

### Background

The aim of the event is to raise money for the Southern Spinal Injuries Trust (SSIT: Registered Charity No 1123166). SSIT provides support for the Duke of Cornwall Spinal Treatment Centre at Salisbury District Hospital and people with spinal cord injury living in the South and South West of England.

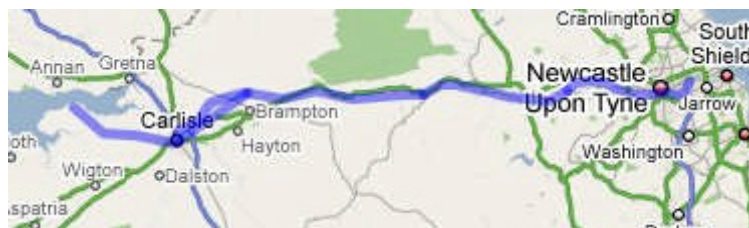
### The Event

We are planning to walk Hadrian's Wall – a distance of 84 miles – in 48 hours from start to finish!

To achieve this with minimum disruption to working life, the event will start on **Friday 25 June 2010** where teams will start walking at staggered times from 11 am to 3 pm and aim to finish between 11 am and 3 pm on Sunday 27 June 2010.

That is the challenge, however, we fully recognise that some teams may prefer to take a different approach, perhaps walk it in relays of two people per 21 miles, or take more than 48 hours. **All we ask is that you start walking between 11 am and 3 pm on Friday 25 June.**

The event will start at Wallsend in Newcastle Upon Tyne and end at Bowness-on-Solway. A summary of the route is set out below:



Highest point: Green Slack 345m above sea level  
84 miles

### Six sections

1. Wallsend to Heddon-on-the-wall	15 miles
2. Heddon-on-the-wall to Chollerford	15
3. Chollerford to Once Brewed / Steel Rigg	13
4. Once Brewed / Steel Rigg to Banks	13
5. Banks to Carlisle	13
6. Carlisle to Bowness-on-Solway	<u>15</u>
	<u>84</u>

<u>Towns and villages</u>	cumulative distance
<b>Wallsend to Heddon-on-the-wall</b> 15	15
<b>Heddon-on-the-wall to St Oswald's Hill</b> 13	28
Wall 1mile	29
<b>Chollerford</b> 1 mile	30
Housteads 9 miles	39
Carvoran 10.5 miles	49.5
Gilsland 1.5	51
Birdoswald 1.5	52.5
<b>Banks</b> 2.5	55
Walton 3(Sandysike for camping 0169772330)	58
Newtown 3	61
Crosby-on-Eden 4	65
<b>Carlisle</b> 5	70
Grinsdale 3.5	73.5
Burgh-by-Sands 3.5	77
Drumburgh/Glasson 3.5	80.5
Port Carlisle 2.5	83
<b>Bowness-on-Solway</b> 1	84

We recommend that each team has a vehicle and support driver who can follow their progress along the way, provide food and water, carry spare equipment and provide a resting place when needed. On the whole, the route follows roads so the support vehicle should never be too far away.

We also recommend that each team has someone with basic first aid skills and someone with good map-reading skills.

### **Code of Conduct**

We recommend each team leader visits the following website for more information on the walk. However, there are a few important points to remember:

<http://www.nationaltrail.co.uk/hadrianswall/>

1. Take all litter away with you
2. Do NOT walk on the Wall
3. Leave all gates as you find them
4. Follow the signs!

We will be notifying the National Trail Manager about the event once we have details of the entrants. Local landowners should therefore be aware that walkers may be passing through during the night, but please be quiet when walking at night in populated areas or near livestock.

We hope to have 10 teams taking part so around 50 walkers in total.

### **Travel and Accommodation**

Each team will need to decide how to get to the start and home from the finish. Our recommendation is that each team has a minibus that will get you to the start, follow you along the way as your support vehicle and then bring you home again.

Alternatively, you can fly from both Bristol and Southampton to Newcastle but would then need to get back to Newcastle for the return flight. Similarly, Carlisle and Newcastle both have mainline train stations. If travelling by air or train, we recommend booking your tickets and seats early.

To achieve the walk within 48 hours, we recommend stopping for a short break of at least 30 minutes every 4 to 5 hours, with a longer break every 12 to 14 hours. Please remember to keep warm when you do stop and to do some stretching exercises to avoid muscle problems.

However, for those who wish to have a proper break, details of some local accommodation is set out below, and we would recommend booking as soon as possible.

For the start/night before:

- Express by Holiday Inn
- Premier Inn Whickham or Team valley – twin rooms have double and sofa bed approx £60 per room
- Hedgefield House – older style hotel, same area – could take up to 20 people, some share bathrooms, some have D + S + S approx £70 per night /room
- Youth Hostel in Centre of town £20 pp/n in rooms of 2 to 8 people. Meals available.

Options on route:

- The Twice Brewed Inn at Once Brewed – this is about half way.
- Mrs Walton, The Barn at East Wallhouses, 01434 672 649
- Vallum Barn at Irthington – [www.vallumbarn.co.uk](http://www.vallumbarn.co.uk)
- Youth Hostel at Once Brewed, north of Bardon Mill. Has room for 50. rooms sleep 4 to 8, meals available
- Crown Hotel, Wetherall (near Birdoswald Roman Fort) 3\* approx £60 per night
- Best Western Hotel in Hexham - £80 for twin room (quite near the start)
- Birdoswald Fort itself – 016977 47602
- Premier Inn in Carlisle (at end)
- Maia Lodge (at end – [www.maialodge.co.uk](http://www.maialodge.co.uk))

### **Recommended kit list**

Although the terrain is not too difficult, there are parts of the walk that are hilly and the weather can be changeable.

To carry:

- Small rucksack
- Spare socks (in a dry bag)
- Waterproof jacket and trousers
- Water
- Small quantities of high energy food
- Lighter
- Whistle \*
- Compass \*
- Map in waterproof casing \*
- GPS (if possible) \*
- Head torch with spare batteries
- Mobile phone (fully charged at the start)
- First aid kit \*
- Blister packs and plasters
- Insect Repellent \*
- Foil survival blanket \*
- Small amount of cash

- Walking boots (and trainers – optional for tarmac sections)
- Hat and sunscreen

\* - at least one of these per team is recommended

To have in support vehicle:

- Food, drink and cooking equipment
- Spare clothes
- Spare socks
- Spare boots, if possible
- Basic toiletries
- Camping equipment, if camping

### **Sponsorship:**

**We ask that each team raises a minimum of £1,000.** The easiest way to raise sponsorship is online via **My Charity Page** ([www.mycharitypage.com/southernspinalinjuriestrust](http://www.mycharitypage.com/southernspinalinjuriestrust)). You can set up a free fundraising page by clicking on 'start fundraising' and following the simple instructions. Once you have a fundraising page, tell all your family and friends about it and they can sponsor you directly online. All donations and Gift Aid are processed by My Charity Page without any fees, commission or administration costs deducted. This way, 100% of all donations are passed directly to SSIT ... and you don't have to do any running around collecting pledges!

**Sponsor Form:** You can also use the attached sponsor form to raise sponsorship. Please feel free to photocopy the form; alternatively, you can download and print forms from our website ([www.ssit.org.uk](http://www.ssit.org.uk)). Please send your completed forms with the sponsorship monies raised to Rebecca Combes (see below). We will need to retain the forms so that we can claim Gift Aid from the tax office.

### **And finally .....**

Thank you very much for your support in entering this challenge. We hope you will find it enjoyable and a worthwhile event. If you have any queries, please contact Rebecca Combes on 01722 434 889 or [rc2@smith.williamson.co.uk](mailto:rc2@smith.williamson.co.uk) who will try and assist.

Once you have completed the event, please email Rebecca on [rc2@smith.williamson.co.uk](mailto:rc2@smith.williamson.co.uk) with details of your time and your sponsorship monies. Cheques should be made payable to SSIT. Sponsorship forms can be posted to Rebecca at Old Library Chambers, 21 Chipper Lane, Salisbury SP1 1BG.

Please take care, walk safely and good luck!

