



Your local air ambulance Cross Peak Challenge

Friday 6th- Sunday 8th May 2016

The Cross Peak Challenge traverses some of the most beautiful scenery and picturesque countryside that the Peak District National Park has to offer. We begin by climbing the Roaches in the south west of the park, then cross stunning purple heather moors and dales, ascend rocky tors, wander along peaceful riverside paths, trek through shady woodlands, pause to take in the occasional waterfall and walk alongside some beautiful reservoirs to reach the capital of the Peak District, Buxton. Our total distance for the two day trek is 22.5 miles with 3200ft of ascent. This year we will be staying in the beautiful and very comfortable Palace Hotel in the heart of Buxton.

Mostly on very good paths, there are some good ascents and hills along the way, but the stunning scenery and wide open views ensures that this is a truly stunning trek.

Saturday

The Roaches, Three Shiels Head to the Cat and Fiddle.

Beginning at the south west extreme of the national park we climb up above Tittesworth reservoir as we make our way up onto the rocky tor that is The Roaches. The ascent is dominated by the dramatic ridge and craggy escarpment ahead. However with a little effort we soon attain the summit and a lofty walk along the ridge commences, all the while accompanied by tremendous views. Our path then descends into delightful valley beyond, where we join the Gritstone Trail and make our way alongside the stream and up into the headwaters of this peaceful dale to Three Shiels Head. Suddenly we emerge out onto the wild open heather moors and stride out through the beautiful purple haze of the blooming heather. Ahead lies our final destination for today, The Cat and Fiddle – where we can get some very well earned refreshments.

Sunday

Cat and Fiddle, Shining Tor, The Goyt Valley Buxton

We leave the pub behind and head across the high moors beyond. We soon leave the heather moors to attain the fantastic vantage point of Shining Tor. A beautiful and shapely ridge now leads onwards to the north before descending through some open woodlands to the picturesque Goyt valley. Our way continues past the Fernilee and Errwood Reservoirs before our final climb takes us up onto Wild Moor. The pathway now weaves its way across this final moorland before we are gently lowered back down into the valley. This brings us back to the outskirts of Buxton, where we conclude the challenge with a beautiful stroll through the pavilion gardens, where we can reward ourselves with an ice cream, afternoon tea or perhaps a beer.

Saturday

Distance:
11.5 miles (19km)
Ascent:
2000ft



Sunday

Distance:
11 miles
Ascent:
1250ft



Accommodation – and what's included in the price

The spa town of Buxton is at the heart of the Peak District, one of Britain's most beautiful national parks. Famed for its Opera house and the health properties of its mineral water, the area offers stunning scenery. By staying at the beautiful Palace Hotel we are admittedly a little spoilt, not only as it is situated at the centre of Buxton but also we can enjoy the leisure facilities on offer such as the indoor pool, fitness suite, sauna and steam rooms.

Often known as the 'Palace of the Peaks' the Palace Hotel is renowned both locally and nationally for its standards of customer service, cuisine and accommodation. Richly decorated rooms match the beautiful Victorian architecture, and the hotel successfully combines traditional heritage with state-of-the-art facilities. Needless to say all the rooms are ensuite and they are all equipped with all the facilities that you would expect in a modern hotel.

Your stay will also provide you with complimentary usage of the Bodysense Health and Leisure centre comprising of a 14m swimming pool, fitness suite, sauna and steam rooms. This will relax and revive you after your day's walk.

Friday Night

We will aim to start the event by meeting everyone in the bar on the Friday night at 7pm. You will have the chance to meet your fellow participants and make some new friends. Dinner will then be served in the restaurant at 7.30pm. We appreciate that a lot of you will have had long journeys down and it may not be possible to make the 7pm meet. After dinner we'll have brief chat about the event and then relax and enjoy the evening.

7:30pm – Arrival meal
– Briefing after the meal

Saturday

8:00am – Breakfast
9:00am – Main Briefing in the Lounge
9:15am – Leave by coach to the start of the Challenge
— – Picnic lunch
7:00pm – Three course dinner: 7pm

Sunday

8:00am – Breakfast
9:00am – Leave by coach
— – Picnic lunch
4:00pm – Minibus back to hotel

Friday 6th- Sunday 8th May 2016		Price per person
Full Package With two nights' accommodation Two breakfasts Two picnic lunches Two evening meals All transport to walks Professional walking guides	Twin share £175.00 / person Single £225.00 / person Please check we have single availability when booking	
Event only Two picnic meals All transport to walks Professional walking guides	£75.00 per person	

Joining instructions

On behalf of WalkWise and The Air Ambulance Service, 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 4pm. Should you wish to arrive any earlier please enquire at the hotel directly.
- **Arrival meal:** is set for 7pm when you will have the opportunity to meet your guides and they will discuss the overall event and walks. 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.

Contact information

Address: The Palace Hotel, Palace Road, Buxton, Derbyshire, SK17 6AG

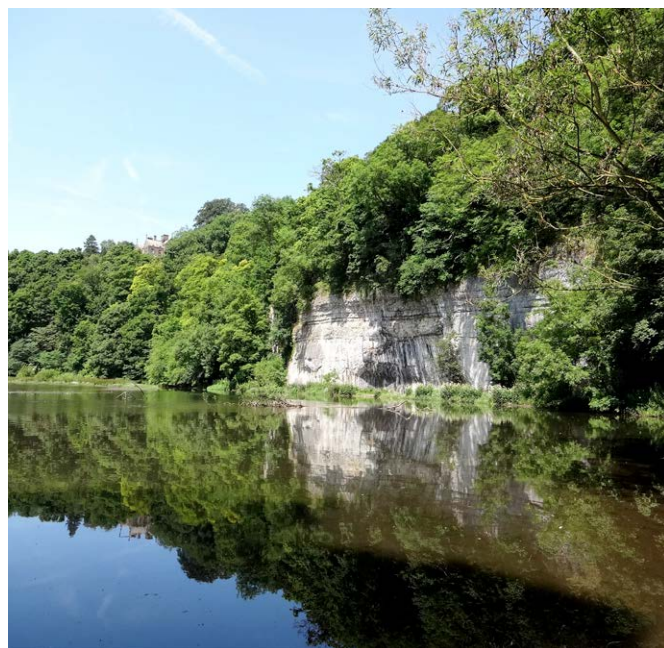
Telephone: 01298 22001

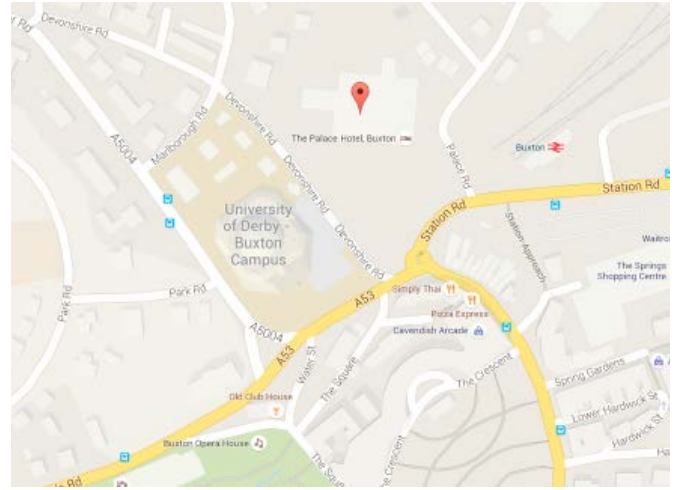
WalkWise team phone numbers

Gideon: 07809 070257

Andrew: 07748 942263

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.





Directions

By car

From the M6 North: Exit at Junction 20 and follow the M56/M60 to Stockport. Then follow the A6 to Buxton and the hotel is in the town centre adjacent to the train station.

From M6 South: Exit at Junction 15 and take the A53 to Leek and then Buxton and the hotel is in the town centre adjacent to the railway station.

From the M1: Exit at Junction 29 onto the A617 to Chesterfield. Then follow the A619 to Buxton and the hotel is in the town centre adjacent to the railway station.

By rail

The nearest station is Buxton which is five minutes walk from the hotel. Train services run from London via Stockport and takes under three hours. Tel: 08457 484950.

By taxi

- Allied Taxis (01298) 72123
- A Cabs (01298) 70423
- Premier Cabs (01298) 77767

Tourist information

Buxton Tourist Info Centre: Pavillion Gardens, Buxton, SK17 6XN

Maps

The map(s) for this event are: 1:25000: Explorer: EX024: Peak District White Peak

What to bring

You must have

- Walking boots
- A water bottle (minimum one 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 – not to be cotton as it gets cold when wet
- Over layer – warm sweater or fleece
- Extra layer – warm top for when cold when stopping
- Comfortable walking trousers – not jeans as they are too cold and heavy when wet
- Personal Medication
- Smart casual clothes for the evening.
- You may wish to bring
- Trekking Poles
- Vacuum flask – if you like hot drinks on the hill
- Medium size lunchbox or plastic bag to put picnic lunch in.
- Sit mat
- Sun glasses
- Lip salve
- Camera
- Personal first aid kit

In good weather you may also wish to bring:

- Short trousers
- T - Shirts
- Sun hat
- Sun tan lotion

In poor weather you may also wish to bring:

- Extra warm clothing

Preparing yourself for the event

The Cross Peak 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 12 miles with some ascent and descent as well. If you are not used to walking or taking regular exercise, then you should prepare yourself.

Your body needs breaking in and occasional maintenance too. If you prepare yourself gradually you will enjoy the event much more. It is best, less painful and much easier to build up your fitness level 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 to get used to walking as well. Following these guidelines will help your body prepare for the event.

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.



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.

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 to the local countryside. Buy a local guide book of short walks, perhaps get some friends together and do it. Walks which end with a pub lunch seem to be very popular.

Try to do two or three 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's a fun challenge event – a good fitness level will help you to get the most out of it.

How to book and summary of booking conditions

Register your provisional booking using the online booking form by visiting **theairambulanceservice.org.uk/trek**

Any provisional booking will be held for 14 days pending receipt of your £50.00 non-refundable deposit. If we do not receive your payment within the 14 days of your registration, then your place will be released.

Your place is secured only when we receive your deposit. The outstanding balance must then be paid 8 weeks prior to the event.

Payment

Payment by cheque

Please make out all cheques to WalkWise UK Trust Account, remembering to put your name and trek on the back of the cheque. Then send them to: WalkWise UK Ltd, 30 Green Ways Drive, Endmoor, Kendal, LA8 0EL.

Cancellation

Up to 8 weeks prior to the event, cancellation will result in loss of the £50.00 deposit. If you cancel after this, the following cancellation charges will apply to the total cost of the trek:

Cancellation up to six weeks prior 50% of the price

Cancellation up to three weeks prior 75% of the price

Cancellation up to two weeks prior 100% of the price

Event operator

The event will be operated by WalkWise UK Ltd

For complete booking conditions please see

www.walkwise.co.uk/general-terms-and-conditions

Their company address is:

WalkWise UK Ltd,
30 Greenways Drive,
Endmoor,
Kendal LA8 0EL

Email: holidays@walkwise.co.uk

Website: www.walkwise.co.uk

Insurance

The most comprehensive insurance policy available at a sensible cost is via the Post Office. We recommend every participant takes out insurance, but with such competitive rates on the high street, it is best to pick it up individually.

Contact details

Your contact at your local air ambulance will be Kerry Burton. She can be contacted on 08454 130999* or at Kerry.burton@theairambulanceservice.org.uk

Your local air ambulance

Call 08454 130999*

Visit theairambulanceservice.org.uk

Email enquiries@theairambulanceservice.org.uk

