



**Breast Cancer Now**  
**The Alternative Cotswolds Challenge**  
**Friday 28<sup>th</sup> - Sunday 30<sup>th</sup> Sept 2018**



### **1. The Challenge!**

Following the overwhelming success of the previous Cotswolds Challenges, we are repeating the Original Cotswolds Challenge! This 24 mile Cotswolds Challenge explores one of the finest sections of The Cotswolds Way over two days and has been chosen because it is in itself a great walk!

Mostly on good paths, there are also some gently undulating hills to add a bit of a challenge! But this is a walk with a huge variety of scenery: you will pass through some of the most picturesque villages in the Cotswolds, you'll walk through some of the most beautiful countryside, with flowering meadows and leafy woodland, and you'll be rewarded with panoramic views from the top of the limestone ridges.

#### **Day 1: Saturday Chipping Campden - Broadway and Stanton.**



The beautiful market town of Chipping Campden, with its typically soft Cotswolds stone buildings, is a beautiful and fitting start to this wonderful challenge. We wander through the ancient fruit orchards as we head gently uphill to attain the start of the limestone ridge at Dovers Hill. We follow this gentle broad ridge and gain unbroken views across the Vale of Evesham. There will be time to pause at Broadway tower, where we may even manage a brew, before enjoying an easy going descent down to the honey pot of Broadway Village. Our day is far from over and we continue through woodlands, glades and a number of idyllic "home and country" villages. By the end of the day we should have covered 13 miles of the challenge, so we are well on the way and will have earned a good appetite for dinner!

**Distance 13 miles (19km) Ascent 1 main climb and 1 shorter climb**

#### **Day 2: Sunday Hailes Abbey, Winchcombe, Sudley Castle, & Cleeve Hill**



With the dawn of a new day, we are back out on the ground again, and what a lovely day lies ahead. The Cotswolds Way and the Pilgrims Way join to accompany us past the towering ruins of Hailes Abbey. There then follows a lovely hop through the fruit orchards to the bustling market town of Winchcombe. Here the Cotswolds stone combines with various architectural styles to create a lovely unique town. Sadly we must continue on our way and the route meanders through the regal parklands of Sudley Castle, home of Queen Catherine Parr. A last climb now commences to Belas Knap, an ancient burial mound, before we emerge on to the top of Cleeve Hill. This is the highest point in the Cotswolds, and provides its own reward for all your efforts - a truly wonderful panorama over the surrounding hills and vales!

**Distance 11 miles (16km) Ascent 2 shorter climbs (290m)**

## 2. Accommodation and what's included in the price!



### Accommodation:

The Cheltenham-Gloucester Holiday Inn Hotel has all the facilities you would expect from a modern hotel and the bedrooms are furnished to high standards, with satellite TV, trouser press, air conditioning, hairdryer plus tea and coffee making facilities. The hotel has a relaxing café-bar and a very comfortable lounge. Should you have any excess energy, or just like to relax and be pampered there is also a leisure club on site. The Leisure Club comes complete with swimming pool, Jacuzzi, sauna ideal for just relaxing and fully equipped gymnasium in case you have any spare energy!

### 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 8pm. 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.



### Saturday

Breakfast: 8am

Main Briefing: 9am in the Lounge

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

Picnic lunch

Three course dinner: 7pm

### Sunday

Breakfast: 8am

Leave by coach: 9am

Picnic lunch

<u>Friday 28<sup>th</sup> - Sunday 30<sup>th</sup> Sept 2018</u>	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 £165.00 / person  Single £205.00 / person  Please check we have single availability when booking
<b>EXTRA Night</b> <b>Sunday 30<sup>th</sup> Sept- Monday 1<sup>st</sup> Oct</b> Dinner, Bed & Breakfast	£50.00 per person in a twin £70.00 per person in a single
<b>Event only</b> 2 picnic lunches 1 evening meal All transport to walks Professional walking guides	£75.00 per person

### 3 WalkWise Joining Instructions to

#### **The Holiday Inn Cheltenham Gloucester**

The WalkWise guides will arrive early evening and are looking forward to meeting you.

- **Arrival meal:** is set for **8pm**, 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 and ask them to inform the WalkWise guides).*
- **Arrival time:** any time after **2pm**. Should you wish to arrive any earlier please enquire at the hotel 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.
- **Check In Notice**
- From 14:00, if rooms are available earlier we will be happy to check you in
- If you have any problems in finding the hotel or are not going to arrive in time for the 8pm arrival meal please give us a ring

Holiday Inn Gloucester Cheltenham, Crest Way Barnwood \_Gloucester , GL4 3RX  
Holiday Inn Gloucester Cheltenham telephone number (++) **0871-942 9034**

web: <http://www.holidayinn.com/hotels/us/en/gloucester/glcea/hoteldetail>

- Useful Telephone numbers:
- **Andrew**                      **0774 489 2263 (guide)**
- **Gideon**                      **0780 907 0257 (guide)**

#### **Directions**

##### **Road**

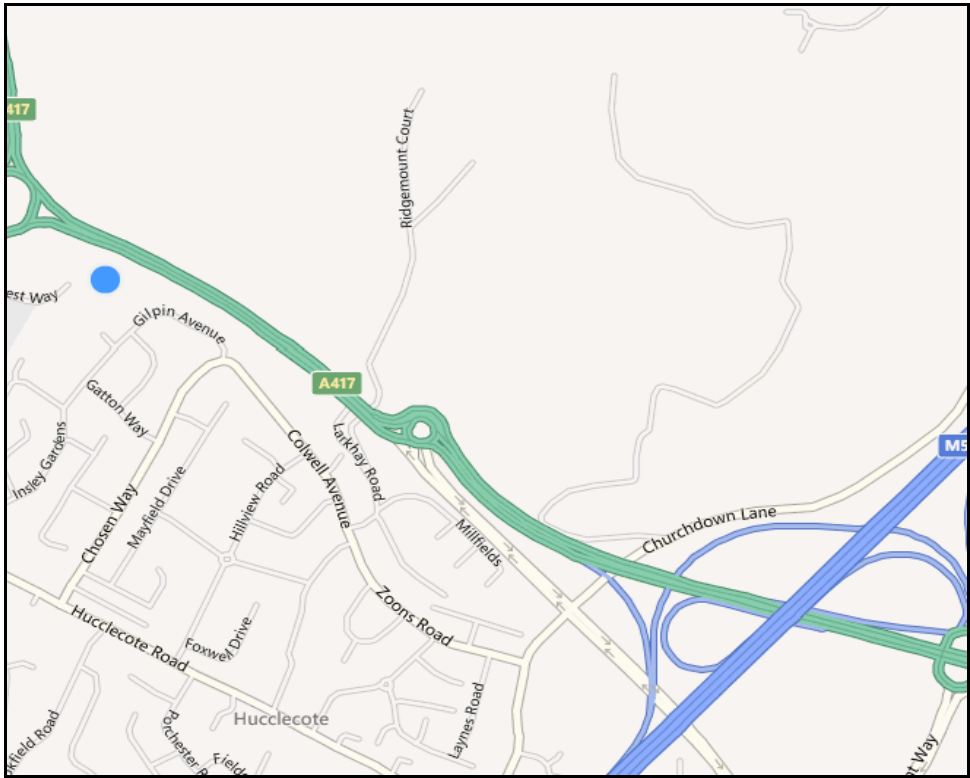
**From London**, take the M4 towards Wales and leave at Jn 15 (Swindon). Pick up the A419 towards Swindon and Cirencester, which then turns into the A417, signed Gloucester. Follow the A417 to the M5 and head for the Midlands. EXIT M5 AT JUNCTION 11 AND TAKE THE A40 TOWARDS GLOUCESTER. AT ELMBRIDGE COURT ROUNDABOUT TAKE THE A417 TOWARDS CIRENCESTER. AT THE NEXT ROUNDABOUT TAKE THE 2ND EXIT, THEN TAKE THE FIRST LEFT INTO THE HOTEL CAR PARK.

##### **M5**

By Car the Holiday Inn Gloucester Cheltenham could not be easier to find. EXIT M5 AT JUNCTION 11 AND TAKE THE A40 TOWARDS GLOUCESTER. AT ELMBRIDGE COURT ROUNDABOUT TAKE THE A417 TOWARDS CIRENCESTER. AT THE NEXT ROUNDABOUT TAKE THE 2ND EXIT, THEN TAKE THE FIRST LEFT INTO THE HOTEL CAR PARK.

##### **Railway**

Gloucester rail station is 2.5 miles away, taxis are about £5.00



#### 4 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, 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:

- 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
- Trekking poles

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

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

If you would like a map for the event, walkwise can now offer you some special deals, please visit [www.walkwise.co.uk](http://www.walkwise.co.uk) and use the link to get 10% off your order and see the latest special offers. The maps you will need for this weekend are

Outdoor Leisure 45 The Cotswolds

Explorer 179 Gloucester, Cheltenham and Stroud

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

The Cotswolds Challenge is a physically demanding event. You will be walking in the hills for two days and each of these days will consist of up to 12.5 miles with some 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 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) 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)

## 7 room list

**Cotswolds Challenge**  
**BBC**  
**32 rooms held at the**  
**hotel**

Bedding List

**WalkWise UK Ltd**  
**50 pax in total**

single	name
single 1 *	
single 2 *	
single 3 *	
single 4 *	
single 5	
single 6	
single 7	
single 8	
single 9	
single 10	
single 11	
single 12	

twin rooms	name	name
twin 1 *		
twin 2 *		
twin 3 *		
twin 4 *		
twin 5 *		
twin 6		
twin 7		
twin 8		
twin 9		
twin 10		
twin 11		
twin 12		
twin 13		
twin 14		
twin 15		
twin 16		
twin 17		
twin 18		
twin 19		
twin 20		

\* room held for 3 nights