



## Trek Together

Join Trek Together this September and help support bereaved families and save babies' lives.

With your support we can help provide a better future for families through investment into life saving research, raising awareness of safer maternity care, and by providing specialist bereavement support.

We're bringing our walking community together to raise funds, connect with others and to remember every much loved baby.

With prior training and brilliant support along the way, the Trek Together challenge is achievable for experienced walkers and beginners alike!

With two distances available, choose your challenge and Trek Together!

**Saturday 12th September 2026**

### 20mile/32km Team

**0600-0630** Registration  
**0645-0700** Safety Brief & Warm-Up  
**0700** Start  
**1500-1800** Challenge complete!

### 10mile/16km Team

**0930-1000** Registration  
**1015-1030** Safety Brief & Warm-Up  
**1030** Start  
**1400-1700** Challenge complete!

### Location

Your event village will be in **Lower Fitz Park, Keswick.**

We will send out further information closer to your event date.

### Parking

Parking for this event is in the public car parks in Keswick. Your parking is not included in your event registration fee - please come prepared to Pay & Display.

## Route

### 20mile/32km Route

**Circular:** Start & Finish in Lower Fitz Park, Keswick

**Distance:** 20miles/32km

**Total Ascent:** 1060metres/3478ft

### 10mile/16km Route

**Circular:** Start & Finish in Lower Fitz Park, Keswick

**Distance:** 10miles/16km

**Total Ascent:** 510metres/1674ft

Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leaders who will always make choices with the safety of the group as a top priority.

## Food

You'll need to start the day with a big, filling breakfast. You need to carry at least 2 litres of water, plus juice drinks. Please bring your own lunch and always pack a variety of foods – both savoury and sweet that will sustain you during the day. There will be pit stops along the way with snacks and water re-fill stations but you should plan to bring your favourite walking snacks to ensure you have the fuel you need. Please contact us if you need further advice on nutrition for your day.

## Transport & Accommodation

Transport and accommodation are to be organised by yourselves. We recommend you journey to the area the day before, to make the most of your challenge and to make sure you're fresh and prepared. We recommend you stay on after too - please don't plan to drive more than an hour after the challenge. Basing yourself in or close to Keswick for this event is the best as our event village is in Lower Fitz Park, Keswick.

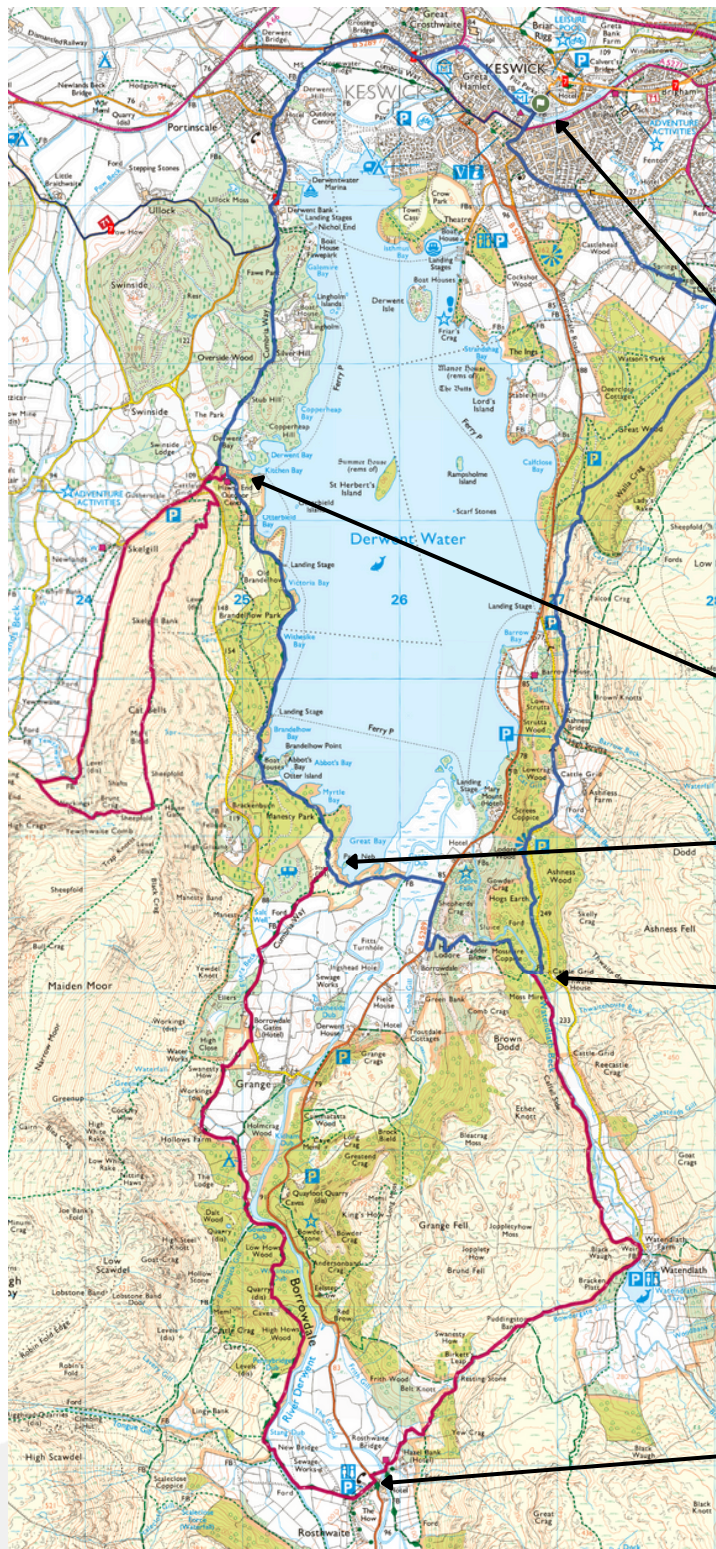
## Health & fitness

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over several hours, including steep ascents and descents. We recommend you partake in active walking/ running/ swimming/ cycling at least 3 times a week to fully enjoy this mountain walk. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – The Lake District is not flat! Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed.

## Weather & Safety

Regardless of the time of year, we may experience clouds, rain, wind, sun, and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. Please ensure you have all the required equipment as specified in the Kit List – this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well-experienced and qualified Mountain Leaders will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.





## 20miles/32km Route:

**Circular:** Starting & ending in Keswick

**Distance:** 20 miles/32km round trip

**Total Ascent:** 1025metres/3365ft

## 10miles/16km Route:

**Circular:** Starting & ending in Keswick

**Distance:** 10miles/16km

**Total Ascent:** 469metres/1539ft

**Start/Finish for both distances**

**Extra section for the 20mile route ft. the iconic Catbells!**

**Second route split for the 20milers**

**Both routes re-join**

**Pitstop and toilets for the 20milers in Rosthwaite**

Route choices can change on the day depending on the weather and the judgment of your experienced and qualified Mountain Leaders who will always make choices with the safety of Sands Supporters as a top priority.

#quittalkingstartdoing

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## Kit list

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement. You may be refused participation if your kit is not adequate for the conditions.

### Equipment

Item required	Got	Packed
Rucksack at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles highly recommended for tired legs on descents		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal blister protection /Compeed, ibuprofen/painkillers, plasters		

### Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

### Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans and avoid lots of pockets/zips, if possible*)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

### Footwear

Item required	Got	Packed
Sturdy, comfy, waterproof walking boots with ankle support		
Comfortable walking socks + spare pair		