



Arthur Rank Hospice Charity

# #TeamArthur Jurassic Trek 2023

**17 - 19 March 2023 | One team | 25 miles**

*making every moment count*

This challenge is operated by The Different Travel Company for Arthur Rank Hospice Charity (Registered Charity Number: 1133354)



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## Jurassic Coast

The Jurassic Coast is located in the South of England and was England's first natural World Heritage Site.

It stretches 95 miles from Orcombe Point at Exmouth, East Devon to Old Harry Rocks at Studland, Dorset, with rocks dating back 185 million years. It is part of the much longer South West Coast Path trail, which covers a 630-mile route around the coastline of the South West peninsula. The Jurassic Coast area is a fossil hunter's dream with dinosaur remains having been found here.

You will walk approximately 25 miles along the beautiful coastal path from Lulworth to Studland. The undulating cliffs provide stunning views over the sea and surrounding landscape and offer a very worthy challenge!

We will be spending the weekend at a bunkhouse in Worth Matravers, a perfect mid-way base to explore this picturesque part of English coastline.

## What is the experience like?

### What is the terrain like?

The terrain is undulating with steep up and downhill sections. Almost all the route is on good grassy paths or stony trails. There are a few stretches walking along or near roads as you approach towns or areas of coastal diversion.

### How tough is it?

This trek is graded challenging due to the steep and rugged terrain and many hours of walking but anyone who has a reasonable level of fitness can walk the Jurassic Coast path. You will trek approximately 25 miles taking around 15-18 hours. You need to be in good health and of good fitness with bucket-loads of determination. If you are the sort of person who can dig deep and just doesn't give up then this is for you.

### How fit do I need to be?

You should be of a good fitness level before departure to have the best chance of completing the challenge. You should have done some UK hill walking in the recent past and be prepared to take part in some hill walking in advance of this trek to ensure you have a good level of endurance, general cardiovascular fitness and strength for this type of terrain. This is not a gentle tourist hike; it is a challenging event.

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### Steep ascents and descents

Some of the ascents are very gradual and you barely notice that you are gaining height but there are some short, sharp, steep sections that really get the heart and lungs going. Knowing how to manage your pace as the incline changes is very important, especially keeping in mind that you can't walk the same pace on steep ascents as you can on flat terrain. Maintaining a steady pace is more energy efficient than walking too fast and having to frequently stop to catch your breath. Frequent starting and stopping is also a poor use of the body's energy supplies and you will find yourself far more fatigued by the end of the walk than if you took a gentler non-stop pace.

What really tests people are the sections where there is a steep *descent*. Some struggle with the worry of slipping but many more struggle with discomfort in their knees. Ensuring that you have good core, leg and glute strength is helpful for this challenge.

### How should I train?

This is a tough endurance challenge so you must be able to walk for extended periods of time on challenging terrain. This challenge is not suitable for first-time walkers or people who have not trained.

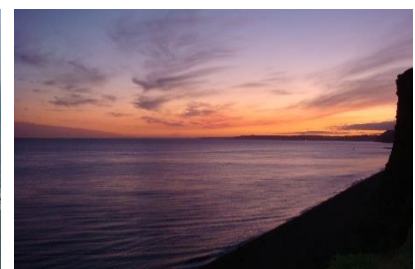
Hill walking is the best training for this challenge, so please walk as much as possible on hilly terrain, building up so you are able to maintain a steady pace all the way along your route with only a few brief rest stops. In addition to hill walking, you are recommended to work on strengthening your legs, back and core muscles. Supplementary training may include speed walking, running, cycling, gym workouts, swimming, team sports, boot camps etc. If you do not train for this challenge, it's possible you will not complete it.

### Practical information

#### Who can participate?

The challenge can be undertaken by fit walkers aged 18+ (or 16+ if accompanied by an adult). You must be at a good level of fitness, able to self-manage (e.g. you know how to keep hydrated, nourished, warm and dry), be in good health, have oodles of determination and a positive and flexible can-do attitude.

An ideal candidate would be someone who enjoys hill walking and wants to push themselves out of their comfort zone.





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### Where will we stay?

We will be staying in a simple hostel-style building with shared bedrooms. Our group will have full use of the lounge and gardens throughout our stay. NB. The bunk house can sleep up to 24 people. However, dependent on our final group size some may be required to camp on site, but we will inform you of this when you book.

### When do I need to arrive?

You must arrive by 6pm in time for dinner and the trip briefing. Full details of the accommodation and directions will be provided 6-8 weeks prior to departure.

### Where can I park?

There is free parking available at the site.

### What should I bring?

For the challenge itself you will need to wear comfortable walking boots (**not** trainers) and non-cotton clothing. You will be responsible for carrying your own lunch, drinking water, waterproofs and warm layers, sunglasses, basic first aid kit, sunscreen etc. You will also need to bring your own sleeping bag though linens are available for hire on request. NB. The bunk house can sleep up to 24 people. Please see the full suggested kit list below.

### What about climate and conditions?

The weather in the UK is unpredictable and changeable so you must check the local weather forecast prior to arrival and pack accordingly.

Typically, temperatures can range between 11°C and 2°C with average temperatures around 6°C. Nights are colder (down to around 1°C). Strong, cold winds are possible on some parts of the route.

Please note it is possible to experience extreme deviations from the normal climate pattern and very cold conditions are not impossible. Climate and weather conditions during the trip are out of our control. It is extremely important that you take responsibility to prepare yourself for all weather conditions during this challenge.



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### Medical declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing this booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to take part from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

### COVID-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We are constantly monitoring and following Government guidelines with regards to COVID-19 restrictions. Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

We are optimistic that this trip will operate as scheduled, however if restrictions here in the UK prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures and you may need to provide a certificate of health. We are closely monitoring the situation and will inform you about any information pertinent to your travel arrangements. If you have any questions or concerns, please contact us on [info@different-travel.com](mailto:info@different-travel.com).



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## Trip cost

There is a registration fee of **£100** payable by each person at the time of booking. Then you are asked to fundraise a minimum of £520\* for Arthur Rank Hospice Charity. A total of £416 must be raised by **Friday, 23 December 2022** and the remaining £104 must be raised by **Friday, 17 March 2023**.

A self-funded option, where you pay £260 trip costs yourself and fundraise a minimum of £260 is also available.

### Trip Includes:

- ✓ 2 nights accommodation
- ✓ Meals as specified in the itinerary
- ✓ Transport between bunk house and walk start/finish points
- ✓ UK walking guide
- ✓ UK Different Travel tour manager

### Trip Does Not Include:

- ✗ Personal expenses (e.g. extra snacks or drinks etc.)
- ✗ Tents for those who are camping, if required
- ✗ Transport to/from the bunkhouse
- ✗ Travel insurance
- ✗ Trekking kit

\*Arthur Rank Hospice Charity will receive at least 50% of the fundraising target.





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### Itinerary

#### Day 1 (Friday 17 March 2023): Arrival

You should arrive at the bunk house no later than 6pm, so there is time for you to meet the group and have a challenge briefing over dinner.

*Meals: Dinner*

#### Day 2 (Saturday 18 March 2023): Lulworth Cove to Worth Matravers:

After an early breakfast we travel to Lulworth Cove by minibus. Highlights today include crossing the Lulworth Range, looking out for ancient fossils, and if we're lucky, even spotting a dolphin or two!

Today's hike will end at Worth Matravers where a minibus will be waiting to transport us back to the bunk house for a well-earned dinner.

*Trek distance: Approx. 14 miles*

*Meals: Breakfast, packed lunch, dinner*

#### Day 3 (Sunday 19 March 2023): Worth Matravers to Studland

We transfer back to where we ended yesterday's walk and continue along the coastal path in an easterly direction, passing stunning scenery to Swanage via Durlston Head and Old Harry Rocks before reaching Studland Bay. We transfer back to the bunk house to retrieve our cars and luggage to head home.

*Trek distance: Approx. 11 miles*

*Meals: Breakfast, packed lunch*



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## Suggested Kit List

### Clothing

- ☐ Non-cotton underwear and socks
- ☐ Non-cotton trek trousers
- ☐ Non-cotton t-shirt
- ☐ Non-cotton long sleeved warm layer
- ☐ Hiking boots (well broken in)
- ☐ Waterproof jacket and trousers
- ☐ Lightweight insulated jacket or warm fleece
- ☐ Sun hat and warm hat
- ☐ Gloves

### Accessories

- ☐ Portable battery pack for mobile phone (optional)
- ☐ Camera (optional)

### What food and drink do I need?

- ☐ 3 litres of water
- ☐ Snacks
- ☐ Electrolyte tablets (e.g. Nuun, High5 etc.) (optional)

### What to carry?

- ☐ Day pack (25 –35 litres)
- ☐ Waterproof rucksack liner / dry bag
- ☐ Packed lunch (provided)
- ☐ Mobile phone - fully charged
- ☐ LED head torch with new batteries inside
- ☐ Wallet with cash and credit/debit card(s)
- ☐ Sunglasses
- ☐ Toilet paper\*
- ☐ Nappy sacks or disposal bags to carry any used toilet paper\*
- ☐ Hand sanitizer
- ☐ Sunscreen (high SPF)
- ☐ Small, basic first aid kit (pain killers, blister plasters, plasters, your own personal medication)
- ☐ Feminine hygiene products\*
- ☐ Small pack of baby wipes (optional)
- ☐ Hiking poles (optional)

### What to bring for the bunk house?

- ☐ Sleeping bag (warm enough for night temperatures possibly reaching 0°C)
- ☐ Sleeping bag liner
- ☐ Towel
- ☐ Toiletries (toothbrush\*, toothpaste\*, shower gel\*, shampoo\*, deodorant\* etc.)
- ☐ Thermos flask / mug plus hot refreshment items e.g. tea, coffee, hot chocolate (optional)

**PLEASE NOTE:** This list is just a guideline and is not exhaustive; it does not account for your personal preference or requirements. You should conduct your training walks with the same clothing and equipment you intend to use on the day of the challenge. If you have any questions about this list, please contact [info@different-travel.com](mailto:info@different-travel.com).

\*Please consider eco-friendly or biodegradable options.