



JURASSIC COAST TREK



Activity:	Trekking	Group size:	16 - 25 adults
Duration:	1.5 days in total	Level of difficulty:	■ ■ ■ □
Event duration:	1 day trekking		Tough
Distance covered:	Approx. 22 miles	Cost:	Registration fee: £ 65pp
Accommodation:	One night in a hostel		Final balance: £120pp
Dates:	October 2019		

Highlights

- Hike along the challenging but magnificent Jurassic Coast, England's first UNESCO designated natural World Heritage Site
- Trek the truly stunning coastline with rocks recording 185 million years of the Earth's history. The most geologically diverse coastline in the world
- With a more recent history of mining, shipwrecks and smuggling, this is a diverse and interesting stretch of coastline to trek along.

Grab this opportunity to pit yourself against the spectacular landscape of the Jurassic Coast in this impressive yet quite tough one day challenge.

The sense of achievement is enormous as you conquer this 22-mile route of steep ascents and descents on the English coastline.

ITINERARY

JURASSIC COAST TREK

DAY 1

Event preparation, dinner & accommodation

Arrival at Lulworth Cove YHA in the late afternoon. The hostel is located just 1 mile from Durdle Door and Lulworth Cove which gives you a great opportunity to explore the area in the afternoon on arrival if you wish.

That evening you will receive a full event briefing from your Adventurous Ewe Mountain Leader to ensure you are well prepared for the following day's challenge. You are welcome to ask any questions about the event during this session. Dinner to follow at participants own expense. Please note our accommodation location may change due to availability. Your accommodation will be confirmed 2 weeks prior to the challenge start date.

Included

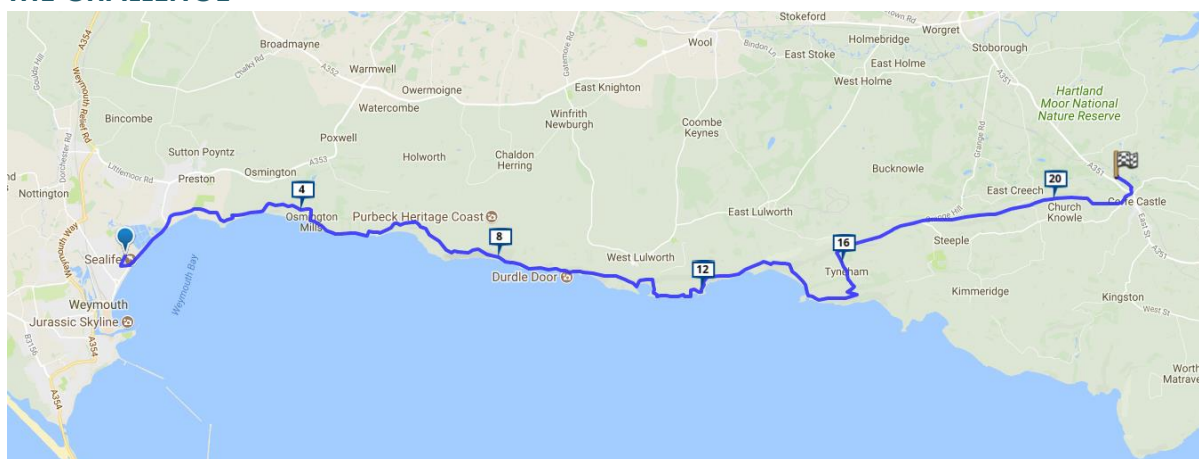
Accommodation: Hostel or similar (dorm room basis)

Not included

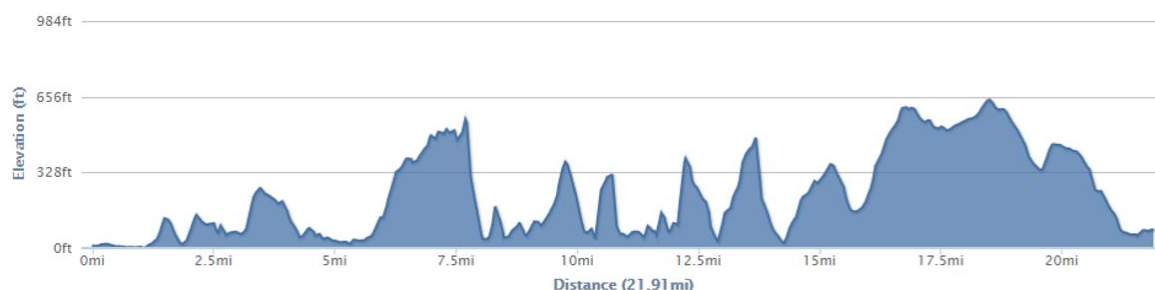
Meals: Dinner not included

DAY 2

THE CHALLENGE



Elevation Graph:



Highcharts.com

Distance: Approximately 22 miles

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ITINERARY

NIXERCISE MIGHTY MARATHON TREK – JURASSIC COAST

Trek 22 miles

After an early start and a hearty breakfast, you will start your 22-mile trek from the coastal hamlet of Osmington Mills leaving the magnificent views of Weymouth Bay behind you. Hugging the coastline you will pass one of Dorset's most photographed and iconic landmarks, Durdle Door, an impressive natural limestone arch on the coast. Taking a short 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. This marks the halfway point of your trek. 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.

Included

Meals:	Breakfast included
Distance covered:	Approx. 22 miles
Trekking time:	Approx. 6 - 8 hours
Crew:	Adventurous Ewe Mountain Leader/s Support vehicle and driver

Not included

Meals:	Lunch. A packed lunch can be purchased from the hostel
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Durdle Door

COSTS AND INCLUSIONS

JURASSIC COAST TREK

COSTS

WHAT'S INCLUDED

Before your trek

- Personalised event support in the lead up to your trek from Adventurous Ewe
- Discount on personal kit from Cotswold Outdoor retail store both in shop and online
- Final details email containing all the info you need to know before your trek
- Public liability insurance
- Risk assessments, safety and emergency management planning.

On your trek

- Transfers to and from Lulworth to event start / finish points
- One night's accommodation prior to the trek in a hostel or similar
- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance permission to national parks
- Breakfast on the morning of the trek
- Snacks and water and during your trek
- Luggage transfer from hostel to finish point
- All challenge management before, during and post event.

WHAT'S NOT INCLUDED

- Dinner the night before your trek
- Packed lunch during the trek. This can be purchased through the hostel
- Clothing and equipment listed on your Kit List
- Personal spending money.

HOW TO BOOK

The easiest way to book onto this trek is online via the Adventurous Ewe website at <http://www.adventurousewe.co.uk/>

You will need to pay a non-refundable registration fee of £65 at the time of booking and pay the final balance 4 weeks prior to the event date. You may wish to use this trek as a fundraising event for your chosen charity.



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FURTHER INFORMATION

JURASSIC COAST TREK

LEVEL OF DIFFICULTY

This is the ideal event for participants who are of an adventurous spirit and an open mind, but potentially haven't taken on a long distance trek before. Adventurous Ewe will provide plenty of support and a training programme in the lead up to your trek to help with your preparations.

A good level of fitness and endurance is required for the trek due to the steep ascents and descents. The weather conditions along the coastline can also make this trek quite tough.

CLOTHING AND EQUIPMENT

Equipment of good-quality and durability could make the difference between a fantastic trekking experience and an uncomfortable one.

This document includes your kit list though please note it is essential that all trekkers have a waterproof jacket and trousers, hiking boots, warm clothing and be prepared for all weather conditions.

WEATHER

Please be prepared for all kinds of weather conditions from warm sunshine to cold, windy & wet weather. Despite your trek being in the start of Autumn, the weather is unpredictable in the UK, particularly along the coastlines. Please refer to your kit list and ensure you have the right kit to protect you from sun, heat, wind, cold and rain. Your kit will make your event either a great one or an uncomfortable one.

SAFETY

Adventurous Ewe prioritises the safety of all their participants and staff, and as such have developed a thorough safety management system. This encompasses comprehensive risk assessments and procedures together with audits of all aspects of your trek from vehicle transfers, accommodation and to your activities. Your health and safety is our top priority.

ADVENTUROUS EWE STAFF

All our Adventurous Ewe Guides are qualified Mountain Leaders and have been carefully selected to ensure you have the best experience on your trek with a bit of humour thrown in for good measure. All Guides are first aid trained as well.

ETHICAL EVENT MANAGEMENT

Adventurous Ewe is committed to delivering events in a responsible and ethical manner with sustainable development at its core. We respect and aim to operate our adventures and events to benefit local people, their economy and the environment!

Some of the ethical event management features are:

- Using local crew who are qualified Guides, support crew and drivers who are all extremely knowledgeable and experienced
- Staying in locally owned accommodation
- Minimising plastic waste wherever possible
- Operating with a 'leave no trace' ethos.

JURASSIC COAST TREK – KIT LIST



KIT LIST

Good quality, durable kit could mean the difference between a fantastic event and an uncomfortable one. This is a list of recommended kit to take on your Jurassic Coast Trek.

Clothing

- **Base layer** – preferably a synthetic wicking layer with a long sleeved top
- **Fleece Jacket or Wind-stopper**
- **Trousers** - fleece or synthetic / nylon or polyester. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- **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
- **Wicking t-shirt** for trekking
- **Headwear** - warm woolly hat and cap/sunhat
- **Gloves** - a pair of thin wind stoppers
- **Buff or bandana** – for the cold or sun protection
- **Casual clothes for the hostel**

Footwear

- **Boots** - well worn in with ankle support and waterproof for the trek
- **Trainers** – for the hostel and transfers
- **Socks** – spare socks for trekking

Bags

- **Kit bag** – preferably a small rucksack. This bag will be transferred during the course of the day
- **Rucksack** – 15 litre rucksack to carry your water-proofs, water, food, camera, and all personal kit required. A rucksack liner/dry bag is recommended

Equipment

- **Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelback system
- **Head torch & spare batteries**

- **Sun glasses** – strong UVA/UVB protection preferable
- **Trekking pole(s)** - optional. Please train with these prior to your trek

Miscellaneous kit

- **Sun screen and lip block** – SPF30 as a minimum
- **Camera** – enclose in a dry bag
- **Toiletries** - Including wet-wipes, toilet roll & nappy sacks (for toilet paper rubbish on the trek)
- **Towel and flip flops** – for the showers in the hostel
- **Personal First Aid** - please bring any personal medication plus paracetamol, brufen, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape

Nice to have

- Ear plugs for the hostel
- Favourite snacks, both sweet and savoury
- Something to flavour your drinking water ie. Robinson's squash (mini 66ml size), Zero tablets etc.
- Alarm clock
- Gaffa tape for emergency repairs – (wrap some around your trekking pole or drink bottle rather than carrying a whole roll)
- Spare clothes for casual wear

For any further information or if you have any queries, please contact:

Jim Young at Adventurous Ewe

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