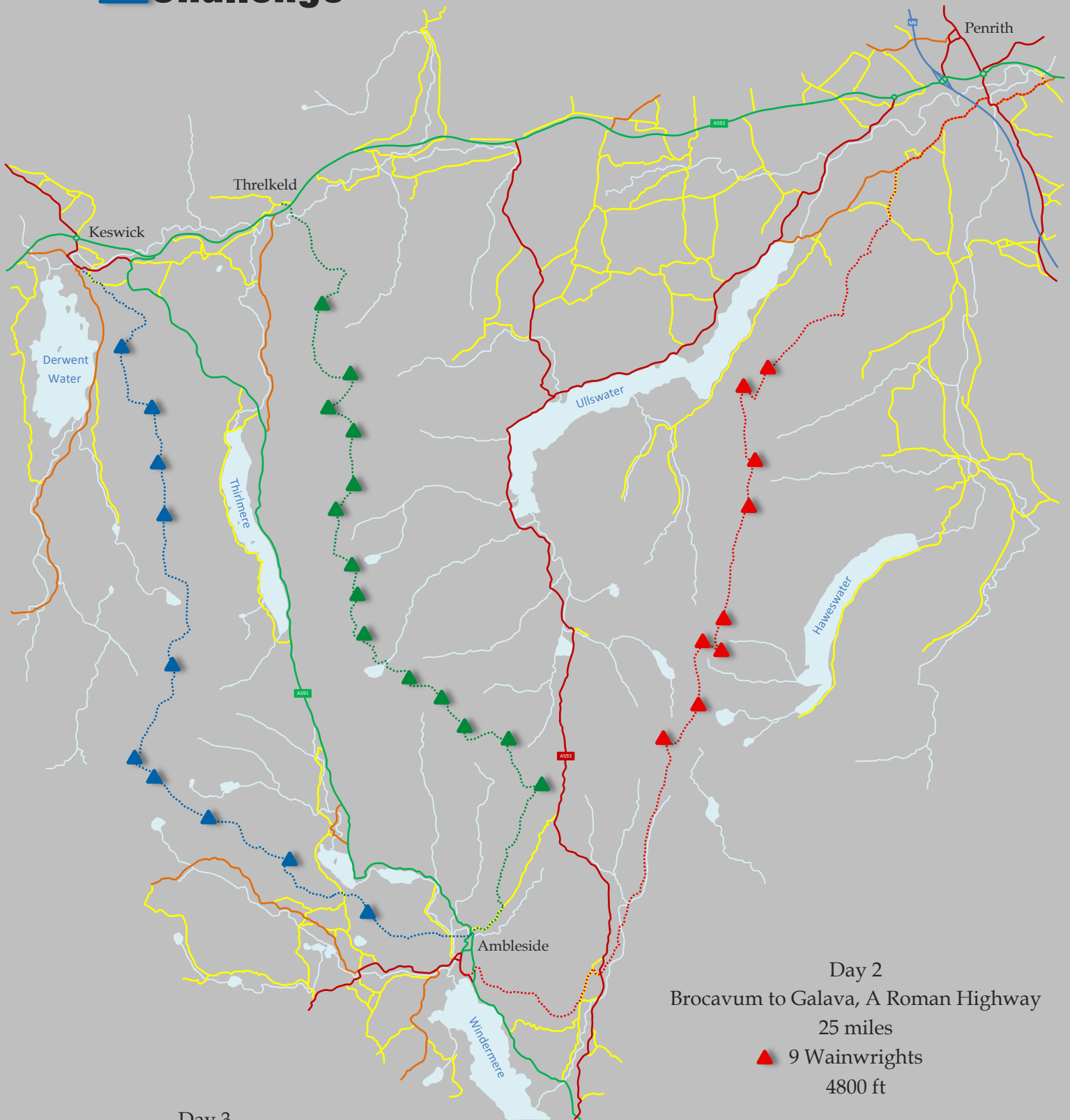


Triple Spine Lakeland Challenge

A tough three day Lake District challenge that will test the physical and mental strength of any fell walker

www.tslc.uk



Day 3
Ambleside to Keswick, The Bog Hop

20 miles

▲ 10 Wainwrights

5200 ft

Day 1
Ambleside to Threlkeld, The Hard Way

21 miles

▲ 14 Wainwrights

7300 ft

Day 2
Brocavum to Galava, A Roman Highway

25 miles

▲ 9 Wainwrights

4800 ft