

An aerial photograph of a triathlon race taking place in dark, choppy water. Numerous participants are visible, each wearing a brightly colored swim cap (green, blue, orange, purple) and using a kayak or triathlon-specific swimmer's gear. The water is splashed with white foam from the participants' movements.

LIFE
UTAH
ELEVATED
KESWICK CONQUEROR



Bring your life

Whether it's exploring the spectacular nature of the great outdoors or traveling the world with family and friends, we all have a passion for enjoying an active life. For more than 75 years, Thule has been creating solutions to simplify life's adventures. We are developing smart, stylish products that are environmentally sound, high quality, safe, and easy to use. All so you can bring the things you care most about.

Whatever your passion, whatever your pursuit.
Wherever you're going, whatever you're bringing.
With Thule, you're free to live your active life to the full.

INDEX

YOUR SPORTS CHALLENGE GUIDANCE

Race Information	7
Swim Information	8
Run Information	9
Bike Information	10
Map & GPX Files	12

INFORMATION FOR ALL COMPETITORS

Tickets & Access	15
Bike Road Crossings	16
Rules, Regulations, Advice	16
Emergency Procedures	16
Bio Security	17
Water Quality	18
Photos, Changing Tent, Bag Drop	20

FESTIVAL GUIDE

Festival Info	22
Sports Timetable	23
Winners' Ceremonies	24
Tent Talks	26
Live Music	27
Activities & Guided Activities	28-29
Kendal Film Nights	30

RAISE YOUR EXPECTATIONS

If you want the choice of 5 national parks, 15 world class ski resorts, urban amenities and outdoor adventures, you might be a Utah Person. In Utah, the views and the adventures never end.

Start planning at visitutah.com

LIFE
UTAH
ELEVATED



VISIT UTAH KESWICK CONQUEROR



Bring your life

Whether it's exploring the spectacular nature of the great outdoors or traveling the world with family and friends, we all have a passion for enjoying an active life. For more than 75 years, Thule has been creating solutions to simplify life's adventures. We are developing smart, stylish products that are environmentally sound, high quality, safe, and easy to use. All so you can bring the things you care most about.

Whatever your passion, whatever your pursuit.
Wherever you're going, whatever you're bringing.
With Thule, you're free to live your active life to the full.

RACE INFORMATION

Dear Triathlete,

You have entered the Visit Utah Keswick Conqueror at this year's Keswick Mountain Festival. This is a triathlon in parts, taking place over 2 days with the swim and run on Saturday 16th May and the bike leg on Sunday 17th May. Please see below all the important information you need before the day.

DATE OF YOUR CHALLENGE

Saturday 16th May & Sunday 17th May
Festival Village, Crow Park, Keswick, CA12 5DJ

RACE START TIMES

Saturday Swim 8:45am
Saturday Run 11:25am
Sunday Cycle 8:30am

RACE BRIEFING

Swim 8:30am. Saturday on the start Line
Run 11:10am. Saturday on the start line
Bike 8:15am. Sunday on the start line

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 your race number, swim hat, and a wristband for access across the festival such as into the Festival Music and Tent Talks. 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.

WINNERS CEREMONY **

Sunday: 14:00pm
Festival Village, next to finish line

Prizes will be awarded to 1st, 2nd, and 3rd place for both males and females.

Results are a combination of your Swim and Run time. You must still complete the Bike sportive to be eligible for prizes.

CYCLE ELEMENT

It is important to note that the cycle element of this challenge is a Sportive and as such is **not a race**. We rely on the goodwill of local residents, local authorities and other stakeholders, so please do not treat this element of the event as a race!

** 1st, 2nd, 3rd winners will be decided from fastest cumulative times from Swim and Run events only, however you will need to complete all 3 event to be eligible for the prizes.

VISIT UTAH KESWICK CONQUEROR SWIM

SATURDAY 16th MAY

ROUTE

The course will be a 3.6km point to point Swim from High Brandlehow to Crow Park.

FERRY DEPARTURE DETAILS

Please note that all **ferries to the swim start depart at 8:00am**. If you miss your ferry you will miss your start and therefore the race.

Leaving from: Keswick Launch at the lake shore, 5 minutes from Festival Village

RACE START

Your race start time is 8:45am, from High Brandlehow

KIT LIST

It's May and the water will still be cold.

We are expecting temperatures of between 10 and 14 degrees. We will post the temperature of the water on social media the day before the event.

- Wet suits are compulsory (full or shorty) unless temperature is above 14 degrees.
- It is compulsory to wear the provided swim hat
- Non-webbed gloves are recommended. Booties are also fine.

BRINGING SHOES?

The ferry will drop you off at the swim start jetty so shoes will not be required.

If you decide you would like to wear shoes or flipflops for the ferry crossing then you can however we can not guarantee the return of your footwear. Please wear old items that you do not require returned.

Please do not bring any other personal items with you.

VISIT UTAH KESWICK CONQUEROR RUN

SATURDAY 16th MAY

RACE BRIEFING

Run 11:10am. Saturday on the start line.

RACE START TIME

Saturday Run 11:25am.

PLEASE COMPLY WITH THE FOLLOWING KIT LIST:

Please remember to wear appropriate clothing for the given conditions on the day. Road running shoes will not be acceptable. This is a trail run and therefore we expect you to have the following:

- WATERPROOF whole body cover (i.e. covering the torso from head to ankles) Other body cover appropriate for the weather conditions including, as a minimum, hat and gloves.
- Whistle.
- Emergency food (a bar or gel, which can only be used in an emergency)
- Mobile phone fully charged.
- First aid kit to include: blister plasters/1 large sterile wound dressing and tape to secure a dressing.
- 0.5L fluid (A hot weather day) – we advise you take fluids anyway, as the first half of the course is very demanding.
- Please dress appropriately depending on the weather conditions on the day of the event, i.e. sensible footwear and clothing, e.g.: Waterproof, Trail Shoes, Spare Warm Layer etc
- We strongly advise you wear good quality deep lugged Trail Shoes for this event such as adidas Terrex Agravic Ultras.

COURSE MARKINGS

The course is fully marked with flags and arrow boards for changes of direction and staffed by marshals. Flags will be placed at intervals of 25m to 50m around the course. The marshals will be located at areas we feel are easy to make errors. If you have not seen a flag for over 200m then please STOP, turn around & run/walk back to the last flag you saw and re-join the route

CHECK POINTS, FEED STATIONS & CUT OFF TIMES

There is a cut off time of 3 hours & 45 mins (2:45pm-3:20pm) to get to the 2nd checkpoint, at Rosthwaite Village Hall.

If you are outside the generous cut off we are afraid you will be pulled from the race, so please make sure you are ready for this distance and ascent. If you are timed out at a checkpoint you will need to catch a bus back from either location, so it is advised to take a £10 note or payment card with you on the course.

There are 3 checkpoints on this course that will have electrolytes from Torq, water & a varied selection of food. Please also make sure you have the ability to carry water with you & bring some of your own electrolyte as well. Cramp is hellish when it hits hard, so is heat exhaustion. We have tried to book the best weather for you, but please plan for all conditions!

CP1 & Feed Station: Bark House at Ashness Bridge

CP2 & Feed Station: Rosthwaite Village Hall

CP3 & Feed Station: Hawes End

Please note 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.

VISIT UTAH KESWICK CONQUEROR BIKE

SUNDAY 17th MAY

RACE BRIEFING

Bike 8:15am. Sunday on the start line.

RACE START TIME

Sunday Bike 8:30am

You will be called forward to start in small groups from the start line at the Lakeside car park – there will not be a single mass start. Please listen to announcements. There will be a short briefing on the start line.

SAFETY

Every rider must ensure that his or her cycle is in a safe and roadworthy condition before and during the event.

You should also consider starting with sufficient food and water to get you through the event (e.g. what happens if you need to turn back before reaching the feed station?). There are very few 'retail opportunities' on the course.

RECOMMENDED KIT LIST

The course is potentially weather affected and exposed. You must take additional clothing (e.g. waterproofs, additional warm layers) as required to stay safe – including if you need to stop for any reason (e.g. puncture) – you will cool down very quickly. Please take responsibility for your own safety and comfort.

We strongly suggest you take at least a waterproof jacket, irrespective of how the weather looks. The weather in the Lake District can change quickly and dramatically.



VISIT UTAH KESWICK CONQUEROR BIKE

MECHANICS SUPPORT

Bike Hire Edinburgh will offer Cycle Event Mechanics Support at the start for any last-minute repairs and will carry a small number of spares, tubes, tyres etc. They will also be at Feed Station 1 and will then move onto Feed Station 2 once the bulk of riders are past the first station.

RULES, REGULATIONS AND ADVICE

It is important to note that this ride is a Sportive and not a race. We rely on the goodwill of local residents, local authorities and other stakeholders, so please do not treat the event as a race!

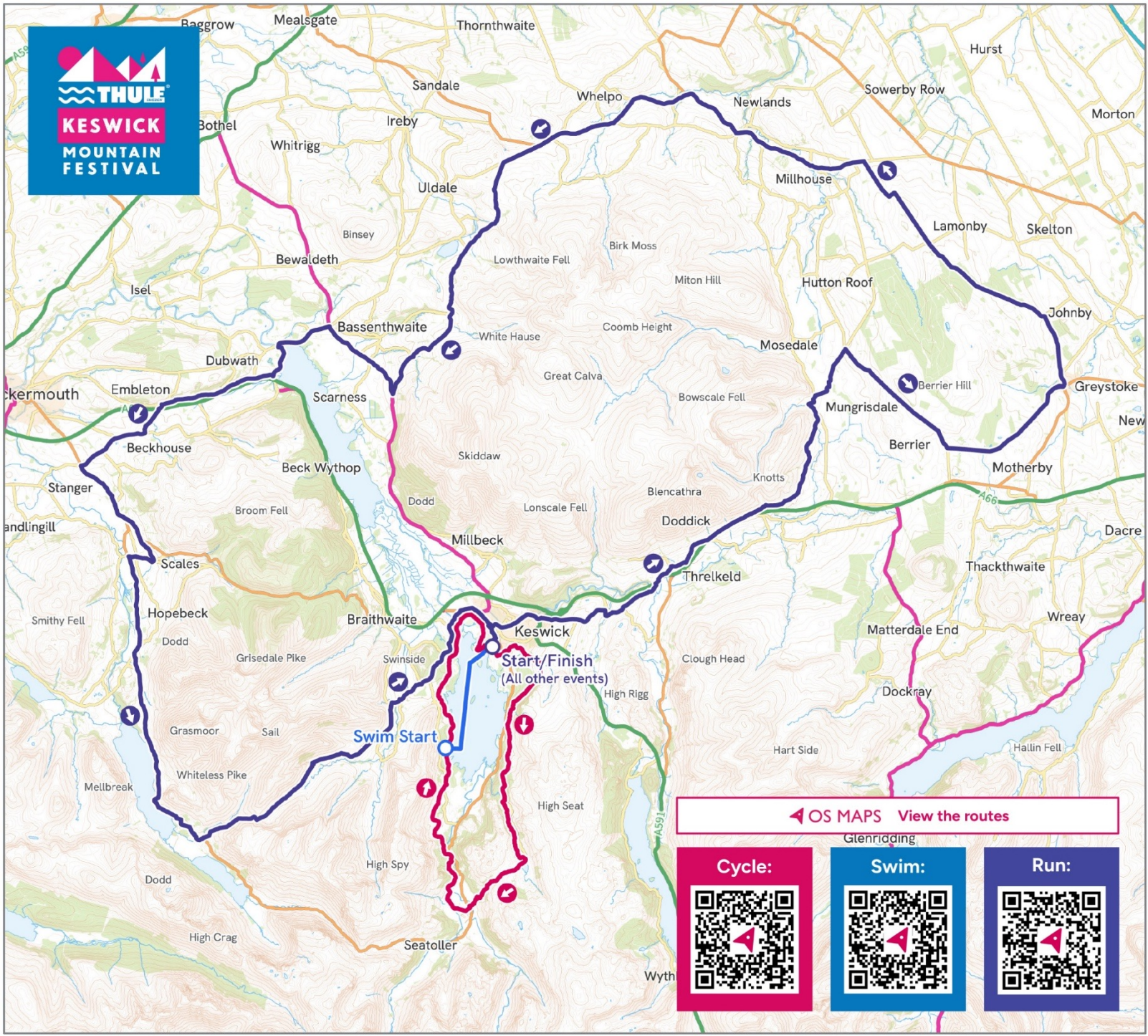
The bike course is on open roads and the rules of the Highway Code must be followed at all times. Please respect other road users, residents and visitors. We have an absolute NO LITTERING rule – we take this really seriously. Please do not jeopardise the future of the event, or more importantly spoil the beautiful Lake District by dropping banana skins, gel wrappers etc.

EMERGENCY NUMBERS & PROCEDURES

In an emergency call Event Control on 08435 576 391 or 999.

If you retire from the race please make sure you go to the finish line to report that you are back. This is so we know you are safe & off the course. We will have personnel on the course, including marshals, a roving course manager and a sweep vehicle. Please talk to them if you are experiencing difficulties.





Visit Utah Keswick Conqueror Triathlon

Emergency number: **0843 557 6391**

Golden Rule: If you retire from the race you must notify race control on the above number or the finish line team. This will save Mountain Rescue being sent out to look for you.

Cycle
Distance **102.1km**
Elevation gain **1653m**

Swim
Distance **3.65km**
Elevation gain **0m**

Run
Distance **25.6km**
Elevation gain **698.1m**

[Zipped Swim GPX file >](#)

[Zipped Run GPX file >](#)

[Zipped Bike GPX file >](#)

Please unzip the files before importing into mapping app.

OS MAPS View the routes

Glenridding

<p>Cycle:</p>	<p>Swim:</p>	<p>Run:</p>
----------------------	---------------------	--------------------

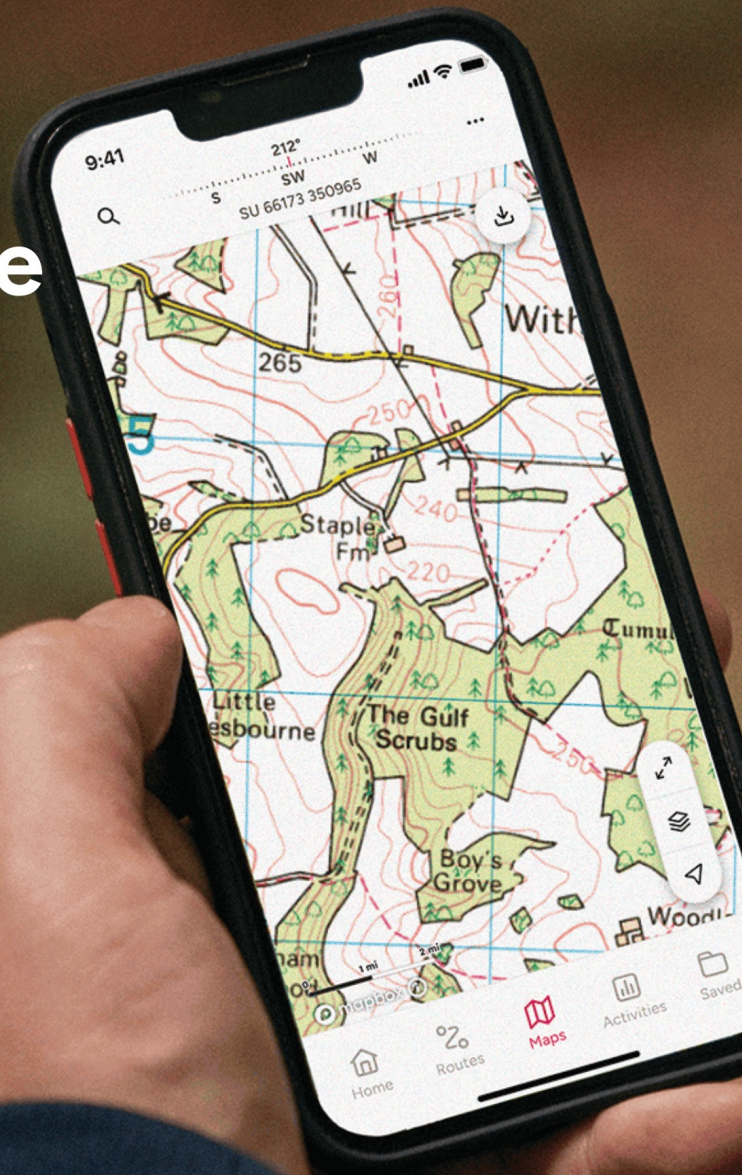
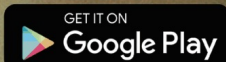
OS MAPS

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, some wearing hats and sunglasses, suggesting an outdoor event on a sunny day. In the background, there is a large orange tent with a logo on its canopy. The overall atmosphere is that of a public gathering or competition.

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.



IMPORTANT INFORMATION

ROAD CROSSINGS

Both rides leave Keswick past the stunning Castlerigg Stone Circle, and then on to Threlkeld via a marshalled crossing of the A66. At the marshalled crossing you will be asked to dismount, cross safely and then remount and continue with your ride. Please follow the instructions of marshals at this point but you **MUST** take responsibility for your own safety. Make sure you do the Green Cross Code stuff that you learnt as a kid!

On the 100km Ride

Around 68km into the ride you will again need to cross the A66 near Lambfoot. Please dismount your bike and cross safely before mounting you bike again turning left for Lorton, listen to marshals instructions.

When leaving Portinscale village there is a small bridge to cross, you must Dismount your bike before crossing the bridge and remount at the other side. There is signage on the bridge to this affect please follow the signage and the marshals instructions.

RULES, REGULATIONS AND ADVICE

It is important to note that a Sportive is not a race. We rely on the goodwill of local residents, local authorities and other stakeholders, so please do not treat the event as a race!

Please respect other road users, residents and visitors. One slightly awkward conversation we need to have: if you have a call of nature, please find an appropriate place to do it! There are opportunities along the route, including at the Millhouse Feed Station & The Lorton Feed Station.

We have an absolute **NO LITTERING** rule – we take this really seriously. Please do not jeopardise the future of the event, or more importantly spoil the beautiful Lake District by dropping banana skins, gel wrappers etc.

By taking part you acknowledge that cycling can be a hazardous activity and you take responsibility for your own safety. In particular you must take extreme care on descents, occasional poor road surfaces, blind corners, and the A66 marshalled crossing.

Your bike must be in full working order and roadworthy (with two working brakes). You must wear an approved cycling helmet at all times during the event.

We expect all riders to have finished and be back in Crow Park by 5pm. We reserve the right to ask you to get into the sweep vehicle if we think you are not going to make this deadline. Your Finish Line will be where you started the ride and you can collect your technical t-shirt here. If you would like to go to the main finish line in the festival village for some photos/adulation please walk across Crow Park to the 'big' finish line near the main stage.

EMERGENCY NUMBERS & PROCEDURES

In an emergency call Event Control on 08435 576 391 or 999.

If you retire from the race please make sure you go to the finish line to report that you are back. This is so we know you are safe & off the course. We will have personnel on the course, including marshals, a roving course manager and a sweep vehicle. Please talk to them if you are experiencing difficulties.

BIO SECURITY

WHAT IS BIO SECURITY?

Biosecurity means taking action in order to minimise the introduction or spread of invasive non-native species and diseases (INNS).

Why should we worry?

The freshwater resources of Cumbria – its many tarns, lakes, rivers and becks – are of great ecological and economic significance. We love spending time in and on them so protecting them is something we all need to take responsibility for. Freshwater INNS are able to 'hitchhike' on our equipment, footwear, clothing and boats. When we move to a new river, tarn or lake, a species may be transferred and may become established, often having devastating effects.

What can we do to help?

As keen outdoor and sports enthusiasts we all need to help protect the landscapes we love. The bio security at the Festival will involve just a little extra cooperation and organisation.

You will be required to ensure that your wetsuit is clean and dry before you arrive and that it is cleaned before you leave. The purpose of this is to do our bit to try and stop the spread of invasive aquatic species.

The process at the race will be:

You will ensure that all equipment to be taken into the water is clean and dry before you arrive on the race morning.

After the race and before removing anything else from the transition area, go to the washing point with your wetsuit, goggles, swim cap etc, and your race number. Check your equipment for obvious vegetation or other aquatic life and remove anything found.

Wash all above mentioned equipment in the fresh water and tubs provided. Once done to their satisfaction, a steward will mark your race number to indicate that your equipment has been cleaned.

When you later leave the transition area with all of your other equipment show your appropriately marked race number to the transition exit steward who will check it against your race number in the normal way.

Compliance with this process is essential to ensure that we are able to pursue our sport in such beautiful surroundings.

WASH YOUR KIT

Invasive Non-Native Species (INNS) are turning out to be a real problem. We know a lot of you travel from outside of the district to enjoy the KMF Trail Races & generally enjoy the Lakes! You can transport INNS to and from the Lakes & also internally around the Lakes without realising it.

These INNS are not just animals, but viruses & diseases that attack plants as well. We all remember Foot & Mouth in 2001 & most likely most will know about 'Ash Die Back'. We need to do all we can to stop the spread of these invasive organisms.

In advance, please make sure you wash all your running kit before arriving in the Lakes, ie do it at home! Brush your trainers off at home, on a hard surface & make sure they are dry before heading up to KMF for your race. Some of the organisms are microscopic so you don't know they are even there.

WATER QUALITY

WATER QUALITY

Derwentwater has a recent history of Blue Green Algae in the water. We work closely with National Trust and the Environment Agency who help us to monitor the water in the run up to the Festival and inform us of any potential blooms.

Blue Green Algae is present in many water courses and not all forms are toxic. The greatest risks of a toxic algae are for animals and young children who drink water containing the algae and, in the case of dogs in particular, may pick up algae on their fur and then lick their coat, thereby consuming even more.

Blue Green Algae forms as a localised bloom, meaning that large parts of the lake can be unaffected even if it is present in some areas. Even when present, it is entirely possible to swim in Derwentwater without ever coming into contact with the algae.

What do we do if there is blue green algae in the water at the time of the Festival?

We will test the water in advance of the Festival, with support from the Environment Agency, and we will identify and monitor where the blooms are. If we find there are blooms of Algae in the water, we will conduct a full analysis and amend courses if necessary, so we are satisfied that the routes used in the KMF swims and the triathlons are safe for swimming.



INSPIRING EXCELLENCE THROUGH EDUCATION,
RESEARCH & CUTTING EDGE PERFORMANCE NUTRITION



torq
PERFORMANCE
NUTRITION

25
YEARS



COME & TASTE TORQ'S NEW SUPERCHARGED™
EXPLORE BREAKFASTS, MEALS & DESSERTS AT
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 overflow 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



Early starts & endless horizons
See you out there

ellisbrigham
the mountain sports specialists
in-store | online | ellis-brigham.com

Proud to support
**KESWICK
MOUNTAIN
FESTIVAL**

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.



TOUR PARTNERS



Grangers

SUPPORT PARTNERS

DACIA

finstera

Jimmy's

KANPOO

YETI

SIGGTM

THE ART OF HYDRATION. EXCELLENCE SINCE 1908.

SIGG is the brand for high-quality, modern and sustainable drinking bottles for every situation. The iconic Traveller bottle is made from 100% recycled aluminium.



Discover more at sigg.com/uk



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 \(go-swim.uk\)](#)



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](#)

WITH THANKS TO OUR SPONSORS



FESTIVAL HEALTH & SAFETY PARTNER



GENESIS

Occupational Health and Safety

- **HEALTH & SAFETY**
- **OCCUPATIONAL HEALTH**
- **TRAINING**

Supporting employee health, safety and happiness for clients in a variety of sectors throughout the UK and Europe.

www.genesisohs.co.uk