

JURASSIC COAST TREK



Highlights

- Hike along the challenging yet magnificent Jurassic Coast, England's first UNESCO designated natural World Heritage Site
- Trek this dramatic coastline with rocks recording 185 million years of the Earth's history
- Experience one of the most geologically diverse coastlines in the world
- Pass Lulworth Cove and the iconic natural limestone arch of Durdle Door
- With a recent history of mining, shipwrecks and smuggling, this remarkable stretch of coastline provides a dramatic trekking adventure
- Fully supported hike with one night's accommodation included.



WELCOME

Overview

The Jurassic Coast Trek Stretches 95 miles between Old Harry Rocks in Dorset, to Orcombe Point in East Devon, the Jurassic Coast, England's first Natural World Heritage Site, is the most geologically diverse coastline in the world and a perfect setting for your epic one day trekking challenge. This striking shoreline, encompassing 185 million years of the Earth's history, means you can trek many millions of years in geological time as you cover 22 miles in just one day.

With a more recent history of mining, shipwrecks and smuggling, this is a fascinating stretch of coastline. Your trekking adventure will take in some of its most spectacular scenery, from the renowned natural stone archway of Durdle Door to the picturesque Lulworth Cove, as you continually climb and descend the steep hills of the Jurassic Coast.

Private trips available if you have a group of over 12 people. Please get in touch as we'd be happy to set up a Jurassic Coast Trek that meets with your requirements. Simply email: info@adventurousewe.co.uk or call 01492 588 069.





TRIP SUMMARY



Activity: Trekking
Duration: 1 night & 1 day
Active days: 1 day
Distance: approx. 22 miles
Accommodation: Hotel (twin share basis)
Deposit: £75 per person
Remaining balance: £120 per person

Group size: 12 - 40 people
Level of difficulty: ■■■■
Tough
Dates: Run from May to September
Typical itinerary: **Friday:** briefing & accommodation
Saturday: the trek
Though this trek can be run on any day for private groups over 12 people.

ROUTE MAP

Get ready for an adventure



STARTING POINT: Osmington

TREK: approx. 22 miles

FINISHING POINT: Corfe Castle

ITINERARY

2 boots. 22 miles. 1 epic journey on foot

DAY 1

BRIEFING AND OVERNIGHT ACCOMMODATION

Make your own way to the hostel and overnight. Hostel info will be provided on booking. There is free car-parking on premises.

If you are planning to catch a train the closest rail station to Osmington Mills in Weymouth. The taxi journey from Weymouth train station to the hostel is approximately 15 minutes.

Briefing:

At **19:00** there will be a trip briefing held outside the hostel. The briefing will go for approx. 30 minutes and following this you are welcome to make your own dinner arrangements. If you are unable to make the briefing, please let Jim know via 07747 346 588 as we can provide you with a briefing the following morning prior to the start of your adventure.

Dinner is available in the hostel.

Included

Accommodation:	Hostel (dorm share basis)
Meals:	Not included

DAY 2

JURASSIC COAST TREK

After an early start and a hearty breakfast you will leave the seaside town of **Osmington** on the start of your 22 mile trekking challenge. Trekking along the scenic path you will pass through coastal hamlet of **Osmington Mills** leaving the magnificent views of Weymouth Bay behind you.

With the path hugging the coastline you will spot one of Dorset's most photographed and iconic landmarks, Durdle Door, an impressive natural limestone arch. Having a break from the coastal cliffs, you will trek the undulating green hills before reaching the clear blue waters and beautiful white pebble beach of Lulworth Cove, marking approximately the halfway point of your trek. The perfect place to enjoy your packed lunch of local produce.

Following more of the coastline before heading inland, you will continually climb and descend the steep hills of the Jurassic Coast before reaching your finishing point at Corfe Castle. Corfe Castle is a fortification standing above the village of the same name on the Isle of Purbeck in the English county of Dorset. Built by William the Conqueror. The castle dates to the 11th century and commands a gap in the Purbeck Hills on the route between Wareham and Swanage and provides an epic setting to the finish of your Jurassic Coast Trek.

Return transfer to the train station can be provided or you are welcome to stay an additional night to further explore this incredible area of the UK.

ESSENTIAL INFO

The nuts & bolts of your adventure

01

Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Jurassic Coast Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leaders for the duration of the trek.

Our Leaders are first aid qualified and have extensive experience in leading trips throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders and Crew will carry full safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items. The Leaders and Crew will also be in constant radio communication with the support vehicle and base throughout your adventure.



02



03

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

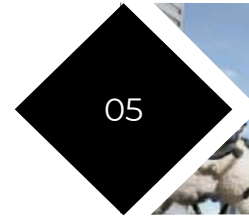
The minimum group size for this trip to run is **12 people** and the maximum group size is **40 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 12 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.



04



05

Level of difficulty

The Jurassic Coast Trek is graded as a 'Tough' challenge given you will be trekking along the undulating coastline of the Jurassic Coast.

There are some steep ascents and descents on uneven terrain plus covering 22 miles in distance makes for a challenging one-day hike.

Weather conditions can be a major influence on this trek as well giving it's coastal location, strong sea breezes can be a factor. However, training, preparation, quality kit and a good dose of gritty determination & endurance will see you get the most enjoyment and reward from this event.

Please check the Met Office weather forecast prior to your trek so you are sufficiently prepared.

Training

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list and exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown**, **The Climbers Shop** and **ashmei** athletic apparel are included in this document.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised and was not used 72 hours before you use it and will not be used for the next 72 hours.



06



07



Adventure with purpose

Adventurous Ewe is a **Snowdonia National Park Gold Accredited Ambassador** and **Snowdon Visit Specialist**. We also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

Internationally we support the leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their sustainable conservation projects around the world. This partnership means that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



WHO IS ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a meticulous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with UK government regulations.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventurousewe.co.uk/pre-trip-info/travel-with-confidence/>

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

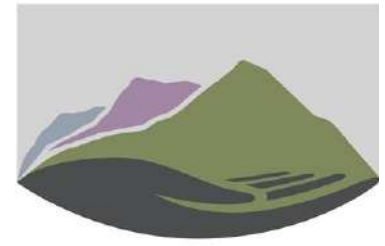
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



Arbenigwyr ar ymweliad â'r Wyddfa
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership



TOP TIPS

Jurassic Coast Trek

- Be prepared. Be cardio and strength fit as the more you are prepared, the more you will enjoy this epic trekking experience
- Train in your trekking kit. including wearing of your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for the big challenge
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, beanie, gloves, snacks, water, first aid & any medication) and your main luggage/travel bag which you can either leave in your accommodation place or vehicle
- Dress the part. and layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Pack your kit inside a dry bag for the trek
- Bring your own facemask and hand sanitiser (essential)
- Look after your feet – blister prevention
- Trekking poles are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak./platypus and flask that you can refill and avoid plastic bottles
- **Most importantly.....SMILE AND ENJOY THE EXPERIENCE!**





COST

Deposit: £75 per person payable on booking

Remaining balance: £120 per person payable 4 weeks prior to your trip start date

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

Fundraising

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

INCLUSIONS & EXCLUSIONS

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei sustainable athletic apparel both in shop and online
- Trip info supplied via our free personalised platform
- Public liability insurance
- Risk assessment and emergency management planning

During your trip:

- One night's accommodation (dorm room share basis)
- Certified trekking leaders who will accompany you on the trek
- Checkpoints and support crew
- Support vehicle
- Transfers per your itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Breakfast, checkpoint snacks, water and packed lunch
- Celebratory fizz and snacks on completion of the challenge
- All trip management and hygienic cleaning procedures of equipment before, during and post adventure.

NOT INCLUDED

- Single room supplement. Please contact info@adventurousewe.co.uk for more info
- Accommodation the night after your trek. Nearby hotel, hostel and campsite recommendations will be provided
- Clothing and equipment on your Kit List
- Personal spending money
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of travel costs.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

CLOTHING

- ☐ **Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots. Both of these items are essential
- ☐ **Fleece Jacket**, wind-stopper or light weight down jacket (ideal to keep warm when you stop for a break particular in windy or cooler conditions)
- ☐ **Trousers** - synthetic / nylon or polyester comfy trekking trousers. Zip off legs are ideal for warmer weather conditions. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- ☐ **Shorts** – if the weather forecast is for warm weather. Avoid cotton fabric
- ☐ **Headwear** - warm woolly hat and cap/sunhat
- ☐ **Buff** – for sun protection and warmth
- ☐ **Gloves** – warm wind-stopper gloves
- ☐ **Wicking/merino wool t-shirt** – for trekking
- ☐ **Long sleeved wicking top** – for sun protection
- ☐ **Casual clothes** for the evenings and travel
- ☐ **Sleepwear** for the hostel
- ☐ **Underwear** – recommend merino wool

TRAVEL ADMIN

- ☐ **Travel tickets ie. train tickets**
- ☐ **Debit/credit cards**
- ☐ **Cash for taxi's**

FOOTWEAR

- ☐ **Hiking boots** – well-worn in with ankle support and waterproof for the hike
- ☐ **Trainers** – or other comfy shoes for casual wear
- ☐ **Socks** – recommend merino wool hiking socks and bring a spare pair to change into during your trek
- ☐ **Flip-flops or sandals** – post trek

BAGS

- ☐ **Overnight bag** – which you can leave any items not needed during your trek. This can be left in your accommodation place or vehicle
- ☐ **Small kit bag/day pack** – which you can leave on the support vehicle with a change of clothing & socks, additional snacks, electrolytes, etc.
- ☐ **Daypack** – 20 - 25 litre rucksack to carry your kit required on the trek. An internal dry bag and/or rain cover is recommended
- ☐ Please ensure you clearly mark all your bags with your name

EQUIPMENT

- ☐ **Water bottle** – (essential) 2-3 litre capacity or a platypus / camelbak system.
- ☐ **Thermos** – (optional) if you wish to take a hot drink on the trek (ideal for wet weather)
- ☐ **Head torch** & spare batteries (essential)
- ☐ **Sunglasses** – strong UVA/UVB protection preferable
- ☐ **Trekking pole(s)** - optional. Please train with these prior to your trek

ADDITIONAL ITEMS

- ☐ **Hand sanitiser** (essential)
- ☐ **Face mask**
- ☐ **Favourite snacks**, both sweet and savoury
- ☐ **Electrolytes** – especially for warm weather forecast
- ☐ **Sunscreen and lip block** – SPF50 as a minimum
- ☐ **Camera** – enclose in a dry bag
- ☐ **Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap / shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- ☐ **Light-weight mico-fibre towel**
- ☐ **Personal First Aid** - please bring any personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.

NICE TO HAVE

- ☐ **Duct tape** for emergency repairs – (wrap some around your trekking pole or water bottle rather than carrying a whole roll)
- ☐ **Ear plugs** for hostel
- ☐ **Spare dry bag** for dirty or wet clothing
- ☐ **Multitool/Swiss army knife**
- ☐ **Portable charger**

Two days prior to your trip, please check the met office weather forecast and prepare accordingly. Visit [Met Office](#)

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Discount codes will be provided on booking this challenge.



For more info please visit:

<https://www.adventurosewe.co.uk/training-kit/>

CONTACT US

For any further info or any questions,
please feel free to contact us at:



01492 588 069 / 07747 346 588



jim@adventurousewe.co.uk
susan@adventurousewe.co.uk



Online chat on our website at
<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





We look forward to welcoming
you to the spectacular Jurassic
Coast for this epic trek.

