

# The Cross Peak Challenge

## Friday 20th - Sunday 22nd August 2010

**Fundraising for Breakthrough Breast Cancer**  
Organised by professional walking company Walkwise UK

**22 mile trek taking in a huge variety of scenery from picturesque villages, pretty countryside, blooming meadows and leafy woodland as well as expansive panoramic views from lofty limestone ridges.**



Boot Level Two: Training is required for all treks, this is a challenge. However, anyone with a reasonable level of fitness and health who trains beforehand should be able to complete this walk.

### Day 1: Saturday 21st August

***Tittesworth Reservoir, the Roaches, the Cat and Fiddle.***

Beginning at Tittesworth Reservoir, you'll have the chance to gently warm-up your legs before a climb up onto the Roaches. The ascent is dominated by the dramatic ridge and craggy escarpment ahead. You'll soon reach the summit and a lofty walk along the ridge commences whilst all the while being accompanied by tremendous views.



Your path then descends into a delightful valley before joining the Gladstone Trail. From here you will make your way alongside the stream and up into the headwaters of this peaceful dale.

Here the scenery changes quite dramatically as you emerge suddenly onto the wild, open heather moors and stride towards the Cat and Fiddle, the end-point of the first day's trekking.

***Distance to walk on Saturday: 11.5 miles / 18.5 km***  
***Ascent on Saturday: 2,000 feet / 600 m***

### Day 2: Sunday 22nd August

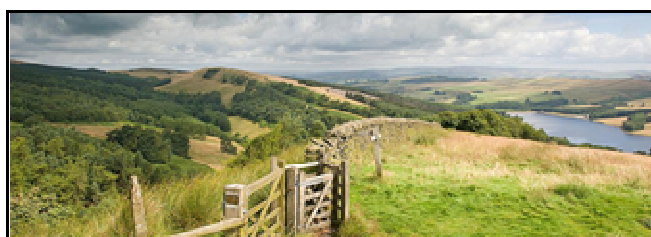
***The Cat and Fiddle, Shining Tor, Cats Tor, the Goyt Valley.***



Today you have the boost of starting on the top of the moors. A short walk will bring you up onto the main broad ridge of Shining and Cats Tor. Surrounded with stunning views you will make your way northwards onto the beautiful Goyt Valley with its breathtaking cascading reservoirs.

From here you will walk across fields to the typical dark peak village of Kettlethulme before skirting around the final fringes of the moors to conclude your cross peak challenge back at the hotel.

***Distance to walk on Sunday: 12 miles / 19 km***  
***Ascent on Sunday: 1000 feet / 340 m***



## Accommodation

### Moorside Grange Hotel & Spa.

Moorside Grange Hotel offers the unique charm of a luxury country house hotel with beautiful panoramic views of the stunning surrounding moorland. Many of the rooms enjoy these enchanting views of the Peak District and all guests can make use of the large leisure club which includes a Mediterranean-style swimming pool, gym, spa, solarium, steam room, sauna and aromatherapy.



## Cost

**Full Package:** £150 per person (sharing a twin room), or £180 per person in a single room made payable to Walkwise UK – our walk operator.

**Includes:** 2 nights accommodation (Friday 20<sup>th</sup> and Saturday 21<sup>st</sup>), 2 breakfasts, 2 picnic lunches, 2 evening meals, all transport to and from walks (to and from the hotel), professional walking guides.

**Minimum fundraising pledge:** £250 per person.

**Event Only:** £75 per person paid to Walkwise UK – our walk operator.

**Includes:** 2 picnic lunches, 1 evening meal (Saturday), all transport to and from walks (to and from the hotel), and professional walking guides.

**Minimum fundraising pledge:** £250 per person.

**Extra night:** If you would like to stay an extra night on the Sunday, departing Monday 23<sup>rd</sup>, the cost is £50 per person and includes dinner and breakfast.



## Itinerary

**7PM FRIDAY 20<sup>th</sup>** – Meet the Walkwise Guides, Breakthrough representatives and your fellow trekkers in the Hotel's bar for dinner and a briefing about the weekend.

**9AM SATURDAY 21<sup>st</sup>** – Short briefing about the trek. Ready to leave by coach at 9.15 for the start of the challenge.

**5PM (approx) SATURDAY 21<sup>st</sup>** – End of first day's trekking and transported by coach back to the hotel.

**7PM SATURDAY 21<sup>st</sup>** – Three-Course meal at the hotel.

**9AM SUNDAY 22<sup>nd</sup>** – Leave by coach for the start of the final day's trekking.

**4PM (approx) SUNDAY 22<sup>nd</sup>** – End of trek, finishing back at the hotel.

**Limited places available**  
**Book now!**

# How fit do I need to be?

(Provided by WalkWise UK)

- Your UK Trek will be a physically demanding event and as such you will need to train beforehand. You will be walking up to 23 miles and at least 10 miles a day along many varying landscapes with some ascent and descent. If you're not used to walking or regular exercise you ought to prepare yourself.
- Anyone with a reasonable level of fitness and health should be able to complete this walk, but you will need to train beforehand.
- Whilst this trek is a challenge it is also not a race. We want everyone to enjoy themselves and to be able to appreciate the beautiful surroundings. There is usually quite a discrepancy in people's abilities and the Walkwise Trekking Guides will allow for this, ensuring that no one is left behind and you can take the trek at your own pace.
- There will be a few trekking guides with the group and what usually happens is that the group will naturally split into different groups of ability. You can decide which group you would like to trek in; it may be that on the Saturday you trek in the slower group and then on the Sunday you decide you would like to pick the pace up a bit and switch to the faster group.
- Ultimately, anyone who leads a fairly active and moderately healthy lifestyle should be ok on this trek, as long as you train beforehand.

## Why bother training?

- You will have a far better chance of completing the challenge.
- You will enjoy the trek far more if you have a good level of fitness.
- You will be far less likely to become injured or suffer from aches and pains (remember to train in your walking boots if going out on hikes as this will break them in and help to minimise blisters whilst on the challenge).
- Your potential sponsors will be far more likely to dig deep into their pockets if they can see just how much hard work you're putting in to prepare for the challenge.
- It will make you feel more energetic and more relaxed about the expedition.

## How shall I train?

- Training is very specific to the activity that you are undertaking, therefore to become fitter for trekking you need to trek. This can be mixed up with some cross training of your favourite sport or outdoor activity, e.g. swimming, aerobics, squash.
- To break your body in and avoid injury, training is best done gradually building up to the challenge over a period of time.

## The simplest of changes to your every day life can make a really big difference:

- If you're popping out to the shops, 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, or have a 30 minute jog.
- To get used to ascent and descent stop using the lift and start using the stairs. Using the stairs regularly is a very effective tool in preparing your body for climbing up hills.
- Do some half-day walks. To build up your stamina it's a good idea to go on some half-day walks. Buy a local guide book of short walks in your area or why not get a group of friends together? Try to do 2 or 3 half-day walks over a period of a couple of months and start to build up the distance you cover.
- Try some full-day walks. After a few half-day walks try to do a couple of full day walks and gradually increase the distance you cover until you're happy with your own ability.



# How to raise your £250

You'll be sent a full Fundraising Pack once booked, but take a look below to see how easily you could reach your £250 minimum sponsorship target in just a couple of weeks. Your fundraising could easily be a lot bigger than these ideas, all you need to do is make sure you have a bit of a plan at the start. Breakthrough will support you every step of the way with regular fundraising tips and free fundraising materials.



## Carol Curtis, UK Trekker 2009

"I was a bit concerned about making the £250 pledge. But with the support given to me by Breakthrough I found it a lot easier than I expected and raised in excess of £400!"



### Online sponsorship page:

It's very easy and really quick to set-up an online sponsorship page at [www.justgiving.com/breakthrough](http://www.justgiving.com/breakthrough). Then just email the address to all of your friends, family and colleagues and ask them to forward it on to their contacts too.

If 10 people sponsor you £10 each that's **£100 raised**.



### Food/Cake sale at work:

Make home-made cakes or soup and sell these at lunch or in the afternoon at your workplace. Ask friends if they will help to make them and if it's ok to sell them at their workplace as well.

If you hold 2 food sales at work and 30 people buy a cake or a pot of soup sold at £2 each that's £60 raised. If you manage to get your family or friends to do one at their work as well you could double the amount! **At least £60 raised**.



### Bag packing at your local supermarket:

This is a far more lucrative fundraising activity than most people think. If you go to a large supermarket and bag-pack for a few hours asking for donations for doing so, you'll be amazed at how much you can raise. Get a group of friends to help you and that should help make it more fun and bring in the donations quicker.

If you bag-pack twice and 60 people donate £1 for you to pack their bags, that's **£60 raised**.



### Quiz Night / Raffle

Ask your local pub/club if their quiz entry fee can be donated for one night towards your fundraising efforts for Breakthrough.

If 15 people take part in the quiz at £2 each that's **£30 raised**.

**Congratulations, you've reached your £250 minimum sponsorship target!**