Breast Cancer Nows'
The Spectacular Gower Coastal Challenge
Friday 18th – Sunday 20st Aug 2017

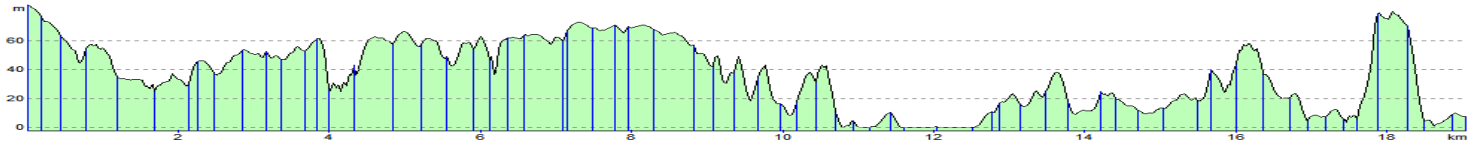
1. The Gower Coastal Challenge!

The scenery of the spectacular Gower Peninsula is some of the finest coastal scenery in Britain. Indeed the Gower itself has been designated an Area of Outstanding Natural Beauty (AONB) and with magnificent coastal scenery it's easy to see why. Our challenge will be to walk the finest 22.5 miles stretch of this headland from Rhossili on the west, along the cliffs, around headlands across hidden bays, through quaint fishing villages and over the sands to Caswell Bay in the East. Then if this is not enough our base for the event will be the well appointed Diplomat hotel and leisure club.

Day 1: Saturday

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

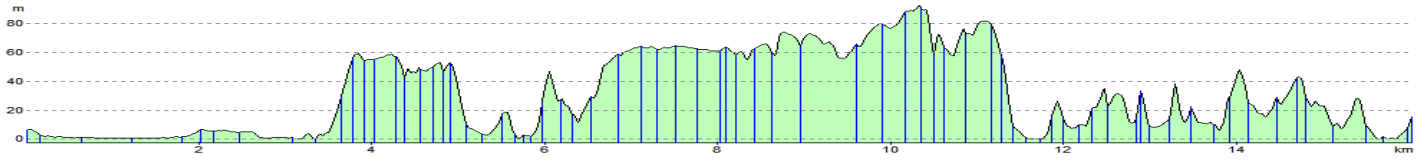
After a hearty breakfast we will hop on a coach to be whisked away to Rhossili and the start of our challenge. Rhossili lies at the southern end of a great swathe of sand of the magnificent Rhossili Bay. But we turn away from the attractive beach and leave behind the village with its tempting pubs and cafes, and instead tootle out to the impressive Worms Head! Along the way we pass inlets and smugglers caves, hidden bays and secluded sandy coves. The path is generally pretty good but there are lots of little ups and downs as our route hugs the tremendous coastline. Eventually we reach Port Eynon and the chance to pick up some refreshments. Now there is a very pleasant stroll across the sandy bay to Horton before a beautiful walk around Oxwich point concludes the day. Hopefully there may even be time for a drink or an ice cream, or just a mellow on the beach before heading back for dinner.
Distance: 12.5 miles (19km) , with 1200 ft (390m) of ascent.



Day 2: Sunday

Oxwich, Three Cliffs Bay to Caswell Bay

After breakfast we take the coach back to yesterdays finishing point where we begin with a renewed energy. The path is a delight, leading us through a thriving nature reserve and through a shady woodland before returning us back to the beach at Three Cliffs Bay. Our route now continues its idyllic meandering route, along the ever changing coast with a series of dramatic towering cliffs, craggy headland and contrasting peaceful sandy bays. Our day concludes at Caswell Bay where the beautiful untouched coastline gives way to the town, but even here there is time to take in the sea air, relax and enjoy the stunning scenery before we hop on the coach to head back to the hotel.
Distance: 10 miles (16km) , with 1,250 ft (400 m) of ascent.



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

Whilst we will be challenged with the superb coastal walking, we will be equally well looked after in the superbly appointed Best Western Diplomat Hotel in Llanelli. This 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 which will help us unwind and relax after a days walking along the coast. . There is also a great Chef who will stimulate our taste buds with some delightful wholesome, filling and energizing meals. Add to this the very comfortable and tastefully decorated bedrooms, which are fully en-suite, have complimentary tea and coffee making facilities, and we have an ideal base for our Challenge!

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 8.00pm. We appreciate that a lot of you will have had long journeys up and it may not be possible to make the 7pm meet. Therefore the main briefing for the Challenge will be after dinner (or even breakfast)

Arrival Meal: 8.00 pm
Briefing after meal.

Saturday

Breakfast: 8am
Short Briefing: 9am in the Lounge
Leave by coach to start the Challenge: 9:15am
Picnic lunch
Three course dinner: 7.30pm

Sunday

Breakfast: 8am
Leave by coach: 9am
Picnic lunch

Friday 18th – Sunday 20st Aug 2017	Price per person
Full Package With 2 nights accommodation, 2 breakfasts, 2 picnic lunches, 2 evening meals All transport to walks Professional walking guides	twin share £181.00 per person single £221.00 per person (Maximum no. 50)
Extra night Sunday 20st Aug – Monday 21st Aug **Bed Dinner Breakfast**	£60.00 per person in a share room £80.00 per person in a single
Event only, 2 picnic lunches, 1 evening meal, All transport to walks Professional walking guides	£75

3. WalkWise Joining Instructions to The Diplomat Hotel, Llanelli & the Gower Peninsula

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 meal: is set for 08:00 pm 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!)

Arrival time: any time after 04:00 pm. Should you wish to arrive any earlier please enquire at the centre directly.

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.

The maps you will need for this weekend is 1: 25 000 EX 164 GOWER / Llanelli.

Centre Tel: 01554 756 156
Address: The Diplomat Hotel, Felinfoel, Llanelli, Carmarthenshire, SA15 3PJ

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

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.

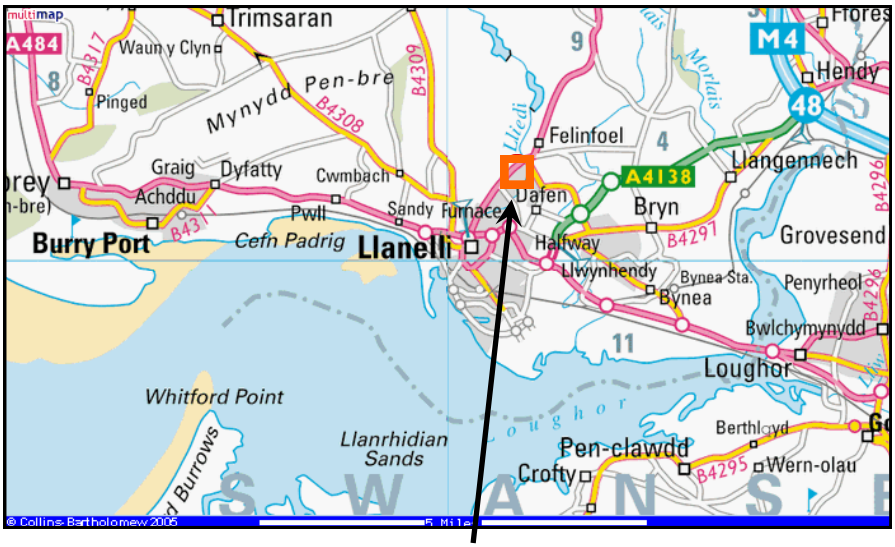
Overall travel contacts: http://www.travelline.org.uk 0871 200 22 33

Train: http://nationalrail.com 08457 48 49 50

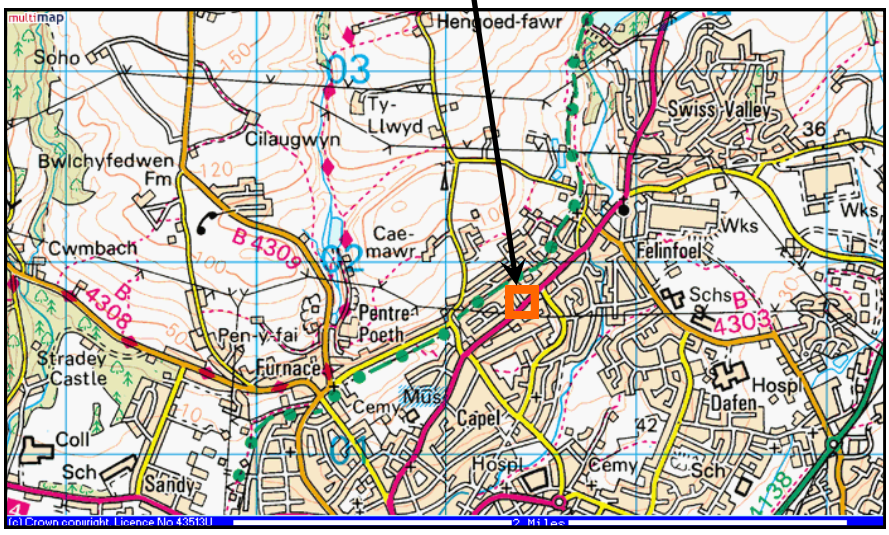
The nearest trains station is about 5 minutes taxi rise away from the Diplomat Hotel.
MillenniumCoastal Park Tourist Info: 01554 777 744

Taxi Numbers:
Llanelli Cabs 01554 741 888
Felinfoel Cars 01554 751 012

By car:
Leave the M4 at junction 48 and take the A4138 towards Llanelli. (left turn) ,
Turn right at 3rd roundabout (about 3 miles) taking the B4303 Exchange Row towards Dafen.
At T junction turn left onto the A476 Farmers Row.
After the Felinfoel Brewery and shops turn right into the Best Western Diplomat Hotel.



The Diplomat



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:

- Trekking Poles
- 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

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:

- Extra warm clothing

5. Preparing yourself for the Event

The Gower Coastal Challenge is a physically demanding event. You will be walking along the coast for two days and each of these days will consist of up to 12.5 miles, and the coast is not flat, there are a number of ups and downs along the way. 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 Summary of Booking Conditions

1) Please register your provisional booking using the online booking form on the Breast Cancer Now Website.
   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.

2) Your place is secured only when WalkWise UK Ltd receive your deposit

3) Payment By **Cheque**:
   Please make out all cheques to **Walkwise UK Ltd Trust Account** , remembering put your **name** and **trek** on the back of the cheque and then send them to:
   Walkwise UK Ltd
   30 Greenways Drive
   Endmoor
   Kendal
   LA8 0EL

   Bank transfer
   Alternatively, you can pay directly into Walkwise Account, Please add your name and trek in the reference section
   Trust account: Walkwise UK Ltd Trust Account
   Sort code: 01-09-75
   Account no: 81234228

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.

7) For complete Booking conditions please see
   http://www.walkwise.co.uk/terms-and-conditions.html

8) Their company address is
   WalkWise UK Ltd
   30 GreenWays Drive Endmoor Kendal LA8 0EL
   Tel Fax 01539 560 911
   e-mail : holidays@walkwise.co.uk
   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.

8. Other Useful Info

Maps:

1:25 000: EX164: Ordnance Survey Explorer Map – Gower / Llanelli

Other Useful Info:

- www.breastcancernow.org
- http://www.hadrians-wall.org
- www.gilslandspa.co.uk
- www.walkwise.co.uk
- BreastCancer Now Tel: 0207 025 2426 Email: events@breastcancernow.org
- Walkwise Tel: 01539 560 911 Email: holidays@walkwise.co.uk