



## Breast Cancer Nows' The Spectacular South Devon Coastal Challenge Friday 28<sup>th</sup> – Sunday 30<sup>th</sup> April 2017



### **1. The South Devon Coastal Challenge!**

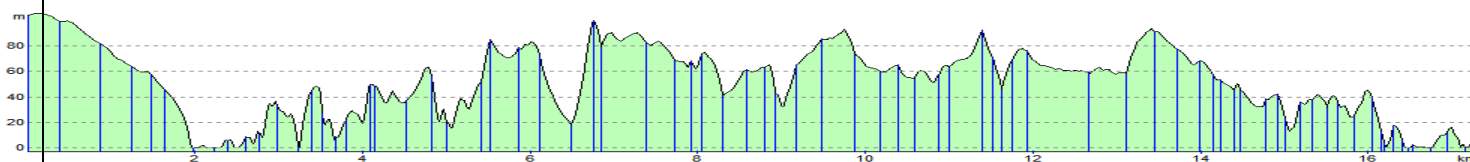
The scenery along the South Devon Coast is quite simply spectacular and our challenge is to walk the 21 miles of this wonderful coast between Mothercombe and Plymouth. This section of coast is also a lot quieter than elsewhere in Devon, so we will really be able to enjoy the natural beauty of the area; dramatic cliff top paths with extensive sea views, hidden coves with tranquil sandy bays, traditional fishing villages complete with welcoming inns and cafes! Most of the route is on good country tracks and footpaths and there a few ups and downs to add a little challenge.



#### **Day 1: Saturday      Battisborough Cross, Mothercombe to Noss Mayo**

After breakfast we will hop on the coach which will take us to the start of our walk in Battisborough Cross. From here we have a gentle warm up walk along some meandering lanes to Mothercombe where we get our first view of the coast; the secluded Erme Estuary! From here we place the sea on our left and begin the walking along the coastal tracks. Around the first headland lies golden sands of Meadowsfoot Beach and the picture perfect Mothercombe Bay. Our route now climbs gentle above the high cliffs and makes its way around the isolated smugglers coves and bays! The magnificent South West Coastal Path leads us onto Stokes we will descend to visit the ancient Church of St Peters. Our track continues along a road Victorian ride which provides nice easy social walking as we continue around Blackstone Point where we gain great views along the estuary. The coastline now follows the estuary inland through the bluebell clad wood into the hidden villages of Noss Mayo and Newton Ferrers where we will conclude the day in a friendly inn or inviting tea shop

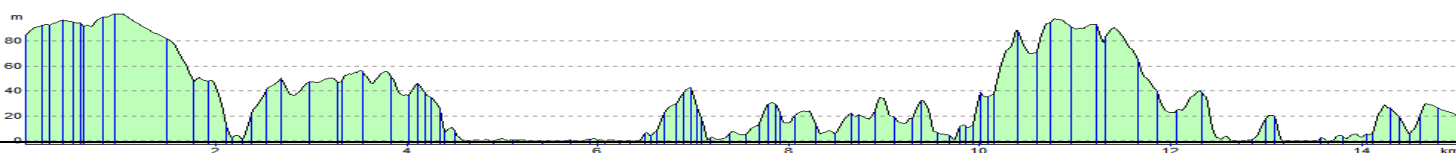
**Distance 11 miles with 1,500ft of ascent**



#### **Day 2: Sunday      Wembrey, Warren Point, Mount Batten & Plymouth**

Today is one of the nicest walks in the country, full of great views, history villages and even the odd ice cream shop and café! We begin on the opposite bank of the estuary to yesterday, in Wembrey. Once again easy farm tracks and lanes allow our legs a gentle warm up as we make our way down to the coast to reveal a superb view of the end of Saturdays' walk. Now we turn west and follow the coastal path through to a lovely bay with a very nice café for morning coffee. From here its once again sea on our left and off we go. We pass Blackstone rocks, Wembrey Point, Audurn Point and Bovisand Bay and Jennycliff Bay before reaching Dunstone Point and Mount Batten Tower. Now its onto a ferry to sail back across to the Citadel and Plymouth. Finally, we make our way along the quayside and across Plymouth Hoe and the conclusion of our route!

**Distance 10 miles with 1,200ft of ascent**





## **2. Accommodation and What's Included In The Price!**

The Duke of Cornwall, Plymouth's original character hotel, is a true treasure in the heart of Devon's city-by-the sea. Built during the Golden Age of steam, the Duke of Cornwall, was Plymouth's first luxury hotel and continues to provide first class accommodation today, with towers and turrets, ballrooms, oak panels, elaborate ceiling roses, Sir John Betjeman, Poet described The Duke of Cornwall "as one of the nation's finest examples of Victorian architecture". Indeed, in 1988 a restoration programme began, which exposed the building's original features, engravings and moldings making it the special place it is today. There are 72 rooms and suites, each with a unique view, some coastal, some cityscape. The restaurant holds 2 RAC Blue Ribbons and it is an AA Rosette award winning Restaurant, so we'll be well fed too. Add to this is prominent position in the town, being, just minutes from the train stations, the excellent Theatre Royal and the lively Barbican and marina area. In fact, it's the perfect base from which to explore the beautiful South West. Naturally all the hotel bedrooms are well appointed, en suite and come with all the usual facilities including telephone, radio alarm, hair dryer, digital freeview TV, tea and coffee making facilities and trouser press. 24-hour room service and internet access is also available. Oh and the hotel works closely with McCauleys Health Club which is two walk from the hotel and can offer you a discounted session rate.

### **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 dinner

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><u>Friday 28<sup>th</sup> – Sunday 30<sup>th</sup> April 2017</u></b>	Price per person
<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 £175.00 per person single £214.00 per person  (Maximum no. 50)
Extra night Sunday 30 <sup>th</sup> Apr – Monday 1 <sup>st</sup> May <b>Bed Dinner Breakfast</b>	£60.00 per person in a share room £80.00 per person in a single
<b>Event only</b> , 2 picnic lunches, 1 evening meal, All transport to walks Professional walking guides	£75



### **3. WalkWise Joining Instructions to** **The Walking Weekend Plymouth, Devon & Cornish Coast** **Joining Instructions to the Duke of Cornwall**

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 meal:** is set for **08:00 pm** when you will have the opportunity to meet your guides and they will discuss the overall event and walks.  
( *If you are going to be late for the arrival dinner please advise the hotel or leaders on the contact numbers below!*)
- **Arrival time:** any time after **04:00 pm**. Should you wish to arrive any earlier please enquire at the centre directly.
- **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.

The maps you would need for this event are 1:25 000:

- OL 108 Lower Tamar
- OL 28 Dartmoor
- OL 20 South Devon

If you are not going to make the dinner at 8pm please ensure you contact WalkWise or the hotel on the numbers below.

**Centre Tel:** 01752 275850 [reservations@thedukeofcornwall.co.uk](mailto:reservations@thedukeofcornwall.co.uk)

**Address:** Duke of Cornwall Hotel, Millbay Road, Plymouth, Devon, PL1 3LG

**Local Tourist Information Tel:**

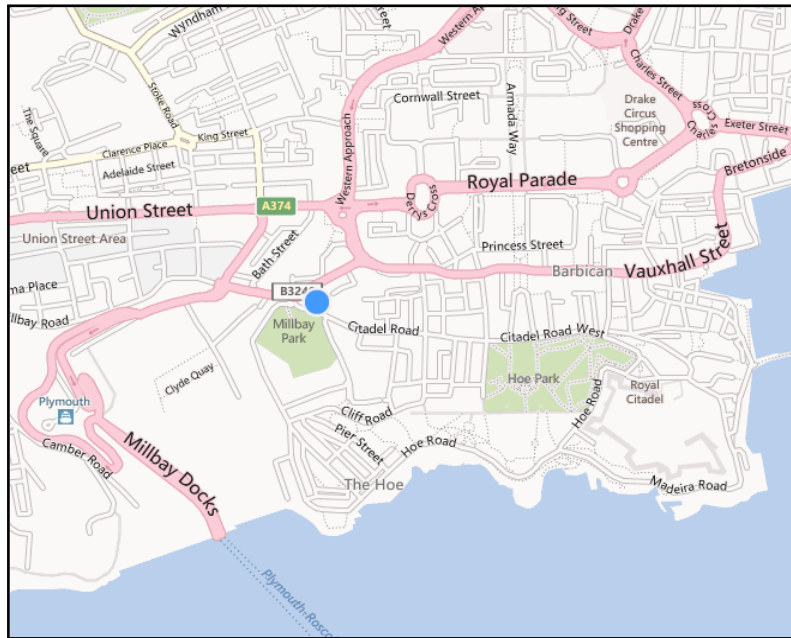
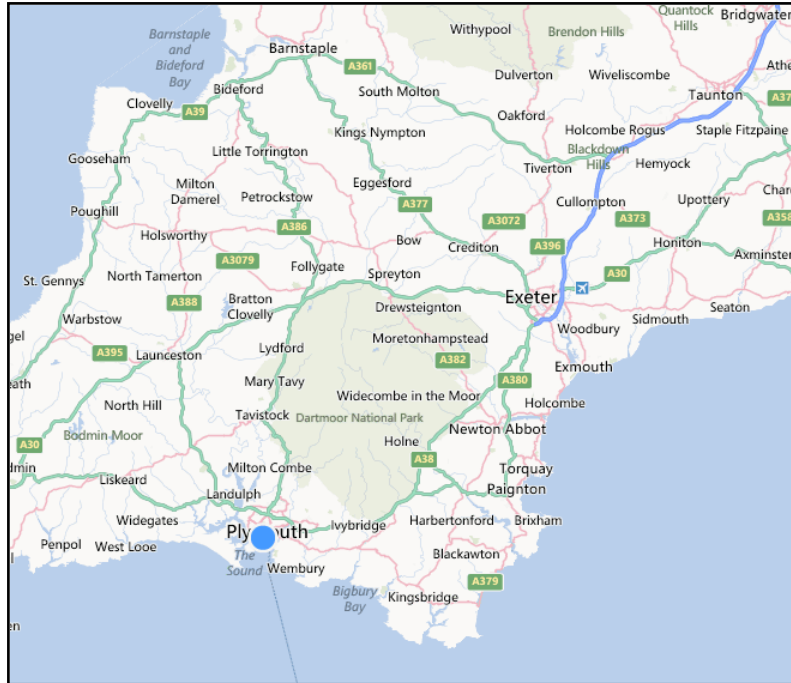
Plymouth Tourist Info.	01752 306 330
Dartmoor National Park Info	01822 890 414
Gideon Wheater:	0780 907 0257
Andrew Casey:	0774 894 2263

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.

How to get there: **By Car: From the North**

Follow the **M5** south to **J 31** and then continue onto the **A38**. Continue on the **A38** until the edge of **Plymouth**. Now branch Left off the **A38** and take the first exit off the roundabout signed **CITY CENTRE A374**. Follow the A374 for 3.25 miles following signs for **City Centre and Torpoint** then at the traffic signals merge onto Breton Side, B3240 and signed **Barbican, the Hoe and Torpoint**. In 200m at the mini roundabout turn left onto Vauxhall Street, B3240 and in a further 0.7miles at the traffic lights turn Left onto Millbay rd B3240 signed **West Hoe, Sea Front**. Continue for 200m to the roundabout and take the 1<sup>st</sup> exit onto West Hoe Rd signed **the Hoe, Sea Front**, then turn left onto Citadel rd and you will find the hotel on the corner.

**Alternatively** if you are brave, from the M5 follow the A38 towards plymouth, then turn left off the A38 onto the A374 towards the city centre and simply follow the brown tourist signs that say "**continental ferry port / plymouth pavilions**" and the hotel is opposite the pavilions!



Overall travel contacts

<http://www.travelline.org.uk>

0871 200 22 33

Train: The nearest train station is in Plymouth

<http://nationalrail.com>

08457 48 49 50

<http://www.thetrainline.com>

0871 244 1545, 7 days per week, from 8am until 10pm



# What to bring:



## 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:

- Extra warm clothing

## **5. Preparing yourself for the Event**

The South Devon Coastal Challenge is a physically demanding event. You will be walking along the coast for two days and each of these days will consist of up to 11.0 miles, and the coast is not flat, there are a number of ups and downs along the way. 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 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!**

## 6. How to Book and Summary of Booking Conditions

- 1) Please register your provisional booking using the online booking form on the Breast Cancer Now Website.  
Any provisional booking will be held for 14 days pending receipt of your £50.00 non refundable deposit. If we do not receive your payment within the 14 days of your registration then your place will be released.
- 2) Your place is secured only when WalkWise UK Ltd receive your deposit
- 3) Payment By **Cheque**:  
Please make out all cheques to **Walkwise UK Ltd Trust Account** , remembering put your **name** and **trek** on the back of the cheque and then send them to:  
Walkwise UK Ltd  
30 Greenways Drive  
Endmoor  
Kendal  
LA8 0EL  
**Bank transfer**  
Alternatively, you can pay directly into Walkwise Account, Please add your name and trek in the reference section  
Trust account: Walkwise UK Ltd Trust Account  
Sort code: 01-09-75  
Account no: 81234228
- 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, your 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)

## **7. 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.

## **8. Other Useful Info**

### **Maps:**

The maps you would need for this event are 1:25 000:

- OL 20 South Devon

Other Useful Info:

- [www.breastcancernow.org](http://www.breastcancernow.org)
- [www.walkwise.co.uk](http://www.walkwise.co.uk)
- BreastCancer Now Tel: 0207 025 2426 Email: [events@breastcancernow.org](mailto:events@breastcancernow.org)
- Walkwise Tel: 01539 560 911 Email: [holidays@walkwise.co.uk](mailto:holidays@walkwise.co.uk)