



MONTANE GRIZEDALE FOREST TRAIL 13 & TRAIL 26 2026

Sunday 1st February 2026

Location: Grizedale Forest Visitor Centre, Hawkshead, Cumbria, LA22 0QJ

<https://www.forestryengland.uk/grizedale>

Main Car Park what3words Location =

<https://w3w.co/converged.depravity.summer>

Thank you for entering **Montane Grizedale Forest Trail 13 & Trail 26 2026**. We're looking forward to seeing you in the forest, please read through this document in full and it will help to ensure that you have a safe and enjoyable day.

ENTRY CONFIRMATION

All entrants receive an automatic email from the entry system (Resultsbase) confirming their entry and will be included in the list of participants [HERE](#)

TERMS AND CONDITIONS OF ENTRY

The Terms and Conditions of entry are clearly stated on the website [HERE](#) and as part of the entry process it is mandatory for entrants to agree to abide by these Terms and Conditions.

SWAPPING OF ENTRIES

Please note that unauthorised transferral of entries between competitors is strictly forbidden as it invalidates insurance undertaken by Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the aforementioned Terms and Conditions

EVENT PARKING

Parking will take place in the main Visitor Centre car park, Kennels car park and Bogle Crag car park. The cost for parking is **£6.00 per car**. A code will be issued before the event which will enable you to obtain this discounted rate at the car park.

Please try to car share where possible as parking is limited and please review the car parking maps at the end of this document for reference.

TRAVEL

The Visitor Centre postcode for sat nav is LA22 0QJ - on arrival please look out for the Car Park signs and the event marshals or navigate direct to the Main Car Park Location via what3words <https://w3w.co/converged.depravity.summer>

Please take care on the roads approaching the forest, they are very narrow in places with sharp bends, **allow extra time on your journey** to take this into account.

From the South, the first car park you will come across after Satterthwaite will be Bogle Crag and then the Main Visitor Centre Car Park. From the North, you will head in via Hawkshead, passed the Visitor Centre before reaching the Main Car Park and then Bogle Car Park.

When arriving please leave sufficient time to park and attend registration before heading to the start. The walk to the start can take over 15 minutes - please arrive early.

TOILETS

Toilets will be available within the Grizedale Visitor Centre Courtyard or at the top/northern end of the Main Car Park.

REFRESHMENTS ON SITE

Grizedale Visitor Centre Café will be open and serving hot drinks, food and snacks.

EVENT SCHEDULE

- 06:30 – Café Opens
- **06:45 – Car Park & Registration Open**
- 08:15 – Registration Closes for Trail 26
- 08:20 – Compulsory Event Briefing for Trail 26 Competitors (Start/Finish chute)
- **08:30 – Start for Trail 26 race**
- 08:30 – Car Park Closes
- 08:45 – Registration Closes for Trail 13
- 08:50 – Compulsory Event Briefing for Trail 13 Competitors (Start/Finish chute)
- **09:00 – Start for Trail 13 race**
- 11:30 – Prize Presentation (Trail 13) at the finish line
- **12:00 – Cut off time for Trail 26 runners at checkpoint 2 (3.5 hours from the start)**
- 13:00 – Prize Presentation (Trail 26) at the finish line
- **14:00 – Trail 26 Food Stop 3 cut off (5.5 hours from the start)**
- 16:00 – Trail 26 course cut off time (*7 hours 30 minutes from the start*)

REGISTRATION

Registration will open at 06:45hrs in the main courtyard at the Visitor Centre and closes at 08:45hrs on Sunday morning. There is no registration on Saturday (the day before the event).

Registration will be **extremely busy** please allow extra time to ensure you get through registration stress free. Registration takes place within the courtyard of the Visitor Centre and signs will be in place directing runners from the car parks.

N.B. Participants are required to show photo ID at Registration

NUMBER/TIMING CHIP COLLECTION

Collect your event number at Registration then pin it to the front of your running top and ensure it is **always visible**. **DO NOT MANIPULATE YOUR NUMBER IN ANY WAY.**

Your timing chip is attached to the back of the bib number. Timing chips are disposable and therefore do not need to be handed back at the end of the event.

EVENT T-SHIRTS

If you have pre-ordered an Event T-shirt they will be posted out direct from our event partners Scimitar. There is still an opportunity to order one of our Epic custom Event T shirts for delivery after the event by [CLICKING HERE](#) – n.b. T shirts can be ordered up to the 6th February 2026.



KIT CHECK

Please see the mandatory Kit List below for Trail 26 & Trail 13 - the kit is for your safety and spot checks will take place both before and after the event.

TRAIL 26 (MARATHON)

- *First aid kit – to include blister plasters/sterile pad dressing/bandage or tape to secure dressing as a minimum requirement.*
- *Waterproof jacket (waterproof or windproof pants are also recommended)*
- *Spare base layer for top of body*
- *Head torch (or handheld torch)*
- *Mobile phone (fully charged)*
- *Whistle*
- *Hat & gloves*
- *Emergency foil blanket/ bivi bag*
- *Emergency food & drink*

TRAIL 13 (HALF MARATHON)

- *Waterproof jacket (waterproof or windproof pants are also recommended)*
- *Spare base layer (for top of body)*
- *Mobile phone (fully charged)*
- *Whistle*

Title Sponsors Montane



EVENT BRIEFING

Pre-Race briefings are compulsory and will take place at 0820hrs for Trail 26 Runners then 0850hrs for Trail 13.

Any changes to the route or event will be announced at the briefing if required.

Please ensure that you are present at the appropriate time n.b. the briefing will take place in the Start/Finish Chute.

START

Trail 26 = 08:30hrs

Trail 13 = 09:00hrs

ROUTE

The routes will be marked by yellow 'run route' arrows (see image below) – please note for safety reasons runners are expected to follow the route at all times, if runners are found to be intentionally leaving the route they will be disqualified.



Please respect the forest surroundings and trails/paths by not dropping litter and be aware that the forest and trails will also be shared by members of the public during the event.

Both Trail 26 & Trail 13 runners will complete Loop 1.

At the end of Loop 1 upon returning to the Start/Finish area Trail 13 runners will turn left into the Finish Chute and can then relax whilst the **Trail 26 competitors do not turn into the Finish Chute but continue straight on to Feed Station 2** and then up the hill to cross the road and proceed out onto Loop 2.

To view the routes and/or download a gpx/tcx files, see the relevant links below – these are also available on the Grizedale Event Page on our website.

Trail 13 and Trail 26 Loop 1: <https://www.strava.com/routes/3412102>

Trail 26 Loop 2: <https://www.strava.com/routes/3386276>

FEED STATIONS

The Trail 26 route has 3 feed stations at 8.5miles, 13 miles and 20.5 miles.

The Trail 13 route has 1 feed station at 8.5 miles.

FINISH

The Race Finish line is under the large inflatable Arch at the same location as the Start. Upon crossing the line runners will be presented with a Finisher's medal and water. Any Trail 26 runners that choose to withdraw from the race at 13 miles, please inform the timing team at

the Finish immediately after crossing the line otherwise you could be denying another runner a ranking in the results and potentially the chance of winning an overall or category prize.

RESULTS

All results and times will be available live as runners cross the Finish line on the Epic Events website [HERE](#) and will remain provisional for 24 hours.

Any queries relating to provisional results should be submitted via e-mail to info@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final.

PRIZE PRESENTATION

The **Trail 13** prize presentation will take place at **11:30hrs**.

The **Trail 26** prize presentation will take place at **13:00hrs**.

Both presentations will take place at the Finish Arch.

Prizes will be awarded to the 1st, 2nd & 3rd male and female runners overall together with 1st M/F V40/50/60+ categories.

Runners must attend the presentation to collect their prize; prizes will not be posted out following the event.

MARATHON RACE CUT OFF TIMES

Due to the time of year and available daylight hours there is a cut off for the marathon. All Trail 26 runners must be through Food Stop 2 (13 miles) within 3.5hrs of the start time (1200hrs) and through Food Stop 3 (20.5 miles) by 1400hrs.

The final course cut off for the Trail 26 is 7 hours 30 minutes from the start time (1600hrs).

MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your entry information.

Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number to ensure we are aware there is further information to review.

This is not just an administrative request – it could save a life in an emergency.

This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't race!

In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event Medical Team who will assist.

EMERGENCIES

During the race, should you come across any fellow runners that need assistance please inform the nearest marshal and call the **Emergency Event Number 07494 029628** (please note this number is for Emergency Use only, please do not use this for any other reason to ensure the line is kept clear for emergencies). There will also be medical cover on the course and at Event HQ.

FINAL NOTE

On behalf of Epic Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

Yours in Sport,

EPIC EVENTS

Email: info@epicevents.co.uk

Websites:

www.epicevents.co.uk

www.lakeland100.com

USEFUL INFORMATION

CAR PARK LOCATION & WALK TO START:



Please only use the designated car parks. There will be car parking marshals who will assist you so please listen to their instructions. Please allow for a 15min walk from Bogle Crag Car Park to the Visitor Centre where registration will take place.

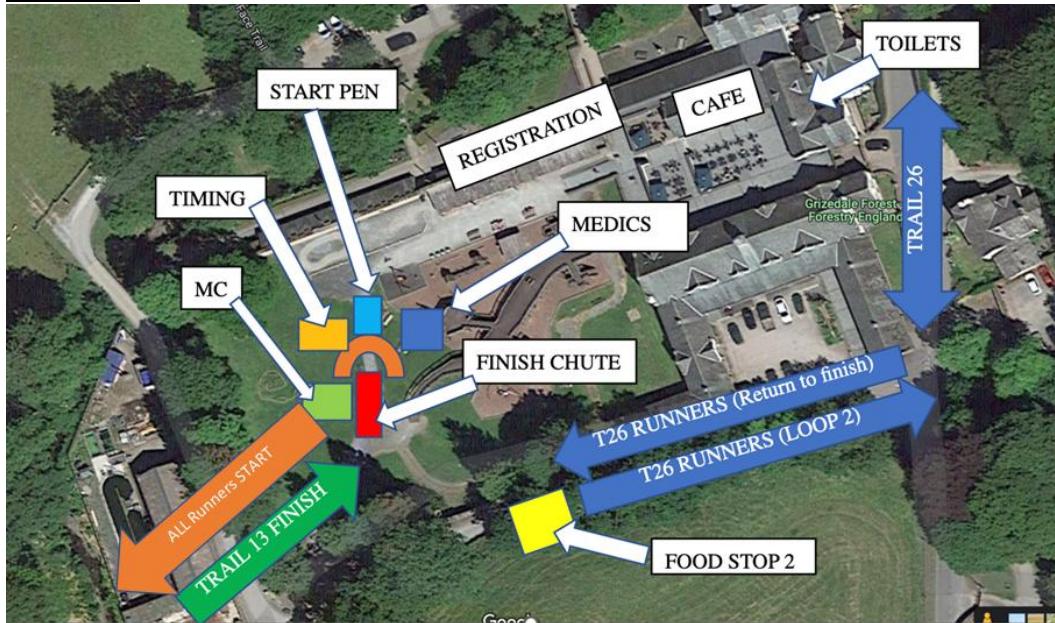
MAIN CAR PARK



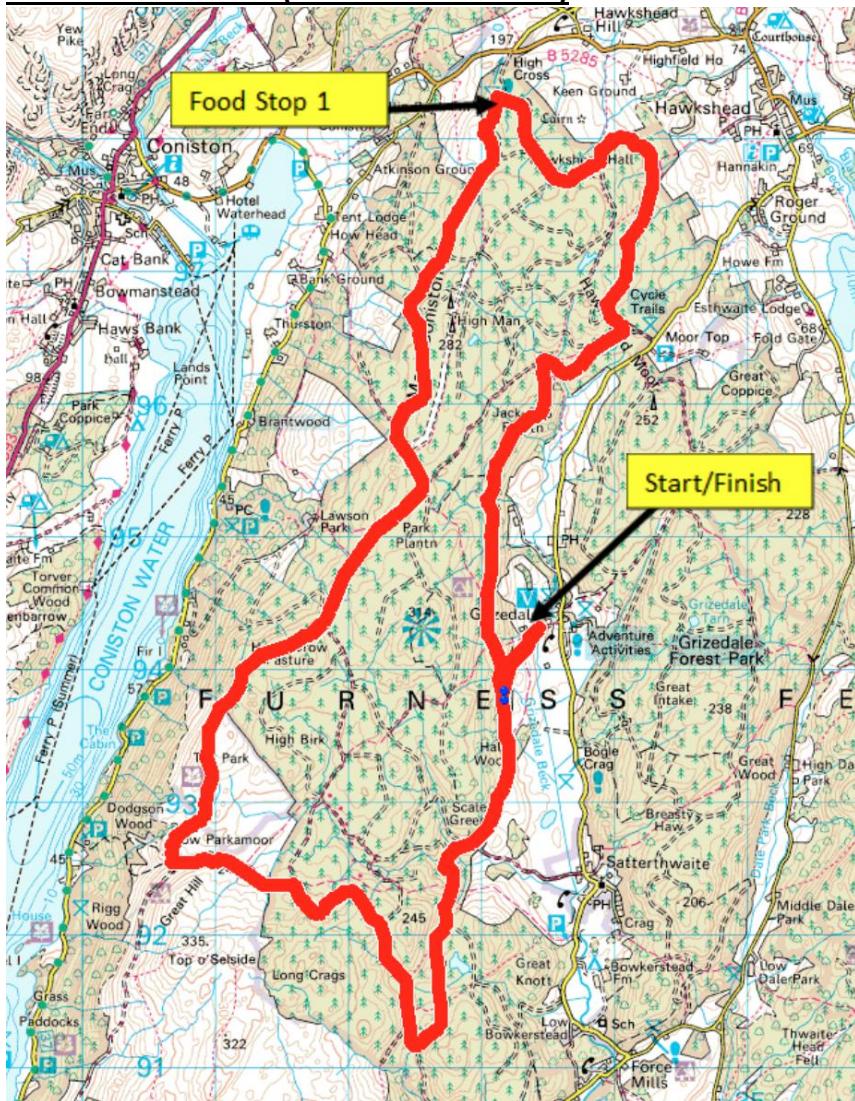
BOGLE CRAG CAR PARK



SITE PLAN



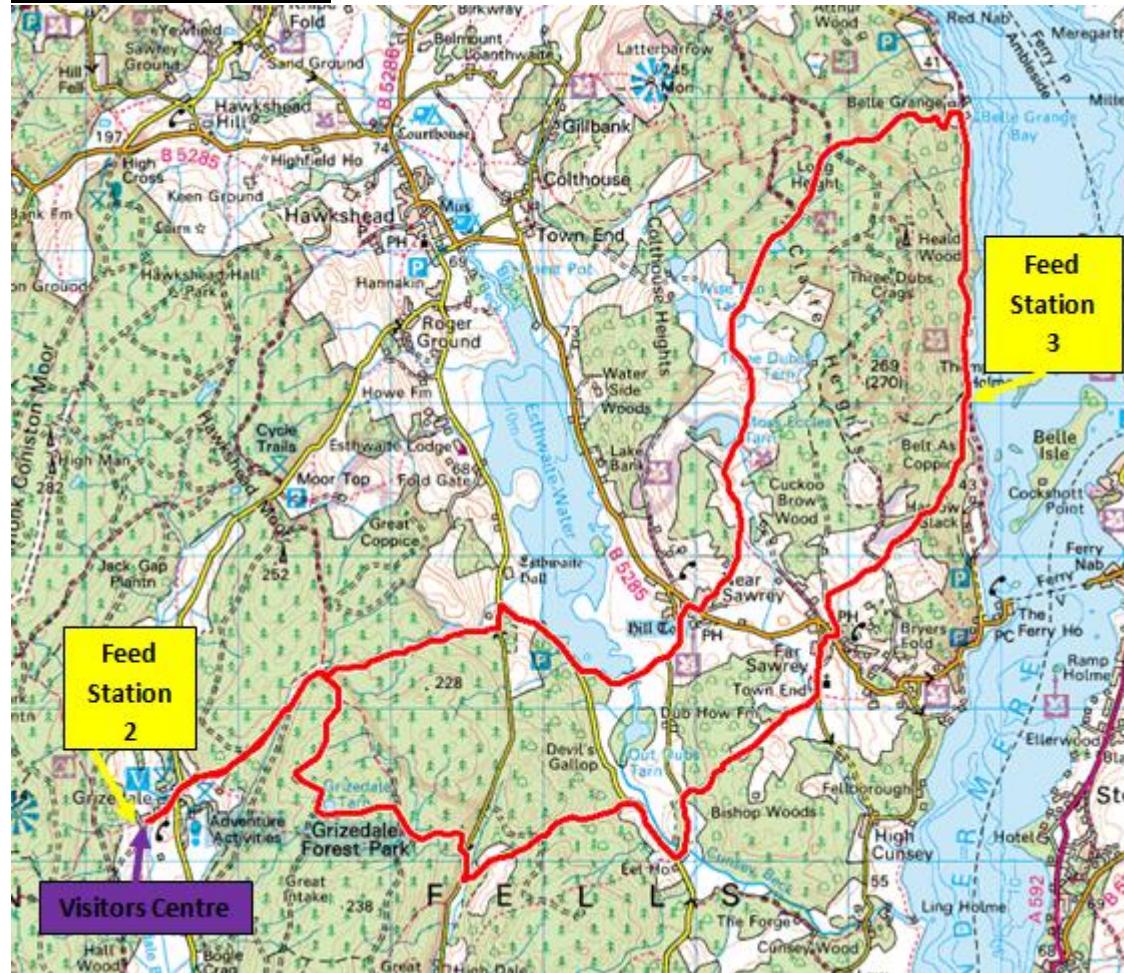
ROUTE MAP LOOP 1 (TRAIL 26 & TRAIL 13)



From the Start runners will head out of the courtyard and turn right, run through the gate and start to climb up into the forest.

The route is run in a clockwise direction and the feed station is at approx 8.5 miles, located at High Cross. Upon returning back to the courtyard the Trail 13 runners will finish under the Start/Finish Arch however the Trail 26 runners will continue straight on to the Feed Station 2 and up the hill to commence Loop 2.

LOOP 2 (TRAIL 26 ONLY)



Trail 26 runners do not turn into the Start/Finish but continue straight on to Feed Station 2 and then up the hill to cross the road and proceed out onto loop 2. You will then head to the road at the top of the hill and start the 2nd loop on the other side of the forest. You will cross the main road and begin to climb up a rocky track before starting the 2nd loop in a clockwise direction.

The final Feed Station is alongside the lake at Windermere, situated just before turning right to begin the climb away from the Lake. The feed station is at approx 20.5 miles. From here you will start to return towards Grizedale Forest, drop back down the stony track and back to the courtyard for a sprint finish!

The two loops are very different in terrain. Loop one is mainly forest tracks/fire roads whereas loop 2 includes crossing muddy fields, roads and technical rocky sections.