



**Breast Cancer Now**  
**The Four Dales Challenge**  
**Friday 22<sup>nd</sup> June - Sunday 23<sup>rd</sup> June 2018**



**1. The Four Dales Challenge!**

Following the success of last years challenges, we've put together a brand new Peak District challenge for 2018! The Peak District is England's oldest, and arguably one of the most beautiful of our national parks, and our challenge will be based in its wonderful southern area. Over two days, we will twist our way along the little known but wonderfully tranquil and picturesque Manifold Dale and the length of the legendary Dove Dale, arguably the most spectacular valley in the whole of the Peak District!

**Day 1: Saturday Manifold Dale**

Walking directly out of the front door of the hotel we wander through the lovely village of Thorpe and down to the River Dove. We follow this across the meadows and then through the stunningly picturesque village of Ilam with its grand manor house and Church. Now we cross the River Manifold and gently ascent Old Park Hill where we gain a beautiful view across the Hamps Dale. The path now gently leads us back down to the riverside which we join for the next section of the walk up to Wetton Mill. Ahead lies Sugar loaf and our second climb of the day now reveals our destination the Beautiful village of Hartington complete with country cafes and traditional inns.

**Distance: 12.5 miles, with 320m (1100 ft) of ascent.**

**Day 2: Sunday Wolfcote Dale, Mill Dale and Dove Dale**

The coach will pick us up bright and early so and return us to our end point of yesterday so we can continue on with our challenge. The challenge continues crossing some easy farmland which allows our legs to warm up gradually. This drops us into the stunning and lesser known Wolfcote Dale. This limestone valley begins as gentle hollow in the field but soon sharpens up with steeper sides which eventually form towering cliffs above. Our route then pops out to the valley to Alstonefield and a lovely country inn! Now its down into Mill Dale where we enter the famous Dove Dale which is a dale of scenic pleasure par excellence! Following the River Dove, every step reveals spectacular limestone features - Tissington Spires, Ilam Rock and Raven's Tor, to name just three! All our way is an absolute delight, until eventually we pop out Thorpe Cloud and then its just a short stroll back to the hotel!

**Distance: 9 miles, with 140m (450 ft) of ascent.**

**Congratulations!!!**

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

### **Accommodation:**

Surrounded by pretty countryside and set in a charming village location the Peveril of the Peak is a comfortable Country House provides a perfect base for our weekend. From here we shall have our every need catered for. All the bedrooms have an individual layout and character but all have TV with digital radio, hair dryer and complimentary tea and coffee making facilities. For our complete relaxation the spacious public rooms lead to a licenced bar which in turn opens onto a terrace with an aspect enjoying a delightful view of the surrounding countryside. Wi-Fi in all public areas and a proper boot and drying room to cater for any type of weather.

### **Friday Night**

We will aim to start the event by meeting everyone in the common room on the Friday night at 6.30pm. You will have the chance to meet your fellow participants and make some new friends. We can then eat in the hotel, 7.15pm where you can relax and will have the chance to informally meet your guides. After dinner we will then have a quick chat about the weekend and then we can just relax in the comfortable lounges

### **Saturday**

Breakfast: 8am

Main Briefing: 9am in the Common Room

Leave on foot to start the Challenge: 9:15am

Picnic lunch

Dinner: 7pm

### **Sunday**

Breakfast: 8am

Leave by coach: 9am

Picnic lunch

<b><u>Friday 22<sup>nd</sup> June - Sunday 23<sup>rd</sup> June 2018</u></b>	<b>Price per person</b>
<b><u>Full Package</u></b> <b><u>With 2 nights accommodation</u></b> <b><u>2 breakfasts, 2 picnic lunches, 2 evening meals</u></b> <b><u>All transport to walks</u></b> <b><u>Professional walking guides</u></b>	twin share £175.00 per person single £215.00 per person  (Maximum no. 50)
<b><u>Extra night Sunday 23<sup>rd</sup> June</u></b> <b><u>Bed Dinner Breakfast</u></b>	£50.00 per person in a twin share £70.00 per person in a single
<b><u>Event only</u></b> <b><u>2 picnic lunches, 1 evening meal, All transport to walks</u></b> <b><u>Professional walking guides</u></b>	£75.00



**Walking Weekend NEW The Peveril of the Peaks**  
**Joining Instructions to The Peveril of the Peak**

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 **4:00 pm**. There will be tea and biscuits available in the main lounge between 4.00-4.30pm. Should you wish to arrive any earlier please enquire at the centre directly.
- **Arrival meal:** is set for **7:00 pm**. **Meet in the bar from 6:30 pm** when you will have the opportunity to meet your guides and they will discuss the overall event and walks.

*(There is only one sitting for the evening meal as we are fitting in with other guests. The kitchen closes at 7.30 pm and if you going to arrive after that we would advise you to eat en-route. If you are going to be late for the arrival dinner please advise the hotel or leaders on the contact numbers below!)*

- **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.

**Centre Tel:** (01335) 350 396

**Centre Address:** The Peveril of the Peak, Thorpe, Dovedale, DE6 2AW

**Travel to the Peveril of the Peak**

**Grid reference:** SK 157 505

**By car to the Peveril of the Peak** Satellite navigation, enter the postcode DE6 2AW.

**From the south** leave the M1 at Junction 24 and head to Ashbourne via the A50 and A515. Continue north on the A515 heading towards Buxton. 1 mile north of Ashbourne turn left, signposted to Thorpe, Dovedale and Ilam. After a further 2 miles the road bends sharp left by The New Dog. The Peveril of the Peak lies ahead at the bottom of the hill. From Buxton take the A515 south towards Ashbourne. After 17 miles turn right at a crossroads following signs to Thorpe, Ilam and Dovedale. After 1 mile turn right by The New Dog pub and follow the road around the sharp left hand bend. The Peveril of the Peak lies ahead at the bottom of the hill.

**From the west** leave the M6 at junction 15 and head via the A50, Cheadle (A521) and Oakamoor (A5417) to the A52. At the junction of the A52 and the A523 take the minor road signposted Ilam. After 1½ miles turn left and descend the hill. Cross the bridge at Ilam, turn right and follow the road up a steep hill and onwards through Dovedale and Thorpe village. The Peveril of the Peak is on the left hand side at the end of the village. Visit your holiday page on our website for a map. Car parking Parking is available in the grounds. No responsibility can be accepted for loss or damage to guests' property or vehicles. We advise not to leave valuables in cars.

**By rail** The nearest railway stations to the Peveril of the Peak are Buxton or Derby. For train times and general rail enquiries call 08457 484950 (24hrs) or visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk). If phoning from outside the UK call +44 (0)20 7278 5240.

**Station transfer by taxi** The 19 mile journey from Buxton railway station takes approximately 35 minutes; the 17 mile journey from Derby takes approximately 40 minutes. We have negotiated a preferential rate with Peak Cars for both pre-booked journeys of £30 from Derby and £30 from Buxton per taxi. They will arrange shared taxis wherever possible.

To book a transfer please phone or email: Peak Cars Tel: +44 (0)1335 370937/+44 (0)7890 811292 Email: [peakcars.hognaston@gmail.com](mailto:peakcars.hognaston@gmail.com) The return journey can be arranged on your behalf by the House Manager. Peak Cars is an independent operator not owned or managed by WalkWise or the centre.

**Station transfer by bus** From Buxton take the 442 bus service to Ashbourne, then change to the 101 bus to Thorpe village. From Derby take SW1 service to Ashbourne and then the 101 bus. Alight by the bus shelter in Thorpe village, from where it is a 500 metre walk along Wintercroft Lane to the Peveril of the Peak. Please contact Traveline on 0871 200 22 33 or visit [traveline.info](http://traveline.info) for details of bus times. Hotel Telephone number: 01335 350 396

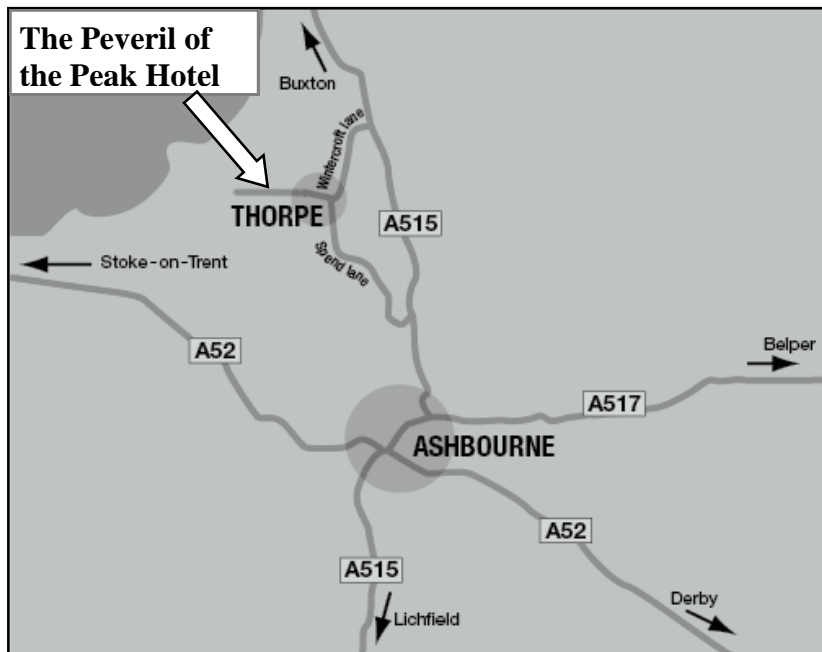
If you are having problems finding the centre, please call them directly, or you could call one of these guides:

Gideon Wheater:	0780 907 0257
Andrew Casey:	0774 894 2263

Tourist Info: <http://www.visitpeakdistrict.com/>

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.







## 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:

- 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

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

- Gaiters

### Maps:

The map for this event are: 1:25000: Explorer: OL024: Peak District White Peak Area:

## **Preparing yourself for the Event**

The White Peak Four Dales 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 13 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 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 Booking Conditions**

- 1) Any provisional booking will be held for 14 days pending receipt of your deposit.  
(the deposit £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.  
Their company address is

WalkWise UK Ltd  
30 GreenWays Drive Endmoor Kendal LA8 OEL  
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.