



Adventure Activities in The Lake District

Coniston Water Expedition

Coniston Water is the 3rd largest of the Lake District lakes being 8km long and nearly 1 km wide at its widest.

Below is a “typical” itinerary for a 2 day overnight camping trip by canoe or kayak.

Day one

1. Meet near the south end of Coniston Water to organise craft, kit and people.
2. Get on the water practice boating skills appropriate to journey.
3. Paddle to "Wild Cat Island" (Peel Island) for lunch Using camp craft skills) and games. Find the geo cache and leave your message. See if you are brave enough to make the rock jump.
4. Paddle to lake side camp site. Pitch tents. Evening activities can be organised by Joint Adventures or your own leaders.

Day two

1. Rise and prepare breakfast. This will include cooking skills and general camp craft.
2. Tidy up and pack tents away. Prepare for paddling to the end of the lake.
3. Briefing for the day. Boats on water.
4. Paddle south towards the end of the lake. Lunch stop to be made where appropriate.

The itinerary may vary depending on wind strength and direction. This is a medium level of challenge and distance paddled may range from 6 to 10 km over 2 days.