

Gower Coastal Challenge

Friday 15th - Sunday 17th July 2011

Fundraising for Breakthrough Breast Cancer

Organised by professional walking company Walkwise UK

Enjoy this 22 mile trek along the spectacular Gower Peninsula, an Area of Outstanding Natural Beauty, with magnificent coastal scenery.



Boot Level Two: This trek is of intermediate level. The route is primarily undulating with some challenging sections with steep ascents and descents. Training is recommended.

Day 1: Saturday 16th July

Rhossilli, Worms Head, Port Eynon Bay, Horton and Oxwich.

The challenge begins at the magnificent Rhossilli, which lies at the southern end of a great swathe of sand. Turning away from Rhossilli and its attractive beach, you'll start trekking towards the impressive Worms Head.

Along the way you'll pass inlets, smugglers caves, hidden bays and secluded sandy coves. The path is generally good but there are lots of ups and downs as the route hugs the tremendous coastline.



Eventually you'll reach Port Eynon where you'll have the chance to pick up some refreshments before beginning a pleasant stroll across the sandy bay to Horton. From here you'll round off the first day's trekking with a very beautiful walk around Oxwich.

Distance to walk on Saturday: 12 miles / 19 km
Ascent on Saturday: 1,200 feet / 390 m

Day 2: Sunday 17th July

Oxwich, Three Cliffs Bay, Caswell Bay, Langland Bay

Beginning at Saturday's end-point, Oxwich, you'll enjoy gorgeous views from the off-set. The path is a natural delight, leading you through a thriving nature reserve and shady woodlands before returning you back to the beach at Three Cliffs Bay.

From here you'll continue along an idyllic meandering route, passing through the ever-changing coast and its series of dramatic towering cliffs, craggy headland and contrasting peaceful sandy bays.

The day concludes at Langland Bay where the beautiful untouched coastline gives way to the town. To mark the end of your trekking challenge you'll have the chance to take in the sea air and enjoy the stunning scenery before heading back to the hotel.

Distance to walk on Sunday: 10 miles / 16 km
Ascent on Sunday: 1,250 feet / 381 m

Accommodation

The Diplomat Hotel.

You'll be staying in the superbly appointed Best Western Diplomat Hotel in Llanelli. The hotel manages to combine the charm and character of the original building with all the mod-cons one would expect today. It also has excellent leisure facilities, helping you to relax after a day's coastline trekking.

All rooms are tastefully decorated, very comfortable and ensuite.

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 4th and Saturday 5th), 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 7th, the cost is £50 per person and includes dinner and breakfast.



Itinerary

8PM FRIDAY 15th – Meet the Walkwise Guides, Breakthrough representatives and your fellow trekkers in the hotel for dinner and a briefing about the weekend.

9AM SATURDAY 16th – Short briefing about the trek. Ready to leave by coach at 9.15 for the start of the challenge.

5PM (approx) SATURDAY 16th – End of first day's trekking and transported by coach back to the hotel.

7.30PM SATURDAY 16th – Three-Course meal at the hotel.

9AM SUNDAY 17th – Leave by coach for the start of the final day's trekking.

4PM (approx) SUNDAY 17th – End of trek, finishing back at the hotel.

For more information

For more information on the Prima Lakes Trek, or any of our other five 2011 UK Treks listed below please visit our website breakthrough.org.uk/treks or call Breakthrough on 08080 100 200 or email fundraise@breakthrough.org.uk

13th – 15th May 2011 Prima Scottish Lochs Trek

10th – 12th June 2011 Cotswolds Way Trek

24th – 26th June 2011 Prima Lakeland Challenge

1st – 3rd July 2011 North Devon Coastal Trek

5th – 7th August 2011 Prima Cotswolds Trek

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 22 miles and at least 10 miles a day along many varying landscapes with some steep ascents and descents. 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 ascents and descents 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. You're 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.



Online sponsorship page:

It's very easy and really quick to set-up an online sponsorship page at 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!