

# LAKE DISTRICT TRAINING WEEKEND 2015

Friday 16<sup>th</sup> October - Sunday 18<sup>th</sup> October 2015 Places limited to 30 persons - £65 p.p

To register click [here](#).

To see who's going click [here](#).

What is included?

- ▶ Friday and Saturday night very comfortable dormitory accommodation at Newlands Adventure Centre, Stair, nr Keswick - [see here](#)
- ▶ Breakfast and evening meal on Saturday
- ▶ Breakfast on Sunday
- ▶ Bar and relaxation lounge on site

The Centre is located in the beautiful Newlands Valley at the foot of Catbells, very quiet and secluded, but only a short drive from Keswick.

## THE TRAINING:

The training will be a mixture of running and riding similar to previous years, we will have a full schedule nearer the time. Feel free to participate in all or just some of the sessions on offer. The weather at this time of year is very unpredictable so many changes of running kit/off road shoes are advisable. Adequate drying facilities are on site.



Please note: no evening meal is available at Newlands on the Friday but the [Swinside Inn](#) at the top of the hill (half a mile walk) serves meals. Booking a table would be advisable. Alternatively, there are many restaurants in Keswick.

Access to Newlands Adventure Centre is after 3pm Friday and must be vacated by 2pm Sunday.