



Calvert 4by4 Extreme



We are very excited to launch our very own, disability friendly fundraising challenge!

We need YOU to take part individually, or with friends, family, or colleagues.

It's going to be an experience to remember!

Taking part in this challenge is a great way to raise awareness and essential funds so that more people can benefit from a visit to the Lake District Calvert Trust.

What Is the 4by4 Extreme

The Calvert 4by4 Extreme Challenge is unique and for everyone. We have carefully selected 4 amazing challenge routes local to the Lake District Calvert Trust.

You and your team can walk, roll, push/wheel these four routes in your own time and on any day.

When... Anytime from 1st May 2022

Rewards... Participants Certificate & Medal!

Fundraising Target... £100 Per Person

There are no fees to enter or application forms to fill in. All we ask is that you take some pictures along the way and share them with us on our social media channels @CalvertLakes.

We love to see you out and about enjoying the countryside, it also really helps to promote the event and get other adventurers involved. Alternatively, simply email fundraising@calvertlakes.org.uk with your photos and we can share them for you.

The Routes

The chosen routes are Latrigg, Keswick to Threlkeld Railway Trail, the Braithwaite to Force Crag Mines track, and the Ennerdale Forest Road.

Challenge route 1: [Braithwaite to Force Crag Mines](#) – Approximately 8 km. A beautiful route taking you right into the heart of the hills, with the mighty Grisedale Pike on one side of the valley and the rolling fells of Barrow and Causey Pike on the other.

Challenge route 2: [Latrigg](#) - Approximately 2 km. Latrigg is a small Wainwright overlooking the town of Keswick with beautiful views down the valley of Borrowdale from the summit.

Challenge route 3: [Keswick to Threlkeld Railway Trail](#) – Approximately 10 km. A stunning walk through the beautiful River Greta Gorge from Keswick.

Challenge route 4: [Ennerdale Forest Road](#) – Approximately 18.5 km (You can go as far as you like). A forest road in Ennerdale, the wildest and least inhabited valley in the Lake District. A beautiful and tranquil location.

(If you would prefer an alternative 4th challenge closer to Keswick, then we would also recommend the [Friars Crag](#) route, a beautiful and varied walk to a stunning viewpoint)



Fundraising

We have lots of top fundraising advice and tips in our Fundraising Pack, download your copy [HERE](#).

A great way to raise funds is to set up your own fundraising page. Click [HERE](#) to set up your page. This is an easy way to collect sponsorship and saves you having to chase your friends, family, and colleagues for their sponsorship.

If you would like to fundraise using a sponsorship form, you can download one [HERE](#). It can be a good idea to combine the two methods to optimise your fundraising opportunities.

Please get in touch with us at fundraising@calvertlakes.org.uk to let us know that you have set up your fundraising page. We would love to hear from you!

Some Important Information

The Calvert 4by4 Extreme Challenge Terms & Conditions:

Please note that this challenge is unsupported, and it is your own responsibility to navigate the 4 routes independently of the Lake District Calvert Trust. The responsibility for your own health and safety, the safekeeping of equipment, clothing, and belongings and for safely negotiating these routes lies with the participants.

We have suggested 5 potential separate challenges taken from the 'Miles without Stiles' Lake District National Park routes. These are routes across the National Park designed to be suitable for people with limited mobility, including wheelchair users, families with pushchairs and people with visual impairments. Please note these routes are subject to change - refer to the Miles without Stiles Lake District National Park website for any updates on the routes. We encourage every participant to research each challenge route separately. If you intend to take part in a wheelchair, you must check the terrain is suitable for your chair and is within your capabilities.

Environmental conditions and hazards can change including condition of paths, rain, high winds and poor weather, animals, and other users. Please take reasonable precautions before attempting any of the routes and during the challenge.

We would always suggest checking the local weather forecast prior to setting off and being prepared with sunscreen and suitable clothing depending on the weather. (Be prepared for rain in the Lake District). It is important to keep well hydrated and always seek medical advice as required.