

The Scottish Lochs

Friday 13th - Sunday 15th May 2011

Fundraising for Breakthrough Breast Cancer

Organised by professional walking company Walkwise UK

18 mile challenging trek combining two of the finest aspects of Scotland: the beautiful Arrochar Alps' peak 'The Cobbler' and one of the remotest and rugged sections of the West Highland Way.



Boot Level Three: This is the most challenging and strenuous of the Prima and Breakthrough treks. This trek is physically demanding on mountainous terrain with steep ascents and descents. Training for this trek is recommended.

Day 1: Saturday 14th May

The Arrochar Alps, the ascent of The Cobbler

From the hotel you will start your trek around the tranquil shores of Loch Long and into spring fresh woodlands that skirt the open mountains. Emerging from the trees to a delightful landscape with tumbling burns, open hillsides and the wild and remote Scottish countryside.



Today you will ascend the Cobbler, also known as Ben Arthur, which is one of the most distinctive mountains in Scotland. The ascent is steep and steady, but it is not a race and the extensive panoramas provide many reasons to pause and reward your efforts.

As your climb continues your summit comes into view and you can see your goal ahead. From the summit you are on top of the world, in every direction lies horizons of beautiful, shapely mountains interspersed with many lost glens.

You then descend from the summit to the village below.



Distance to walk on Saturday: 9 miles / 14 km
Ascent Saturday: 2800ft (900m) ascent & descent

Day 2: Sunday 15th May

The West Highland Way

This morning you will continue your challenge tackling the roughest and most remote section of the West Highland Way. First you pop over to Tarbett, from where you'll take a boat across Loch Lomond to Inversnaid.

Turning north the path goes through thick deciduous woodlands that cling to steep mountain sides above the Loch. The path weaves its way through woods over rugged terrain, through a beautiful nature reserve, also visiting Rob Roy's Cave.

Your final section of the trek continues into the Glen, gentle hills enabling you to enjoy the stunning views.

Distance to walk on Sunday: 9 miles / 14 km
Ascent Sunday: 700 ft (225m) of ascent

Accommodation

Arrochar Hotel, Arrochar

The comfortable Arrochar hotel is magnificently situated at the foot of the 'Arrochar Alps' on the shores of Loch Long. Here you step into the former coaching inn and soak up the peace and tranquillity for which the Scottish Highlands are famous.

The hotel has magnificent views across the sea loch and up to the famous mountains beyond. All the rooms are en suite and are equipped with radios, colour televisions, hair dryers and tea/coffee.

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 13th and Saturday 14th), 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 16th, the cost is £50 per person and includes dinner and breakfast.



Itinerary

8PM FRIDAY 13th – Meet the Breakthrough representative, Walkwise Guides and your fellow trekkers in the hotel for dinner and a briefing about the weekend.

9AM SATURDAY 14th – Short briefing about the trek. Ready to leave by coach at 9.15 for the start of the challenge.

5PM (approx) SATURDAY 14th – End of first day's trekking and transported by coach back to the hotel.

7PM SATURDAY 14th – Three-Course meal at the hotel.

9AM SUNDAY 15th – Leave by coach for the start of the final day's trekking.

4PM (approx) SUNDAY 15th – End of trek, finishing back at the hotel.



For more information

For more information on the Prima Scottish Lochs 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 fundraising@breakthrough.org.uk

10 th – 12 th June 2011	Cotswolds Way Trek
24 th – 26 th June 2011	Prima Lake District Trek
1 st – 3 rd July 2011	Devon Coastal Trek
15 th – 17 th July 2011	Gower Coastal Trek
5 th – 7 th 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 24 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!