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**MOUNTAIN
FESTIVAL**



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KE ADVENTURE RACE



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KE Adventure Travel offers over 350 unforgettable trekking, walking, cycling, mountaineering, polar, wildlife and family holidays worldwide.

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Visit us on our stand at the Keswick Mountain Festival and you could be in with a chance to win **£750** off any KE adventure holiday* **PLUS** an Ellis Brigham Bundle worth **£200**.

*T&C's apply



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KE ADVENTURE RACE

Dear Adventure Racer,

You have entered the KE Adventure Race at Keswick Mountain Festival on Sunday 17th May 2026. Please see below all the important information you need before the day

DATE OF YOUR RACE

Sunday 17th May, Festival Village, Keswick, CA12 5DJ

RACE START WINDOW

Pairs and Singles both start between 8.00am and 10:00am from transition in the Festival Village, Crow Park. You can start by bike or on foot first, this is up to you.

GETTING STARTED

Head to Sports Registration Tent on Sunday morning before you start to collect your double-sided event map with pre-marked checkpoints. One side is bike, the other is run and your Timing Dibber (if rented). The Dibber will be attached to your wrist by the Registration team. Pairs will have a dibber each. Once registered, you can put your bike securely in Transition and spend time studying your map and possible routes. Then you can start anytime within the start window.

Your checkpoint descriptions with point values are only given to you after you start. There will be a marshal at the start point by transition who will answer any questions you may have and then provide you the checkpoint sheet once you have dibbed to start.

SPORTS REGISTRATION OPENING HOURS

Sports Registration Tent Festival Village

Friday: 12:00pm - 21:30pm

Saturday: 06.00am – 21:30pm

Sunday: 05:30am –11:30am

RACE PACK

Collect your Race Pack from Sports Registration. Your Race pack will contain:

- Race numbers for your front and for your bike
- Your wristband for access across the festival such as into the Festival Music and Tent Talks.
- Pins for attaching your race number and cable ties for attaching you bike number will be available at Sports Registration.

If you have paid for camping your camping wristband will be administered at the campsite for you.

Please Note: If you are attending the Festival on any day before your sports event, please collect your Sports Pack first to get your festival access wristband.

TRANSITION

Securely Located in the Festival Village. This is a place to safely store your bike and kit during the event. You must transition once during the event, either running or biking first. Please note, there will be a short run <100m, between Start/Finish and Transition. Transition is accessible once you have registered and attached your numbers.

KE ADVENTURE RACE

EVENT RULES

Be safe and be fair. Stick to the Public Rights of way and close any gates behind you.

A link to the Open5 Adventure Race Event rules can be read on the website: [Open5 Event Rules](#)

WHEN YOU FINISH

Whether you finish on foot or bike, you will need to be on foot for the final short leg from Transition to the main event finish line. Your dibber will then be downloaded at the line and returned if hired. Your personal score will be handed to you on a till receipt. Please check through this carefully as the final results will only be announced at prize giving ceremony at 15:30.

HINTS AND TIPS FOR NEWBIES

New to Adventure Racing and Open5? More information with hints and tips can be found through: [New to Open5 Events](#)

ENJOY YOUR DAY!

Adventure Racing is fun and allows you to set your own level of Challenge on the day. We look forward to seeing you there!

SCORING

Each checkpoint marked on your map will have a different value score. You will score points when you visit and dib in at the checkpoint. You will be handed checkpoint values and descriptions when you dib the start. These descriptions will help you locate the checkpoint when at the correct location. You may want to have a sharpie pen handy to write the scores directly on the map. Be warned that some of the checkpoints are 'dummies' and worth zero points and therefore shouldn't be visited. This adds to the strategy.

PENALTIES

You will however lose points if you are late back to the finish, stay within your 5 hour time limit. It may be tactical to be a little bit late, but not by too much as you may lose all your points!

- | | |
|-----------------|------------------------|
| • 1-10 minutes | -2 points per minute |
| • 11-20 minutes | -5 points per minute |
| • 21-30 minutes | -10 points per minute |
| • 31-45 minutes | -20 minutes per minute |
| • 46+ minutes | lose all points! |

PRIZE CATEGORIES

Solo Male, Solo Female, Male Pairs, Female Pairs, Mixed Pairs. Prizes will be awarded to the highest point scorers, 1st, 2nd, and 3rd in each category.

WINNERS' CEREMONY

Sunday 15:30pm, at the Podium , adjacent to the start line.

KE ADVENTURE RACE

KIT LIST

Please remember to wear appropriate clothing and footwear for the given conditions, check the local forecast. We expect you to have the following kit with you for this event.

MANDATORY – All Sections

- Whistle
- First Aid Kit (Bandage, Wound Dressing, 2 safety Pins, adhesive dressings)
- Mobile Phone – Emergency event number printed on map
- Foil Blanket
- Cycle section – Helmet

*Please remember you could be racing through the heat of the day and it is strongly advised that you carry water with you.

RECOMMENDED

- Watch
- Compass
- Water
- Food
- Waterproof Jacket

RECOMMENDED FOR BIKE

- Gloves
- Puncture Repair Kit
- Spare inner tube
- Bike Tool
- Pump
- Cycle computer
- Map board – To hold your map on your handlebars
- Bell

EMERGENCY NUMBERS & PROCEDURES

In an emergency call:

- Adam Marcinowicz
07703 282 337
- Event Control on 08435 576 391 or 999.

Please don't leave a message if unanswered, send a text and don't assume it's received unless you receive a reply.

If you retire from the event at any point please go to the Festival Village finish line to sign out. Here you can also collect your T-Shirt. This is so we know you are safe & off the course.

If you have an accident which requires an emergency response please call 999 as you would normally. If you are able to please report this call into one of the numbers above.

OS MAPS

Your Adventure Your Way

Navigate with confidence and enjoy your event with OS Maps.

Mapping and navigation across the UK whenever and wherever you need it.

Find out more at os.uk/osm or download the app



Scan the QR codes on the maps to view the routes on OS Maps. Creating an account and subscribing to the app will give the best experience, but you do not need to be a subscriber to view the route.

As a KMF Participant you can claim an extended 60 days free trial to try out the app for the Festival and beyond:

Create an account at osmaps.com



Go to os.uk/12months and enter **KMFEXP26** at checkout.

The Premium subscription will be added to your account with a 60 day free trial.

This gives you access to features such as snap-to-path and 3D fly-through, and allow you to use OS topographic mapping, download routes for offline use and print them.

It will work across both mobile and desktop; your account will sync automatically between devices.

Download OS Maps and enjoy your adventures!

Terms: 60 day free trial. Then £35.99/year ongoing OS Maps subscription unless cancelled. New subscribers only. Not valid with other offers. 1 trial per person. Offer expires 30/06/2026. Full T&Cs apply.

A man in an orange long-sleeved shirt and dark pants stands behind a metal crowd control barrier, speaking into a blue and white megaphone. He is surrounded by a diverse crowd of people at an outdoor event. In the background, there is a large orange tent with a logo on its peak. The scene is bright and sunny, with green trees visible in the distance. The text "INFORMATION FOR ALL COMPETITORS" is overlaid in white, bold, sans-serif font across the center of the image.

**INFORMATION
FOR ALL COMPETITORS**

TICKETS & ACCESS

RACE PACK

Collect your Race Pack from Sports Registration. Your Race pack will contain your race number and a wristband for access across the festival such as into the Festival Evening Music and Tent Talks.

Please Note: If you are attending the Festival on any day before your sports event, please collect your Sports Pack first to get your festival access wristband.

ADDITIONAL TICKETS

FESTIVAL TICKETS

All sports entries include access to the Festival after 5pm. However, if you ordered additional Festival tickets these were emailed to you at time of purchase. Please display these via the QR code on your phone, at box office upon entry into the Festival, and you'll be given wristbands accordingly. Please have these loaded on your phone before arrival as mobile coverage at KMF is poor.

TENT TALK SPEAKERS

If someone in your group wishes to enter a Tent Talk session, but does not have a ticket, they can buy a token from Box Office.

KENDAL FILM NIGHTS @ KESWICK PENCIL FACTORY

Two nights of incredible film on Friday 15th and Saturday 16th. Keswick Pencil Factory is a 15 minute walk from Crow Park. Buy tickets on the KMF website.

Starts at 7pm. Adults £12. U16 £8

CAMPING

If you have paid for camping, please display these tickets via your phone at the entrance to the campsite. You'll be given camping wristbands accordingly for access to and from the campsite at all times.



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THE TORQ RV IN THE MAIN ARENA.



WHAT ELSE TO LOOK OUT FOR

PHOTOS

Photos – every attempt will be made to capture all athletes but some may get missed. A link will be shared after the event with all finishers for you to find your photo! Remember to put your best smiles on if you see any of the photography team on the course and have your number clearly showing on your front. There will be thousands of photos, so you can search for yours using your number.

CHANGING TENT

Changing tent and bag drop - there is an unsupervised changing tent near the finish line (split into male and female spaces). It is a parent's responsibility to look after their child if using this space to change.

BAG DROP

If you wish to use the bag drop facility, you will need to go to the bag drop tent to collect a tag for you and your bag. Please make sure your bag is securely closed and no bigger than 20L, like a small rucksack for example. Plastic bags or bin bags will not be accepted.

EARLY CATERING IN FESTIVAL VILLAGE

Need some early morning fuel? Canny Coffees will be open on Saturday from 7.00am and from 5.30am on Sunday.

TORQ will be serving a variety of Performance Nutrition products, including fuelling, hydration, recovery and even supercharged breakfasts and meals. They have everything you need.





FESTIVAL GUIDE & SCHEDULES

FESTIVAL INFO

GETTING THERE

Public Transport – if you would like to take public transport to get to the event, there are several local bus routes, [click here](#) to see the options.

By Train – The closest station to Keswick is Penrith train station. Local taxi services will collect you and drop off in Keswick, [click here](#) for a list of taxi operators.

By Foot – if you are staying in accommodation locally in Keswick we advise that you come to the Festival Village by foot and leave the car at your accommodation providers, this will be the easy option. If you type in CA12 5DJ on handheld navigation devices this will get you to the Festival Village.

By Car - From the M6 (traveling both North or South) take Junction 40 at Penrith for the North Lakes. From J40, follow the A66 West for approximately 17 miles to Keswick. Here you will pick up signage for the Festival campsite. Please follow the signage and not your GPS suggested route.

PARKING

Event Parking is available at the Keswick Rugby Club, at a cost of £15 per car. Tickets can be purchased in advance, although there may be some availability on the day. Please see the [website](#) to purchase tickets to guarantee a space.

CAMPING & OTHER ADD ONS

If you are booked into the campsite, this is where you will collect your camping wristband - please go there first. All other tickets purchased via the event website can be collected from the box office.

CAMPERVANS

If you are booked a campervan ticket, there are two locations. One at Springs Farm and the overspill at Keswick Pencil Factory. Please check your ticket or order confirmation and make sure you go to the right venue.

GO GREEN

Disposable cups and bottles are a source of waste so we're keeping their use to a minimum. **THERE WILL BE NO CUPS AT FEED STATIONS, SO PLEASE BRING A REUSABLE CUP OR BOTTLE WITH YOU.** Reusable soft cups will be available to purchase from Sports Registration if you need one.

There will be no plastic water bottles for sale at the Festival, but two water refill points to refill your own bottle.

All the bars will be operating a reusable glass policy. A £2 deposit applies which can either be claimed back once you have finished with the cup or donated to our charities, National Trust and Keswick Scouts. Please check the signs in the bars to find out how this works.



SPORTS TIMETABLE

FRIDAY 15TH MAY

16:30 adidas TERREX Skiddaw Mountain Run

SATURDAY 16TH MAY

07:30 - 08:00 TUI Lakes & Mountains
Keswick 8 Peaks Hike

08:00 Sprint Triathlon

08:00 Sprint Triathlon Relay

08:45 Zoggs 3.6km Open Water Swim
includes Visit Utah Keswick Conqueror Swim

11:00 adidas TERREX 25k Half Marathon Trail Run
includes Visit Utah Keswick Conqueror Run

12:00 Zoggs 1.5km Open Water Swim

13:00 adidas TERREX 5K Trail Run (Junior 12-17)

14:00 & 15:00 adidas TERREX 5K Trail Run

14:00 Zoggs 750m Open Water Swim

17:30 361° Dusk Run

SUNDAY 17TH MAY

05.30 Bridgedale Dawn Run

06:00 adidas TERREX 50K Trail Ultra Marathon

06:30 TUI Lakes & Mountains
Keswick 3 Peaks Hike

08:30 & 9:00 TUI Lakes & Mountains
Keswick 2 Peaks Hike

08:30 Back O'Skiddaw 72km Cycle Sportive

08:30 Back O'Skiddaw 100km Cycle Sportive

08:30 Back O'Skiddaw 100km Cycle Sportive – includes:
Visit Utah Keswick Conqueror Cycle

08:30 - 10.00 KE Adventure Race Solo & Pairs

09:00 - 11:00 adidas TERREX 10K Trail Run

WINNERS' CEREMONIES

WINNERS' CEREMONIES- Podium adjacent to Finish Line

Day / Time

Ceremony

Friday 7:30pm

adidas TERREX Skiddaw Mountain Run

Saturday 11:15am

Sprint Triathlon

Saturday 11:15am

Zoggs Point to Point 3.6k Swim

Saturday 1:00pm

Zoggs 1.5k Swim

Saturday 3:00pm

Zoggs 750m Swim

Saturday 4:00pm

adidas TERREX 5k Trail Run

Saturday 4:00pm

adidas TERREX 25k Trail Run

Sunday 2:00pm

adidas TERREX 10k Trail Run

Sunday 2:00pm

Visit Utah Keswick Conqueror

Sunday 2:00pm

adidas TERREX 50k Trail Run

Sunday 3:30pm

KE Adventure Race



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ELLIS BRIGHAM TENT TALKS

The Ellis Brigham Tent Talks in the Festival Village are FREE for Sports and Festival Wristband holders. All these sessions will be held in the Tent Talks Tent. All talks are subject to capacity of the venue and will be on a first come first served basis.

FRIDAY 15TH MAY - TENT TALKS

Start	End	Speaker
13:30	14:30	Townshend Performance Running Clinic
15:00	16:00	Nic Hardy
16:30	17:00	Macleans Brothers
18:00	19:00	David Walsh

SUNDAY 17TH MAY - TENT TALKS

Start	End	Speaker
10:30	11:30	Sara Barnes
12:00	13:00	Seas The Day
13:30	14:30	Renee McGregor
15:00	16:00	Jasmin Paris

SATURDAY 16TH MAY - TENT TALKS

Start	End	Speaker
10:30	11:30	Jen Scotney
12:00	13:00	Deo Kato
13:30	14:00	Alan Hinkes
15:00	16:00	Mitch Hutchcraft
16:30	17:30	Kim Collison
18:00	19:00	Allie Bailey



LIVE MUSIC

OPEN AIR STAGE

FRIDAY 15th May

17:30 – 18:30 Tempo Feliz
19:00 – 20:00 Good Times
20:30 – 22:00 Shaka Loves You

SATURDAY 16th May

17:30 – 18:30 The Kasios
19:00 – 20:00 Beans on Toast
20:30 – 22:00 Peatbog Faeries

CAMPERVAN LIVE LOUNGE

FRIDAY 15th May

12:00 – 12:45 Bruin Valentine
13:00 – 15:30 Hannigan
14:00 – 14:00 Frankie Roe
15:00 – 15:45 Tom Dibb
16:00 – 16:45 Leo Sax

SATURDAY 16th May

12:00 – 12:45 Jessica Dives
13:00 – 15:30 J Lewis
14:00 – 14:00 Leo Sax
15:00 – 15:45 Frankie Roe
16:00 – 16:45 Cassette Baby

SUNDAY 17th May

12:00 – 12:45 Leo Sax
13:00 – 15:30 Jessica Dives
14:00 – 14:00 Clara Pople
15:00 – 15:45 Hannigan
16:00 – 16:45 Tom Dibb

DJ BAR: ELECTRIC BOUTIQUE

FRIDAY 15th May

12:00 – 20:00 Woody & Edmo

SATURDAY 16th May

12:00 – 20:00 ADC, Brad Hodgson, Carl Higson & DJ Coolhand

SUNDAY 17th May

12:00 – 17:00 Brad Hodgson, Carl Higson & DJ Coolhand

ACTIVITIES

The Festival Village in Crow Park is free for all to enter during the day, until 5pm – it's the perfect place to watch sporting activities, enjoy a pint of Craft Beer and partake in some retail therapy at our exhibitor stands! There's also loads of delicious food & drink options to try.

Festival Village activities include:

Yoga • Recovery & Wellness • Sauna • SUP • Climbing Wall • Accessible Guided Canoeing (all welcome) • Army Activities • Orienteering • Ferris Wheel • Helter Skelter • Flying Chairs • Face Painting • Pump Track • Loads more on exhibitor stands

Activities are either free at the point of usage or simply pay the vendor to have a go where applicable. There is limited capacity on activities and places are allocated on a first come first served basis!



GUIDED ACTIVITIES TIMETABLE

Our partners are offering a range of guided activities across the whole weekend and all are delivered directly by our partners. See what's on offer below and book your place now using the link below to visit the Guided Activities page on our website.

YOGA ADVENTURES

1. Yoga for Sports – Festival Village - £7.50

- Saturday 15:30 – 16:30

2. Yoga for All – Festival Village - £7.50

- Sunday 11:30 – 12:30

ACCESSIBLE PADDLE SPORTS – Visit AnyoneCan Stand

- Various sessions on each below over KMF weekend

1. Paddle Safer Course
2. Kids & Family Wet & Wild Session
3. Kids & Family Quiet SEND Sensitive session
4. Solo Your Boat
5. Herbert's Island Adventure

ACCESSIBLE GUIDED WALKS– visit Access the Dales

- Friday: 3pm
- Saturday: 11am & 3pm

LAKESIDE SAUNA – Festival Village by the lake

- All Day until 5pm. Book slot online or on site.

CAMPSITE SAUNA – Campsite

- From 5pm till late. Book slot online or on site.

RECOVERY & WELLNESS ZONE

- Compression Boots £15 for 15 minutes
- Post/Pre Flush Massage £20 for 15 minutes
- Self-led massage tools £8 for 10 minutes

[Visit our website to find out more about Activities and how to book >](#)

KENDAL MOUNTAIN FILM NIGHTS

KESWICK PENCIL FACTORY

Book online at: <https://keswickmountainfestival.co.uk/film/>

FRIDAY 15TH MAY.

7pm start. £12 Adult & £8 U16

SATURDAY 16TH MAY.

7pm start. £12 Adult & £8 U16



KESWICK PENCIL FACTORY FRIDAY 15TH MAY

A curation of dedicated running films – celebrating every aspect of running, from tarmac and trails, to mud and scree. From two fell runners competing to become English Fell Running Champion, to an 86 year-old marathon runner – these films will leave you wanting to lace up your shoes and head for the hills!



KESWICK PENCIL FACTORY SATURDAY 16TH MAY

Experience the best of the world's stunning landscapes through a curated selection of Kendal Mountain Festival award-winning short adventure films.



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YOU MAY ALSO BE INTERESTED IN...

GO SWIM LOCH TAY, LOCH LOMOND & LOCH MORLICH

Fancy something a little different? Go Swim aim to provide swimmers with exhilarating, challenging, enjoyable, safe and professionally organised events whatever your age or ability.

They want as many people as possible to come and enjoy the incredible experience of open water swimming, from newbies to racing snakes.

So, whether it's your first time, or you're looking for your next adventure, get out of the pool and take the plunge with Go Swim!

Distances range from 250m all the way up to 10,000m and there is also an Aquathlon option available at Loch Lomond and Loch Morlich.

Find out more here - [Go Swim Loch Lomond | Loch Tay | Loch Morlich \(go-swim.uk\)](https://go-swim.uk)



LAKES IN A DAY & LAKES IN A DAY HALF – 10TH OCTOBER 2026

Lakes in a Day is a 50 mile Ultra from Caldbeck to Cartmel. This race is definitely not for the faint of heart! The route will take you on an epic journey with 4,000m ascent. You will travel across the Helvellyn Ridge and along the Western Shoreline of Lake Windemere. Participants are advised to consider this event as not waymarked, so mountain and map skills are a necessity if entering. GPS must not be your sole means of navigation during this event.

If you feel up to the challenge, you can enter here - [Lakes in a Day](#)

Or try Lakes in a Day Half, the little sister of the main race, this one starts in Ambleside and finishes in Cartmel, an undulating 23 miles run through stunning scenery. This course is fully waymarked but it is best to keep your map reading skills and wits about you.



Dip your toe in the Lakes District Water by signing up here - [Lakes in a Day Half](#)

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