatives and employees for any and all injuries to me or my personal property.

This release includes all injuries and/ or damages suffered by me before, during or after the sessions. I recognise, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I certify as a material condition to my being permitted to partake in this course, that I am physically fit and sufficiently trained for the completion of this course and that my physical condition has been verified by a licensed Medical Doctor.

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

|  |
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| SIGNATURE:  |
| DATE:  |