



Breast Cancer Nows' The Yorkshire Dales Challenge Friday 4th – Sunday 6th August 2017



1. The Yorkshire Dales Challenge!

The Yorkshire Dales is famous for its wide open spaces, wonderful moors and dales and Wharfedale is often referred to as the queen of the dales. This trekking challenge covers some 22 miles through this stunning valley. From the upper reaches of the valley, our trek starts at the lovely village of Starbottom, before trekking through to Kettlewell, Grassington, Burnsall, the Strid, Bolton Abbey and finally after 2 days of trekking we will finish in the market town of Ilkley. The route is based on the long distance footpath the Dales Way and passes through beautiful market towns, quaint villages and peaceful hamlets, many with welcoming inns and cafes. There are lovely peaceful sections alongside the majestic River Wharf and there are a few ascents on Saturday which lift us above the valley through the limestone escarpments and onto the open fells beyond, where we are rewarded with stunning views across this wonderful landscape.

Most of the route is on good country tracks and footpaths, and there a few ups and downs on Saturday to add a little challenge.

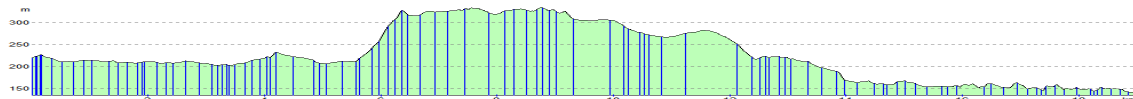
Day 1: Saturday Starbottom, Kettlewell, Grassington and Burnsall



After breakfast we will hop on the coach which will take us to the start of our trekking challenge in Starbottom in the upper reaches of Wharfedale. Here the lush green meadows of the valley bottom are crisscrossed by a myriad of dry stone walls which help create this unique landscape. Our path begins following the gently flowing waters of the river Wharf and allows our legs to get warmed up as we approach the village of Kettlewell. Here the route gently ascends through Scargill and above the

limestone escarpments and pavements and onto the fells beyond. This rewards us with some stunning almost aerial views over the length of the valley below. Ahead the market town of Grassington appears in the view and this is our next destination and the thought of a refreshing ice cream or cold drink is a lovely thought as we trek back down into the valley. Our final stretch for the day now rejoins the River Wharf and we follow its sweeping meanders down to the quiet village of Burnsall where a pub and café await our arrival on the village green.

Distance 12 miles with 1,200ft of ascent

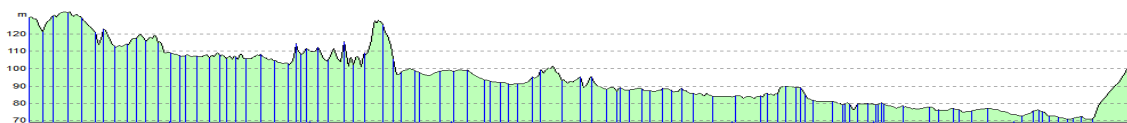


Day 2: Sunday Barden Bridge, The Strid, Bolton Abbey and Ilkley



The coach will once again return us back up the valley, this time to Barden Bridge where we begin the second days trek. We immediately join the river side footpath as is accompanies the river downstream across the open farmland. Once again we are surrounded by the fells and moors that surround the vale and we can enjoy the views as our legs start warm up again. Soon we reach the mature deciduous woodlands of the strid. Here the shady woodlands cast a dappled light onto our cool path. At one point the Strid itself this huge river passes through an impossibly narrow cutting just 10 ft across! Our path then makes its way down to the Cavendish Pavilion and the romantic Bolton Abbey. We can cross the stepping stones to take a closer look before we continue on our way back down the Addingham and our final destination of the day, Ilkley!

Distance 10 miles with 500ft of ascent



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

The Craigland's hotel was one of the largest and most resplendent hydro's in Ilkley. Today it fuses the grandeur with a contemporary fresh, modern ambience alongside a warm and friendly service. All 62 rooms are well equipped and non-smoking. They have complimentary, coffee and tea making facilities, hair dryers, direct dial telephones, flat screen tv's with freeview, complimentary shower gel soaps, shampoo and shower lotions, wi-fi in many rooms (genuine Victorian building!) and throughout the ground floor. As well as being proud of its heritage Craigland's is also proud of the cuisine they offer. They combine simplicity with excellent locally sourced ingredients including good vegetarian meals. They purposely offer a quality but relatively narrow selection to ensure a consistently high standard and the choice changes regularly to maximise the use of produce appropriate to each season. The hotel has 200 free car parking spaces on site which is not to be underestimated and an on-site beautician should you wish to treat yourself a little!

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

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

<u>Friday 4th – Sunday 6th August 2017</u>	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 £226.00 per person (Maximum no. 50)
Extra night Sunday 6 th – Monday 7 th May 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



Walking Weekend On Ilkley Moor bah tat
Joining Instructions to Craiglands Hotel, Ilkley



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 time:** any time after **2pm**. Should you wish to arrive any earlier please enquire at the centre directly.
- **Arrival meal:** is set for **8pm** 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.

Venue: The Craiglands Hotel, Cowpasture Road, Ilkley, West Yorkshire, LS29 8RQ. (1 on maps)

Telephone: 01943 430001

There are 200 free spaces in the car park.

Directions:

By car from the South

From the South - Take the M1 and follow the northward signs at Leeds to A1/M. Continue on the A1/M until Junction 45 Leave the A1(M) at junction 45, then at Grange Moor roundabout take the 1st exit onto the A659 Signposted Otley, Wetherby A168. After 0.4 miles at roundabout take the 2nd exit onto the A659

Signposted Otley. After 0.8 miles At T-junction turn left onto the A58 Signposted Leeds. In 0.4 miles Turn right onto the A659. In a 4.2 miles At traffic signals turn right onto the A61 Signposted Harrogate. Then in 1.1 miles Turn left onto the A659 Signposted Otley. In 4.4 miles At roundabout take the 1st exit onto the A658 Signposted Bradford, Leeds. In a further 1 miles At traffic signals turn right onto the A660 Signposted Skipton. In 2.1 miles At roundabout take the 1st exit onto the A660 Signposted Skipton. In 1 miles At roundabout take the 2nd exit onto the A660 Signposted Skipton. In 1.5 miles At roundabout take the 2nd exit onto the A65 Signposted Skipton. In 1.0 at next roundabout take the 2nd exit onto the A65 Signposted Skipton. In 3 miles Branch left, then merge onto Brook Street. In 0.1 miles turn left onto Station Rd. After 0.2 miles turn right onto Cowpasture Road. Then 0.62 turn into Craiglands Hotel on right.

By car from the north

From the North - Leave the A1(M), at junction 45, then at Grange Moor roundabout take the 1st exit onto the A659 Signposted Otley, Wetherby A168. After 0.4 miles at roundabout take the 2nd exit onto the A659

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

Travel by train

The nearest railway station is Ilkley (0.5 miles away from the hotel).

London via Leeds and takes about 3.0 hrs including the change over at Leeds.

Manchester via Leeds and take just under 1.5 hrs including the change over at Leeds.

Train Information	http://nationalrail.com	08457 48 49 50
Train Information	http://the.trainline.com	0871 244 1545

By Taxi:

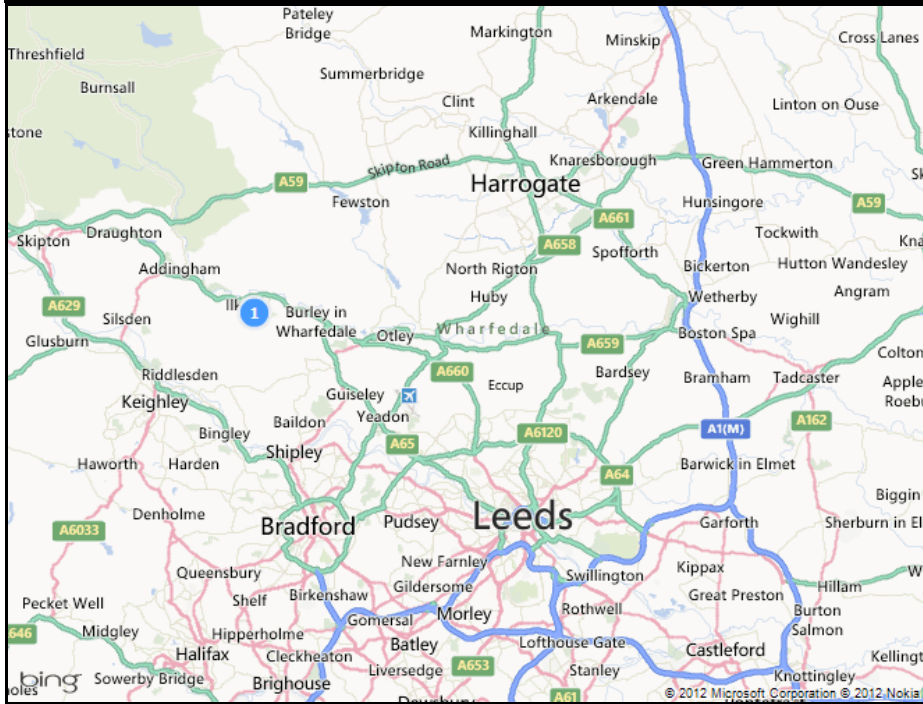
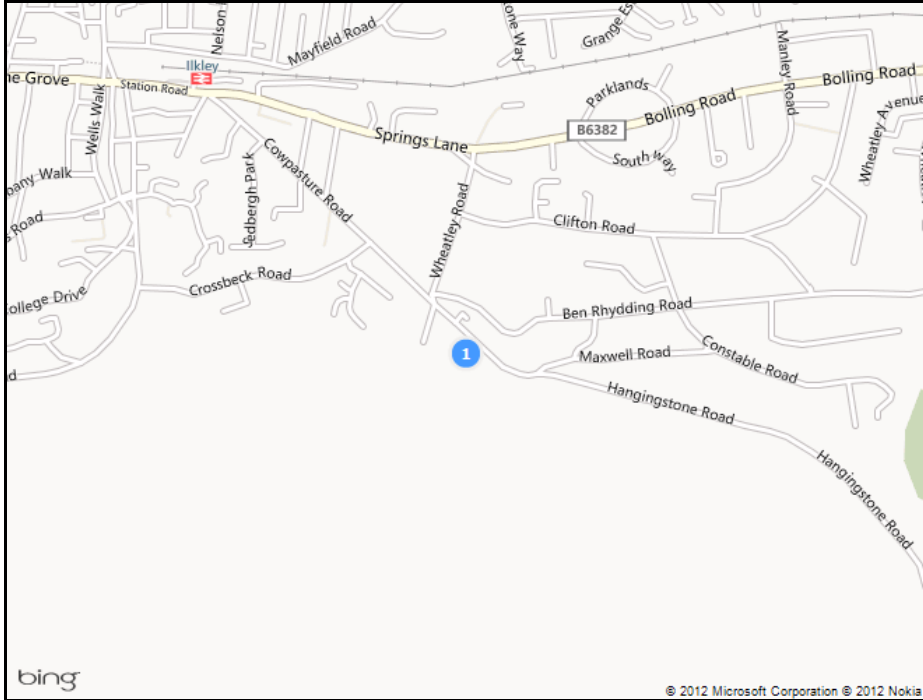
1. Paul's of Ilkley (01943) 600 900
2. Ilkley Private Taxis (01943) 603 330
3. A1 Allied Taxis (01943) 608 006

Ilkley Visitor Information Centre, Station Road, Ilkley, LS29 8HA Telephone: (01943) 602319

If you are having problems finding the centre, please call them directly, or you could call one of the guides:

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 WalkWise guides **at the time**. They will then endeavour to resolve them swiftly so that you can enjoy your trip.





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 Yorkshire Dales 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 12.0 miles, and it is not flat wither, there are a couple of ups and on Saturday in particular. If you are not used to walking, or taking regular exercise, then you ought to prepare yourself. (Sundays' flatter)

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, your 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:

We recommend these maps for this event:

1:25 000: EX297: Ordnance Survey Ilkley Moor & Lower Wharfedale

1:25 000: OL 2: Ordnance Survey Explorer Map- Yorkshire Dales

1:25 000: OL 30: Ordnance Survey Explorer Map- Leyburn

Other Useful Info:

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