

Dear Walker,

With 50 days to go until walk day that can only mean it's time for the first of our countdown e-mails. Please take the time to read these as they highlight important information for the Keswick and Coniston to Barrow walks. You can also keep up to date with the most current information on our Facebook and Twitter pages.

## **(Last Minute) Changes to the Route**

Some of our walkers may already be aware that the snows and winds over the last month have caused some damage to the road on the west side of Thirlmere. This has unfortunately made it unsafe to use and the repair work will not be complete before walkday; you can find out more on the United Utilities webpage [here](#).

Have no fear though, as one of the sponsors of the walks, United Utilities were keen to continue their support and have offered an alternate route on the east side of Thirlmere. Some of our more intrepid committee members braved the snow on Sunday to try it out. The verdict being: lovely views, definitely take some jelly babies for the short steep bit in the middle and a nice wide (though not tarmaced) path, then you're back on the normal route and up to Dunmail.

So what does this mean for you? For all those arriving by Happy Bus, very little. There is limited set down space at the start, so to accommodate for any hold ups rather than a 5:30 am group start the runners will be racing against their tagged start time. All traffic will be directed to the start from the A66, via the B5322 (St John in the Vale road), from there we will control the traffic to the start to make sure we're not blocking the road. We do have to receive permission from the local councils to put on the event, so we ask that if you are unable to use the Happy Bus service for whatever reason that you follow the event traffic so we can minimise the risk of any accidents. We are in the process of updating the maps on our website, so please bear with us.

And next year? Back to the planned route with a start at Legburthwaite, followed by the west side of Thirlmere.

### **Happy Buses**

This year Happy Buses are free but you still need to let us know you want a seat so we don't run out, you can do this by logging into your dashboard on the website. We strongly encourage all our walkers to use the Happy Buses if at all possible. This is especially important this year, as the change of start means we have limited space to set down. There is no parking at the start.

There will be more buses from Keswick this year, so if you're in the area, please do request a seat.

More information on the Happy Buses can be found here: [Happy Buses](#)

### **Sponsorship Reminder**

Please can we refer you to the terms and conditions of the walk here: [T&Cs](#)

All online donations must be made using the Keswick 2 Barrow website. Use of other online donation systems, or donating to the charity directly may lead to you not being permitted to participate in this or future events. Once you have paid your registration fee, sponsors are able to use the donate page to search for you here: [Donate](#)

Sponsors will be able to see previous donations and the charity(ies) your team are raising for. You can see how much you have raised on your dashboard.

## **Training**

With 50 days left and counting, if you're not out there walking regularly and clocking up the miles we strongly suggest you start. The majority of the walk takes place on roads and paths so please factor that into your training and we strongly suggest you do not wear new shoes on the day - make sure you're wearing them in now. With the walk taking place in the gorgeous Lake District, you should expect some hills so don't forget to include them in your training too.

## **T-shirts**

This year we will be providing event t-shirts, update your t-shirt size on your dashboard to make sure you get the right one.

Hope to see you on the day,

The Keswick 2 Barrow Walk Committee



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