



## CHRISTMAS TRAINING TOUR 2011 – LAKE DISTRICT

### PROVISIONAL DETAILS OCTOBER 2011

We have plans for training on six areas comprising of some of the best terrain in Britain. This will be the main opportunity to get some proper technical training in to make sure those skills are honed for the Varsity match on 10<sup>th</sup> March. If you can't make the whole week, you're welcome to come and go as and when you can, it's always a good fun week regardless of the training!

#### Programme

Saturday 3 <sup>rd</sup> – Sunday 4 <sup>th</sup> December	BUOT Fundamentals Training Weekend, Cannock Chase See <a href="http://tinyurl.com/44uuvvk">http://tinyurl.com/44uuvvk</a>
Sunday 4 <sup>th</sup> December	Evening arrival in Lake District
Monday 6 <sup>th</sup> to Friday 10 <sup>th</sup> December	5 days of training
Saturday 11 <sup>th</sup> December	Tour championships

These days are flexible as to what we do in the evenings and we can make it up as we go along if we want to visit tourist attractions etc.

Sunday 12<sup>th</sup> December                      Event at Hawse End near Keswick, then travel back.

#### Transport

Likely to be by car for people in Cambridge who have them, the rest will travel to Oxford (by X5 or otherwise) and share their minibus.

#### Accommodation

We will be staying at Almond Lodge by Ullswater, with space for 28 and large kitchen and lounge areas. See [http://www.arnoldschool.com/html/HiringFacilitiescopy\\_6444.html](http://www.arnoldschool.com/html/HiringFacilitiescopy_6444.html) for further details.

#### Cost

Will be determined after the tour once we've seen how much we spend – accommodation is £10 per night, then transport, food, and map printing costs will be split between us all. As a rough estimate, it should cost about £150 including everything, which will probably come down to around £120 after subsidy for CUOC members.

#### The Orienteering

Six days of training, planned, set up, and coached by ourselves. Plenty of opportunity for contours and running up and down hills! Fell running can be included as and when we like too.