UNITED KINGDOM – Northumbria
Hadrian's Wall Weekend

Duration: 3 days / 2 nights
Trip Grade: Moderate
Dates:

4 – 6 Jun 2010	**3 – 5 Jun 2011**
6 – 8 Aug 2010	**5 – 7 Aug 2011**
10 – 12 Sep 2010	**9 – 11 Sep 2011**

Date run as a Family Challenge (see over)

Payment Options:	**2010**	**2011**
Self Payment Registration Fee	£49	£59
Trip Cost	£220	£220
Fundraising Registration Fee	£49	£59
Min. Fundraising Target	£550	£550

Hadrian's Wall originally ran from coast to coast and spanned 72 miles. Today we are left with only sections of this famous landmark, which cuts through Northumberland National Park. Starting at Lanercost Priory, we trek for 25 miles (41km) alongside the only remaining sections of the wall, admiring ancient monuments, beautiful scenery and the skill of the Roman engineers who built this famous landmark, now a UNESCO World Heritage Site.

This is a long challenging weekend which gives us a great sense of achievement.

ITINERARY

Day 1: We meet at our campsite just outside Haltwhistle in the late afternoon for dinner and an evening briefing. After a good meal and a glass of wine we quickly get to know the rest of the group.

There will be transport arranged from Haltwhistle railway station if required.

Day 2: After a good breakfast we transfer by coach to Lanercost Priory and the start of our hiking challenge. Our first 7km is along a small road passing through several villages, and then up and along a ridge running alongside the wall. This is a great chance to warm up. We arrive at the impressive Birdoswald Roman Fort, set on a high point above the small village of Gilsland. From

here we join a path running alongside Hadrian's Wall, which eventually takes us into Northumberland National Park. From our lunch-stop at the Roman Army Museum we walk along the most visible sections of the wall, which runs along spectacular cliff tops and through stunning countryside. We continue on, back to our campsite for a well-deserved feast. **Trek approx 24km / 15 miles**

Day 3: After breakfast we set out towards the wall again. We climb back up to the ridge where we meet the wall and continue walking east. To the north we have great views towards Wark Forest and the barren landscapes of North Northumberland. Our path takes us along crags and past several lakes to Housestead Roman Fort, where we break for lunch. From here we continue for a couple of hours towards our finish at Broccolitia. After a group photograph at the finish point, we load into awaiting buses and return to our campsite to pack and return home after a very rewarding weekend!

Trek approx 17km / 10 miles

Discover Adventure Ltd Throope Down House Blandford Road Coombe Bissett Salisbury Wiltshire SP5 4LN
Tel 01722 718444 Fax 01722 718445 info@discoveradventure.com www.discoveradventure.com

WHAT'S INCLUDED

The tour cost includes all accommodation, meals and camping equipment except sleeping bag and sleeping mat. It also includes full trip support of experienced Discover Adventure leaders, drivers and cooks (see Trip Support below).

As a general guide, items not included in the tour cost are your personal travel insurance (optional), any extra meals, drinks, personal items and entry to any optional tourist sites you may wish to visit.

Approx. £50 is recommended for personal expenses. We strongly recommend you carry a credit card in case of personal emergency.

ENJOY THE EXPERIENCE!

Trips of this nature, whether in the UK or abroad, can be unpredictable. Whether it's the wide-ranging state of public toilets, the people you come into contact with, or the weather … it's all part of the challenge you are signing up for!

We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

FAMILY CHALLENGES

The departure date marked is open to 14-18 year-olds provided they are accompanied by a parent or guardian. All other departures are restricted to adults of 18+ as normal.

Child prices are as follows:

For further information see our website or Registration Pack.

Payment Options:	2010	2011
Self Payment Registration Fee	£19	£29
Trip Cost	£180	£180
Fundraising Registration Fee	£19	£29
Min. Fundraising Target	£280	£280

Amount retained by charity if using the Fundraising Option is £100.00 per child place.

ACCOMMODATION

Accommodation is in two-man tents at our campsite near Haltwhistle; you will be sharing with someone else on the challenge.

FOOD

All dinners, breakfasts and lunches are included from Friday evening to Sunday lunch-time, as well as tea before departure on Sunday (Day 3). The food is very good, will give you lots of energy, and there is plenty of it!

Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)

TREKKING INFORMATION

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

FITNESS WARNING: DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Clothing & Equipment

We are travelling through varied terrain and could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the UK! We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Weather

Average temperatures for UK:

May – September 8 – 20°C

Even in the summer months we can be exposed to rain, strong winds and storms. Be prepared for any weather! This may only be a weekend trek, but you still need appropriate, good quality footwear and clothing to cope with the weather conditions.

Terrain

We trek mainly on grassy paths but there are some stony tracks and small tarmac roads; some sections may be muddy. There are steep inclines both up and down.

Trekking Distances

You will trek approximately 25 miles on this trip overall. Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for, and the type of terrain you will be trekking over!

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's leading the trek, looking after camp or making your lunch! At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Luggage

Space in camp is limited and hard-sided luggage is not recommended, so we suggest your kit is packed in a soft rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and

emergency mobile phones, medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency UK back-up. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE RESPONSIBLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association has recognised the work we do in this area and has awarded us 4 stars as a Responsible Tour Operator.

CARBON OFFSETTING

We actively encourage all our customers to offset any emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action you can volunteer for a day with BTCV and work on an environmental project near to where you live. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to www.btcv.org/dapledge

Please contact the Discover Adventure office with any queries using the contact details below.

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