

CoppaFeel!
breast cancer awareness



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

COPPATREK! LAKE DISTRICT
UK

Sat 19 Sep - Sat 19 Sep 2026





In aid of CoppaFeel!

19 Sep - 19 Sep 2026

CoppaFeel!
breast cancer awareness

1 DAYS | UK | TOUGH

Join CoppaFeel! and Giovanna Fletcher for this exclusive one day trekking challenge in the heart of the Lake District!

The Lake District is one of the UK's ultimate adventure playgrounds, offering the perfect setting for your next challenge. You'll have the option to choose between two trekking distances: a half marathon (21.1km) for those who want to push themselves at a slightly more relaxed pace, or a full marathon (42.2km) for those eager to really go the extra mile. Each route will be expertly guided by our fantastic Charity Challenge leaders, and at the finish line, you'll be welcomed with a celebratory drink followed by a well-deserved meal where everyone can come together to celebrate their achievement.

- Exclusive challenge for CoppaFeel!
- One day of trekking around the spectacular Lake District
- Fully supported trekking challenge
- Choice of trekking a half marathon (21.1km) or full marathon distance (42.2km)
- Support CoppaFeel!'s mission to ensure that all breast cancers in young people are diagnosed early and accurately

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 19 Sep

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Day of the challenge!

Your challenge begins right in the heart of the stunning Lake District.

If you're taking on the full marathon route, you'll be setting off bright and early. After meeting your fellow trekkers, you'll receive a full safety briefing from your expert Charity Challenge leaders before trekking. Along the route, you'll experience some of the very best scenery the Lake District has to offer, from rolling hills to incredible views.

The half marathon route starts a little later and follows a similar route to the full marathon before looping back at the halfway point. Throughout the trek, you'll be fully supported by CoppaFeel! and your incredible leaders every step of the way.

At the finish line, you'll be greeted with a well-earned celebration drink and meal - the perfect chance to relax, reflect, and catch up with old and new friends alike.

NB

Please note: The outline itinerary is given as a guide only. Charity Challenge reserves the right to make any amendments necessary to this itinerary.

All routes are liable to change depending upon weather and the condition of the footpath.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather and the group's ability etc.

Costs

Pay a non-refundable registration fee of **£30** when you book, and pledge to raise **£250** for CoppaFeel!

We know that fundraising large amounts can be daunting! But the friendly CoppaFeel! team will be on hand to offer you support in the build up to the trek.

What's included?

Before you go

- A **bespoke and fully supported route**, designed and managed by our trek provider, Charity Challenge
- The option to **camp on-site** on Friday and Saturday night at an additional cost.
- Showers and toilets will be available.
- A **free CoppaTrek! T-shirt** to wear on the day
- **Water, a breakfast roll, lunch, and celebration buffet** on the day of your challenge.
- **Trek leaders** and medical support from our trek provider, Charity Challenge
- A **medal** and a **celebration drink** on finishing the route!
- A **friendly team** to support you every step of the way with fundraising tips and ideas
- **Support for those trekking solo** and meeting points across the weekend
- **The chance to make new friends and to save lives!**

What's not included?

Before you go

- Travel to and from the challenge start/finish point.

On your challenge

- Snacks throughout the day
- Accommodation - you will be able to book camping separately. More information will be shared with trekkers via email shortly.

The Details

Fundraising Deadlines

You need to raise a minimum sponsorship amount of **£100 to be received by CoppaFeel! by 21.08.26.**

If you have raised the necessary funds, CoppaFeel! will then pay the balance of your costs. Anyone who has not raised the minimum sponsorship by the deadline, will not be booked onto the trek and their place will be withdrawn and deposit will not be refunded.

The second deadline is on **16 October 2026**, and will be the **full fundraising amount of £250** (not including gift aid).

Level of difficulty

The CoppaTrek! involves between 7 and 12 hours of trekking, depending upon the distance you choose to undertake. It involves a good level of fitness, and you'll need the endurance to trek for that length of time. The terrain follows mainly good quality footpaths, but the nature of any trekking in the UK means that in places these can be muddy and steep. This is a varied challenge as your routes involve continuous ascent and descent throughout the day. At times the walking is remote and away from roads and immediate access to support vehicles.

Training

This is a tough, endurance challenge that requires everyone to have taken their training seriously. It involves an early morning, and a long day of walking with sustained periods of ascents and descents. It is certainly not for the fainthearted, and it should ideally be undertaken by someone who has trained on similar terrain within the UK.

Even if you are active and exercise regularly, it's good to adapt your training towards this particular challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

Your training should include some hills so that you can be comfortable with the ascent and descent experienced on this challenge. There is no substitute for walking in the hills so try, if possible, to get out on a weekend and train in an area with steep hills. The more you exercise before the challenge, the more you will get out of it.

For challenges that involve steep terrain such as hills or mountains or even the coast, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Focus on building up the distance walked so you are comfortable walking long distances with limited breaks. You should aim to walk at 4kmph as this is the speed we usually walk at to complete our marathon distance challenges.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your challenge!

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy

release banana or a quick sugar hit from a jelly baby!

CoppaFeel will be providing specific training advice for CoppaTrek! participants that has been created over many years of experience regarding the best way to prepare for these challenges.

Adequate training for this challenge is very important, and will increase the likelihood of you being able to complete the challenge in full.

How will the trek be managed

The route is organised by Charity Challenge (our trek provider). Charity Challenge will be responsible for the route, logistics, health and safety in the run up to, and on the day of the trek.

This is a fully route-marked challenge, with clear directional arrows along both routes to help you stay on track. Our experienced walking leaders will also be positioned at various points along the course, ready to offer support whenever you need it.

You will be accompanied at various points of the route by Charity Challenge fully qualified walking leaders, who are all first aid trained. CoppaFeel! staff will also be dotted along the route at various checkpoints.

We are expecting around 750 people to be taking part in this challenge over the two different routes. Both routes will be clearly route marked and you will be required to follow the route arrows to complete your chosen route. Charity Challenge walking leaders will also be walking the route at regular intervals, should you wish to join them. Each distance will be set off in waves based on walking speed. If you wish to walk together with friends etc then this is no problem, just make sure you select the same wave time when you register, so you are allocated together! You will be given a specific event phone number to call, should you have any problems along the route. One month prior to the challenge you will be sent precise details of the route including links to online maps.

Please note that this event is not designed as an event for individuals to race. It is designed to be a supportive fun challenge, with like-minded people, all raising money for CoppaFeel!, supporting each other throughout the challenge

Group Size

We are hoping that there will be between 500 to 750 people joining us for this challenge.

For both the full and half marathon routes trekkers will select a starting 'wave' that they wish to begin the trek with. There will be approximately 100 people per starting wave and the waves will set-off approximately 5-10 minutes apart.

We would encourage everyone to work as a team and to support each other throughout the challenge.

Group Management

Across both routes, we're anticipating up to 750 people taking part in total. Each route will be clearly marked, and you'll be required to follow the directional arrows to complete your chosen distance.

Our experienced walking leaders will be out on the route at regular intervals, ready to guide and support you. If you'd prefer to walk alongside one of our leaders, feel free to do so - they'll keep you on the right path and help you find a comfortable pace.

Each route will also have a clearly identifiable 'cut-off leader', walking at a pace that ensures everyone finishes by 7pm. If you fall behind this leader, you'll be asked at the next checkpoint to either follow an alternative route or join the support vehicle.

Please remember, this isn't a race - it's a supportive, fun challenge designed to bring together like-minded people who are passionate about raising money for CoppaFeel! and supporting one another every step of the way.

Terrain

The terrain mainly follows good quality footpaths but the nature of any footpath, means that in places these can be muddy and indistinct. There is continuous ascent and descent throughout the day. Walking is remote and away from roads and immediate access to support vehicles.

There are several sections where there are short but sharp sections of ascent or descent. However, none of these sections are sustained for more than around half an hour.

Challenge Timings

We have approximately 750 people expected to take part in this challenge, which is fantastic! However, in order to make registration and the start of this trek as smooth as possible, you will be allocated a starting time based upon your desired walking speed. Please do not worry too much about which starting wave you are allocated. Everyone will still have plenty of time to complete the trek. The reason for starting you at slightly different times is to avoid congestion on the footpath over the first few km's of the route.

Full marathon

On the day of arrival, you should plan to arrive at the start for 6am. There will be a safety briefing from your leaders before the trek begins at 6.30am. This is a long day of trekking so it is extremely important that everyone arrives on time so that we can begin promptly. We anticipate that the trek will take between 10-12 hours to complete. We will plan to have everyone back at the finish by 7pm at the latest.

Half marathon

For those trekkers taking part in the half marathon route then you will need to arrive at the start for 10am. Your trek will begin at 10.30am. We anticipate it will take you between 7-8 hours to complete this route, with the plan being to finish at a similar time to those who have undertaken the full marathon route.

Important information regarding trek timings

For both the full and half marathon routes there will be designed cut-off times that ensure that we can keep the trek

running smoothly. Should you and your team be struggling to meet these cut-off times then your leaders will discuss this with you. The route is designed to offer alternative routes so that you can still complete as much of the challenge as possible whilst still getting everyone to the finish in time for the celebration meal. We are aiming to have everyone finished by 6.30pm. This gives everyone ample time to complete the challenge. All leaders decisions regarding cut-off times will be final, so please respect any decisions they make.

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

Getting to and from the Challenge

The base for your event is in the village of Cartmel at [Cartmel race course](#).

The address for the registration point is:

The Racecourse,

Cartmel,

Grange-over-Sands

LA11 6QF

On arrival, you will be welcomed by the Coppafeel! team and the Charity Challenge leaders.

Car parking is available at the venue but MUST be booked and paid for in advance. We will share more information on car parking shortly.

Directions to the venue

Cartmel is a small and picturesque village in the southern Lake District. On the day of the event please follow all event signs to avoid unnecessary traffic in the village.

Leadership

Leadership along the route will be fully qualified walking leaders, who are all first aid trained. Our leaders are the very best, and many of them lead on our overseas challenges. Should you require any additional support then please ask one of these leaders. They have a broad range of backgrounds and experiences and are there to keep everyone safe and happy. We always ask all our participants to respect any decision that any of the leaders has to make.

Camping, Accommodation & Car Parking

There will be an option to book camping separately. Please keep an eye out for further updates from Coppafeel! on how to make a weekend of it, as we would love as many of you to join us camping as possible!

Camping is available at the event venue for both Friday and Saturday night but IS NOT included in your challenge cost and needs to be booked separately.

If you do not wish to camp then there are lots of other local accommodation options available.

Please note: Each person wishing to stay at the campsite must make their own booking. We are unable to accept people paying for multiple places at the campsite.

Please note: Please ONLY book camping at this campsite via Charity Challenge. Please do not book with the campsite directly as otherwise you will not be part of our group booking.

Car Parking

Car parking is available at the campsite but must be booked and paid for in advance. The cost is £10 per vehicle. This charge helps us manage car parking for over 500 cars and to encourage car sharing wherever possible, helping us keep the event more sustainable.

Food and Drink

We will be providing you with the following meals during your challenge:

- Hot drinks and a breakfast roll at registration.
- A packed lunch will be available to you during the day. This usually consists of a sandwich, fruit, crisps and a snack bar.
- At each checkpoint there will be water available.
- A sit down, celebration dinner will be served at the finish.

There will be an optional 'welcome dinner' on Friday night at an additional cost. More information on how to book this will be shared shortly.

In order to improve the sustainability of this event we will not be providing snacks at the checkpoints. Over the years we have found that we produce a huge amount of food waste from trying to estimate what snacks to provide at checkpoints. **Please ensure you bring your own snacks to supplement your packed lunch.**

We advise you to bring enough bottles to ensure you have 2 liters of water on you at all times. There are only 2 planned water refill points on each route. Due to the remote nature of the trekking routes, you will need to carry all your drinking water with you. There are no re-fill points available. We would recommend carrying between 2 and 3 litres, depending on weather conditions.

We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

You will also need to carry your packed lunch with you.

Please ensure you have had a substantial breakfast before arriving and that you arrive with your water bottles already filled.

We can easily cater for most dietary requirements. **Please indicate your dietary requirements on your booking form.** If you have any concerns about this then please don't hesitate to contact us on events@coppafeel.org. Please can everyone ensure they only take the special dietary options if you have indicated this on your booking form. This includes vegetarian food. This enables us to ensure that there is enough food for everyone.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals and checkpoint snacks are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

Clothing and equipment

During this challenge you will need to have one day pack that you use to carry everything you need for the day of trekking.

What to carry during the day? This challenge takes place in a remote and rugged environment, away from roads and immediate access to the support vehicle. It is therefore extremely important that you come prepared with the correct kit for this challenge. Please ensure that your waterproof jacket can keep you dry when subjected to rain for several hours at a time (although we hope in May it won't be needed), and that you also have waterproof trousers, as legs get just as wet as tops. Footwear should also be waterproof and most importantly should have good grip. Sports trainers are not appropriate for the terrain of this challenge. We also ask you to ensure that you bring with you multiple warm layers, along with hat and gloves.

Please be aware that because of the environment that this challenge takes place in, our leaders may ask to see the vital parts of your kit, to make sure you are well prepared before heading out on the challenge.

Please click [here](#) for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including [Outdoorhire](#), [Cotswold Outdoor](#), [Snow + Rock](#), [Water to Go](#), [Sporttape](#) and [Nomad & MASTA](#).

Toilets

Toilet facilities will be available at the start and finish of the trek as well as at each of the main checkpoints.

During the trekking, toilet facilities are limited to the great outdoors. Your leaders will be able to give you advice on the appropriate toilet etiquette when trekking.

Please remember to bring toilet paper and some dog poo/ziplock bags to carry toilet paper until you can dispose of it in camp.

Safety during the CoppaTrek!

Ahead of the trek, please read the following safety information provided by Charity Challenge, our trek provider:

- Save the event number to your phone in case of any problems. Familiarise yourself with a navigation app that will help you follow the route.
- Make sure you have all the kit listed as essential on the kit list.
- Although the challenge takes place in September, the UK's weather can be extremely variable, so we recommend that everyone carries a hat and gloves - trust us - you may need them!
- If you have any questions on the safety of the event, please email us on events@coppafeel.org

Weather

The weather in the UK can be extremely variable so please read your kit list carefully and make sure that you bring all essential kit.

Trekking on remote footpaths is a serious undertaking and is contingent upon appropriate weather conditions. If weather forecasts predict strong winds, heavy rain or poor visibility then your leaders may take decisions to alter the itinerary. This challenge has been designed with several 'contingency' routes in case of bad weather.

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

Emergencies

Your leadership team are all trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leaders. If we find that you are unable to complete the trek, then we will arrange for you to be collected by the support vehicle and taken to the finish point.

Pre-existing medical conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

What are the trekking routes?

Final versions of the walking routes will be shared with you in your Final Details email one month before the challenge.

This is a fully route marked challenge. Clear route marking arrows will be used on both routes which you should use to follow the route.

Our experienced walking leaders will be on-hand at various points along the route to offer support should you need it.

We would recommend that everyone also consider using an appropriate navigation app (we would recommend the OS Maps app) to ensure you are able to follow the route.

For more information about the OS Maps app please [click here](#).

The OS Maps app also has a very useful tool called '[Locate Me](#)'. It allows you to share your location easily should you become lost.

The app can be downloaded from both the Google Play store and the Apple App store. The app is available in both a free and paid version. We would recommend the paid app, but it is not compulsory. A month subscription to the app costs £4.99 and allows you to download the map and route so that you can view it offline.

What to do if you have a problem or become lost?

You will be provided with an event phone number closer to the event. Please save the event number to your phone.

If you have a medical problem or any other incident occurs then we ask you to call the event number and to wait until one of our event staff arrives at your location.

If you have any problems, or you become lost, then please follow the below instructions:

- Stay where you are and find a safe place to wait.
- Use the OS Locate app to find your grid reference.
- Call the event phone number.

We ask everyone to call the event phone number if you are unsure of where you are. We would much rather help you find the route again rather than teams trying to relocate themselves and walking down roads that are not safe.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge, we liaise with the local authorities to make sure that we minimise our impact on the local environment.

We believe that acting responsibly should add to your enjoyment of the challenge. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local environment and enhance your experience.

For extra information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the other projects that we currently support.

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Any more questions?

Contact us:

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www.charitychallenge.com

facebook.com/charitychallenge

twitter.com/charitychall

