

# Pedal Paddle Peak

**Saturday 4 July 2026**  
**Lake District**

Join our epic triathlon-style adventure challenge with your team of two or four in the beautiful Lake District and peak your potential.



**Pedal 34km**



**Paddle 3km**



**Peak Helvellyn Mountain**

Enter your team of two or four today:  
[muscular dystrophyuk.org/PPPLD26](https://muscular dystrophyuk.org/PPPLD26)



## The challenge

**Pedal Paddle and Peak your potential with our triple challenge event.**

In your team of two or four, you'll:



### Pedal

Cycle a 34km picturesque undulating route from Glenridding, passing the famous Aira Force waterfall, along the southern edge of Little Mell Fell, and then back down the length of the Western Shore of Ullswater Lake where you'll gear up for your Paddle element.



### Paddle

Teamwork is key to this phase! With teams of two using a two-person sit on top kayak and teams of four on two connected canoes rafted together you'll complete a 3km route on the pristine waters of Ullswater Lake.



### Peak

Get ready to climb the second highest peak in England... Helvellyn Mountain. You'll set off on a 17km out and back route, heading to the summit via the White Side and Lower Man of the mountain, and then back to the finish.



### Finish

You'll celebrate your achievements in style joining your team and fellow participants in a delicious BBQ on us!



**Scan QR code to enter your team of two or four today**



## Event entries and what's included

### Entries and fundraising commitment

#### Teams of two, entry fee: £97.50

Minimum fundraising sponsorship: £900

Self funded: £790

#### Teams of four, entry fee: £195

Minimum fundraising sponsorship: £1,800

Self funded: £1,580

### Included in the entry fee

- Full safety briefing
- Locally sourced packed lunch
- Power snacks and water throughout the day
- Kayak/canoe equipment (including paddles and life jackets)
- Bike mechanics on hand
- Bike racks and storage overnight (and between each challenge)
- Option to book a bike hire service
- Changeover stations and signage
- Qualified marshals and staff on route
- First aid support (just in case)
- A trend-setting event t-shirt
- Finishers' medal
- Team awards
- Celebratory complimentary BBQ at the finish
- Professional photos from the day (shared post-event)

### What's not included

- Accommodation – options and recommendations will be provided for you to choose from on event registration. There's plenty of choice in and around Penrith.
- Bikes – you must bring your own bike and helmet, unless you choose to book a hired bike for an additional cost through our bike hire service.
- Dinner on Friday night.
- Travel to and from the Lake District.



## Event reviews



### Fun fact!

100% of participants who took part in our survey last year said they would recommend Pedal Paddle Peak to others.

**"I have taken part in, and supported, many similar events in the UK but this has to be, in my opinion, the best organised. Thank you to everybody involved, you are all simply the best."**

Derek, 2025 participant

**"Great fun event, a lot of team spirit and encouragement from all. Really enjoyed the day and would recommend to anyone wanting a fun triathlon type event in beautiful surroundings."**

Rachel, 2025 participant

**"We felt such an achievement as a team taking on Pedal Paddle Peak. At all times we were supported by the MDUK team and I would encourage everyone to give it a go and contribute towards such an important charity."**

2025 participant

**"I've taken part in a considerable number of events similar to this...and this has been the best by some distance."**

David, 2024 participant

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