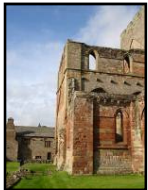


Challenge grading: TWO boots



**Breakthrough Breast Cancer  
Prima Hadrian's Wall Challenge  
Friday 25<sup>th</sup> May– Sunday 27<sup>th</sup> May 2012  
25 miles passed Roman forts and monastic sites of British history**



**Prima Hadrian's Wall Challenge**

Hadrian's Wall is **the** most famous frontier of the Roman World. It is a famous World Heritage Site that stretches over 80 Roman miles from coast to coast. Our challenge is to follow in the footsteps of the Roman Soldiers and complete the 25 mile walk along the finest, wildest and best preserved sections of the wall. Our route will stay as close to the wall as possible, but we'll also pass Roman forts, mileposts, bath houses and even toilets!



**Day 1: Saturday Housesteads and Windshields Crags**

We start at Housesteads where we'll make our way up past one of the best preserved Roman Forts in the country. This military fort is set on the crest of the wall and dominates the surrounding countryside for miles around. Here we join the wall and begin our way westwards along the national trail to Windshields Crags. The wall is in great condition along this section and you really get the sense of what it used to be like. This fantastic section makes for rewarding walking with steep ups and downs and great views across the lawless Reiving country. Just after Walltown Crags we may be able to stop for refreshments at the visitor centre before continuing back to Gilsland via Thirwall Castle. Finally we leave the national trail & follow the river back to the hotel.

**Distance: 13 miles with 1,800 ft of ascent.**



**Day 2: Sunday Lanecost priory & Birdoswold**

Alighting at Lanercost Bridge we walk along the river and past the remains of the impressive Lanercost priory, one of the most superbly preserved monastic sites in Northern England. A short climb and then it's off again along the Hadrian's Wall national trail. Shortly after Banks we add variety to the walk by descending to the river again & taking a stroll through the delightful Irthing valley, a hidden gem. Following the curves of the river we emerge at Lanerton Bridge before returning to the course of the Vallum. Onwards then to Birdoswald Roman fort before returning along the wall to Gilsland & home!

**12 miles with 1,000ft of ascent  
Congratulations!!!**

### **Accommodation and what's included:**

The Gilsland Hotel is described as a haven of tranquility. Couple that with its elevated setting means you have access not only to the 140 acres of peaceful park and woodland the hotel grounds offer but the extensive views over unspoiled countryside in all directions. The hotel has a comfy bar, coffee shop, restaurant and function rooms. All bedrooms are en-suite with colour television and tea/coffee making facilities. All in all, this makes an ideal base for our Prima Hadrian's Wall challenge!

#### **Friday Night**

We will aim to start the event by meeting everyone in the bar on the Friday night at 7pm. You will have the chance to meet your fellow participants and make some new friends. Dinner will then be served in the restaurant at 8.00pm. We appreciate that a lot of you will have had long journeys up and it may not be possible to make the 7pm meet. Therefore the main briefing for the Challenge will be after breakfast.

Arrival Meal: 8.00 pm

Briefing after meal.

#### **Saturday**

Breakfast: 8am

Short Briefing: 9am in the Lounge

Leave by coach to start the Challenge: 9:15am

Picnic lunch

Three course dinner: 7.30pm

#### **Sunday**

Breakfast: 8am

Leave by coach: 9am

Picnic lunch

<b>Friday 27<sup>th</sup> May – Sunday 29<sup>th</sup> May 2012</b>	<b>Price per person</b>
<b>Full Package</b> With 2 nights accommodation 2 breakfasts 2 picnic lunches 2 evening meals All transport to walks Professional walking guides	twin share £150 per person single £180 per person  (Maximum no. 50)
Extra night Sunday 29th May – Monday 30 <sup>th</sup> May 12 Bed Dinner Breakfast	£50.00 per person
Event only 2 picnic lunches 1 evening meal All transport to walks Professional walking guides	£75



## WalkWise Joining Instructions to The Gilsland Spa Hotel



On behalf of all the WalkWise team, thank you for booking your walking event! The WalkWise guides will arrive early evening and are looking forward to meeting you.

- **Arrival time:** any time after **4pm**. Should you wish to arrive any earlier please enquire at the centre directly.
- **The arrival evening meal is set for 8.00pm. If you are not going to make it please inform the hotel 01697 747 203**
- **What to bring:** To ensure that you are properly equipped, please take a moment to read through the 'What to bring list' and ensure that you have the necessary clothing and equipment.

### **Hotel Address:**

Gilsland Spa Hotel, Gilsland, Brampton, Cumbria, CA8 7AR Tel: 01697 747 203

### **Directions:**

#### **From M6**

Leave the M6 at Junction 43 and travel for 16 miles (bypassing Brampton en-route) to turn left on to the B6318 signed Gilsland. At the T-junction turn left again to the village of Gilsland, then follow signs through the village for Gilsland Spa, the hotel is just 1 mile from the village.

#### **From M1**

Leave the A1 (M) at Junction 65 and continue onto the A1 signposted Newcastle, Gateshead. After 9 miles at the roundabout junction with the A69 take the first exit signposted Hexham. Now drive for 36 miles to turn right Turn right onto the B630 (signposted Greenhead) and then Turn left onto Greenhead Bank - B6318. After 2 miles Turn left into Gilsland, Brampton and then follow signs through the village for Gilsland Spa, the hotel is just 1 mile from the village

#### **By Train**

The nearest main line station is Carlisle (15 miles away). Branch line trains then run to Haltwhistle which is a 10 minute taxi ride away from the hotel:

Turnbull Taxis Ltd, Haltwhistle, 01434 320 105

Mitchell's Taxis, Gilsland, 01697 747 338

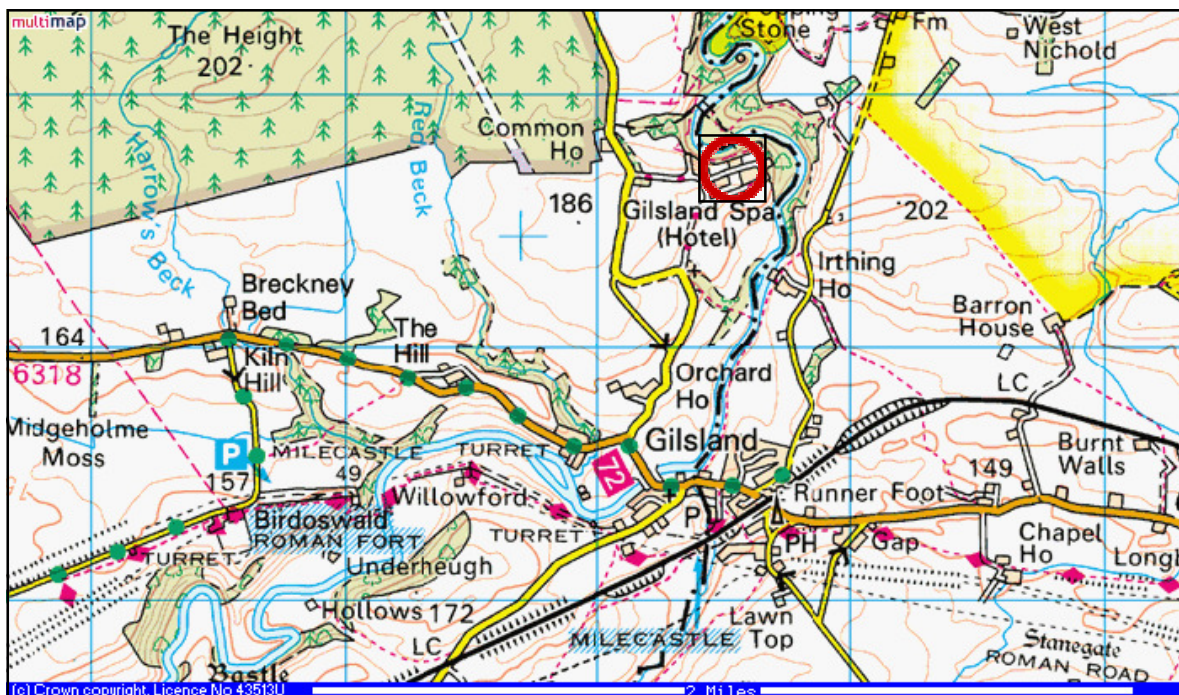
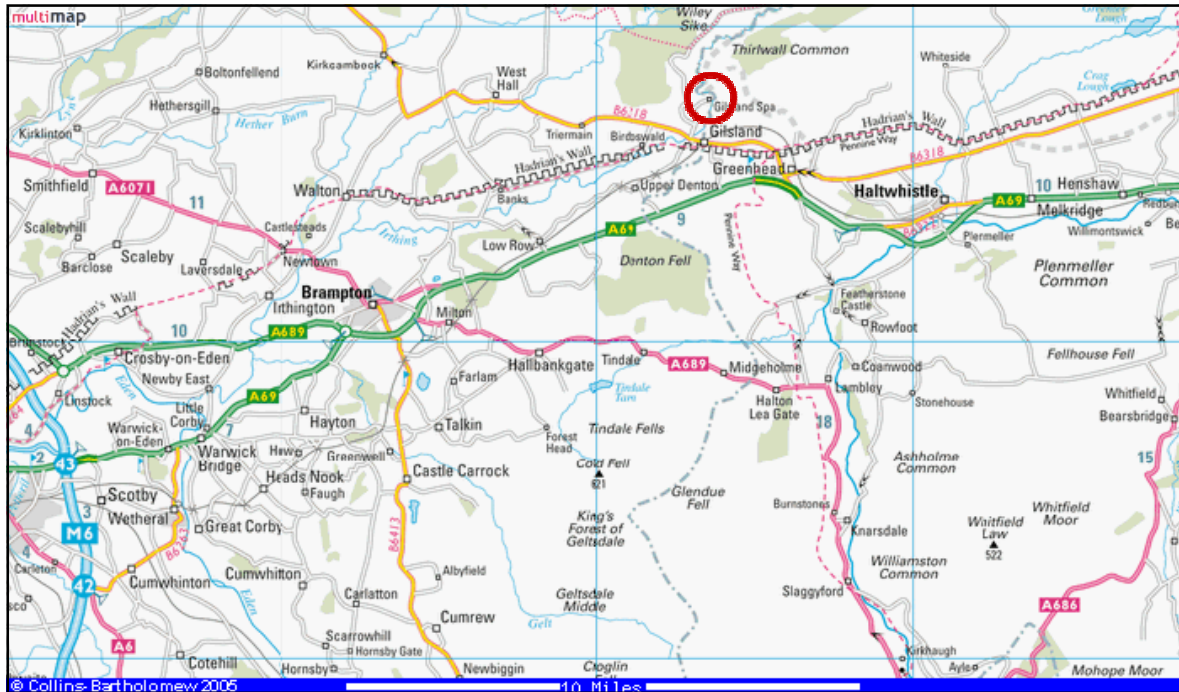
If you are having problems finding the centre, please call them directly 01697 747 203 or you could call one of your guides...however mobiles may not work if they are already at the centre!:

Andrew Casey: 0774 894 2263

Gideon Wheater: 0780 907 0257

Andrew Wilkinson: 0784 172 1263

Whilst every effort has been taken to ensure your trip is enjoyable, occasionally unforeseen difficulties may arise. Should you have any concerns please raise them with your guides **at the time**. They will then endeavour to resolve them swiftly so that you can enjoy your trip.





## Prima Hadrian's Wall Trek KIT LIST



### You MUST have:

- **Walking boots**
- A **Water bottle** (minimum 1 litre)
- A **Rucksack** with a plastic liner
- **Waterproofs: jacket and trousers**
- A **Warm hat**
- **Warm gloves** (*not leather*)
- **Thick walking socks**
- **Base layer:** (*thin thermal or warm T-shirt. Best not to be cotton as it gets cold when wet*)
- **Over layer:** (*warm sweater or fleece*)
- **Extra layer:** warm top for when cold (eg. when stopped for lunch)
- **Comfortable walking trousers** (not jeans as they are too cold & heavy when wet)
- **Personal Medication**
- **Smart casual clothes** for the evening.

### You may wish to bring:

- Trekking Poles
- Vacuum flask (if you like hot drinks on the hill)
- Medium size Tupperware container or plastic bag, to put picnic lunch in.
- Sit mat
- Sun glasses
- Lip salve
- Camera
- Personal first aid kit

In good weather and/or summer, you may also wish to bring

- Short trousers
- T - Shirts
- Sun hat
- Sun tan lotion

In poor weather and/or winter, you may also wish to bring:

- Gaiters
- Balaclava
- Extra warm clothing

### **Training for the event**

The Prima Hadrian's Wall Challenge is a physically demanding event. You will be walking for two days and each of these days will consist of up to 3 miles with a considerable amount of ascent and descent as well. If you are not used to walking, or taking regular exercise, then you ought to prepare yourself.

Your body needs breaking in and occasional maintenance too! If you prepare yourself gradually you will enjoy the event even more. It is best, less painful and much easier to build up your fitness levels gradually! If you exercise regularly, go swimming, play squash once a week or consider yourself to be averagely fit already, then you have a good starting point, but it is best get used to walking as well. Following these guidelines will help your body prepare for the event:

#### **Getting used to your walking boots!**

Simply walking around your home and going shopping in your boots will allow your feet to get used to them. This will help to prevent unnecessary blisters and pain, almost always a good thing! Nevertheless, this is not sufficient, it is useful to prepare yourself a little bit more, and the best way to do this is to walk!

#### **Building up your Fitness**

The simplest changes in your everyday life can make the biggest difference.

- If you are popping out to the shops, then slip into your boots and walk instead of taking the car.
- If you go to work on the bus or tube, make a resolution to walk to the next stop or get off a stop early.
- Once a week during your lunch hour take a brisk walk around the park.
- To get yourself used to ascent and descent, make a resolution not to use the lift! Using the stairs regularly is a very effective tool in preparing your body for climbing in the hills.

#### **Go on some half day walks**

To build up your stamina, it is a good idea to actually go on a walk! On a couple of days off, have a walk in the park or go the local countryside. Buy a local guide book of short walks, perhaps get some friends together and just do it! Walks which end with a pub lunch seem to be extremely popular!

Try to do 2 or 3 half-day walks over the next few months and gradually build up the distance you do.

#### **Try some full day walks**

After doing some half-day walks, try a couple of full day walks. Keep increasing the distance until you feel happy with your own ability.

**This is the best and most effective way to prepare yourself for the event.  
Remember the event is not a flat out race, it is fun challenge event  
and a good fitness level will help you to get the most out of it!**

### **How to Book and Summary of Booking Conditions**

- 1) Any provisional booking will be held for 14 days pending receipt of your deposit.  
(the deposit of £50.00 is non refundable)
- 2) Your place is secured only when WalkWise UK Ltd receive your deposit
- 3) cheques are to be made payable to **WalkWise UK Trust Account**
- 4) The balance must be received 8 weeks prior to the start date of the event
- 5) Cancellation  
Up to 8 weeks prior to the event, you cancellation will result in loss of deposit.  
Thereafter the following cancellation charges will apply.  
cancellation up to 6 weeks prior 50% of the price  
cancellation up to 3 weeks prior 75% of the price  
cancellation up to 2 weeks prior 100% of the price.
- 6) The event will be operated by WalkWise UK Ltd.
- 7) For complete Booking conditions please see  
<http://www.walkwise.co.uk/terms-and-conditions.html>
- 8) Their company address is  
WalkWise UK Ltd  
30 GreenWays Drive Endmoor Kendal LA8 0EL  
Tel Fax 01539 560 911  
e-mail : [holidays@walkwise.co.uk](mailto:holidays@walkwise.co.uk)  
[www.walkwise.co.uk](http://www.walkwise.co.uk)

### **Insurance**

The most comprehensive insurance policy that seems to be available at a sensible cost is via the post office. We recommend that every participant takes out insurance, but with such competitive rates on the high street it is best to pick up it individually.

### **Other useful info: Maps deal**



For 10% off all Aqua3 maps & many other special offers, follow the Aqua3 link from [www.walkwise.co.uk](http://www.walkwise.co.uk)

The maps : 1:25000: Hadrian's Wall OL 43

### **Other Useful Info:**

- <http://www.hadrians-wall.org>
- [www.gilslandspa.co.uk](http://www.gilslandspa.co.uk)
- [www.walkwise.co.uk](http://www.walkwise.co.uk)
- [www.breakthrough.org.uk](http://www.breakthrough.org.uk)
- Walkwise Tel: 01539 560 911      Email: [holidays@walkwise.co.uk](mailto:holidays@walkwise.co.uk)
- Breakthrough Tel: 0207 025 2426      Email: [activeevents@breakthrough.org.uk](mailto:activeevents@breakthrough.org.uk)