

North Devon Coastal Challenge

Friday 1st - Sunday 3rd July 2011

Fundraising for Breakthrough Breast Cancer

Organised by professional walking company Walkwise UK

This 23 mile trekking challenge covers the final part of the amazing 600 mile South West Coastal path through beautiful 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 1st July

Lynmouth to Porlock

From leaving the hotel you'll start in the beautiful village of Lynmouth where you cross the river and immediately head out onto the coastal path where you begin your first climb of the day. The path ascends up through the shady woodlands and onto the open cliff side. Keeping the views you make your way over Butter Hill to enjoy the breathtaking ocean views.



The path then wanders up the cliff side through ancient woodlands and gorse lined paths. The pathway and views change constantly as you you're your way through a series of valleys, woodlands and open meadows.

You finish the tougher trekking day in the smugglers port of Porlock Weir.

Distance to walk on Saturday: 12.5 miles / 20 km
Ascent on Saturday: 1,700 ft / 518 m



Day 2: Sunday 2nd July

Porlock Weir, Selworthy Beacon to Minehead

The morning's trek will start from Porlock Weir and head out across the pebble bay of Porlock Bay. After passing through Bossington Village you take on your main climb of the day up onto the ridge to Selworthy Beacon where you can enjoy beautiful views across Exmoor.

After crossing Selworthy Beacon you return to the coastal path where you can amble along good paths with stunning views both out to sea and inland to fields and woodlands of West Somerset.

From there you descend into Minehead where you can celebrate completing your challenge.

Distance to walk on Sunday: 10.5 miles / 17 km
Ascent on Sunday: 940 feet / 286 m

Accommodation

The Beach Hotel, Minehead

The Beach Hotel is perfectly located on the edge of the beautiful Exmoor National Park in the lively market town of Minehead. The views from the hotel extend across the bay and the Bristol Channel all the way to the Welsh Coast.

All en-suite bedrooms are tastefully furnished in a cosy relaxed style with en-suite facilities and equipped with a telephone, TV, tea & coffee facilities and many have sea views – overall making for an ideal place to stay.



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 1st – Meet the Walkwise Guides, Breakthrough representatives and your fellow trekkers in the hotel for dinner and a briefing about the weekend.

9AM SATURDAY 2nd – Short briefing about the trek. Ready to leave by coach at 9.15 for the start of the challenge.

5PM (approx) SATURDAY 2nd – End of first day's trekking and transported by coach back to the hotel.

7.30PM SATURDAY 2nd – Three-Course meal at the hotel.

9AM SUNDAY 3rd – Leave by coach for the start of the final day's trekking.

4PM (approx) SUNDAY 3rd – 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

15th – 17th July 2011 Gower 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 23 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!