

## UNITED KINGDOM – Northumbria Hadrian's Wall Weekend

*This is an Open Challenge itinerary; you can take part on the dates shown and raise money for a charity of your choice. Itineraries for bespoke trips (run for sole charities) may differ slightly, and will have different dates and pricing schedules.*

**Duration:** 3 days / 2 nights

**Trip Grade:** Moderate

**Dates:**

3 Jun – 5 Jun 2011  
5 Aug – 7 Aug 2011  
9 Sep – 11 Sep 2011

1 Jun – 3 Jun 2012  
3 Aug – 5 Aug 2012  
7 Sep – 9 Sep 2012

Payment Options:	2011	2012
<b>Fundraising:</b>		
Registration Fee	£49	£59
	+	+
Min. Fundraising Target	£550	£550
<b>Self Payment:</b>		
Registration Fee	£49	£59
	+	+
Trip Cost	£220	£220

*Please note Registration Fee is in addition to Trip Cost / Fundraising Target*



**Open to Families – for information see below**

**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: Meet Campsite

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 to pick you up from Haltwhistle railway station if required.*

#### Day 2: Lanercost Priory – Nr Haltwhistle

After a good breakfast, we transfer by coach to Lanercost Priory and the start of our hiking challenge. We set off along a small road which passes through several villages. Our route then takes us up onto a ridge which runs alongside the wall. This provides a great warm-up! We arrive at the impressive Birdoswald Roman Fort, set on a high point above the small village of Gilsland. Here we join a path which runs alongside Hadrian's Wall and eventually takes us into Northumberland National Park. From our lunch-stop at the Roman Army Museum, we walk beside the most visible sections of the wall, which run along spectacular cliff tops and through stunning countryside towards Cawfields Quarry and Haltwhistle. Shortly

afterwards we head to our campsite for a well-deserved feast.

## Trek approx 15 miles / 24km

### Day 3: Nr Haltwhistle – Brocolitia

After breakfast we climb back up to the ridge, where we are reunited with 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 Housesteads Roman Fort, where we break for lunch. From here we continue for a couple of hours towards our finish at Brocolitia. After posing for our group photographs at the finish point, we load into waiting buses and return to our campsite to pack, and return home after a very rewarding weekend!

## Trek approx 10 miles / 17km

***Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.***

## GENERAL INFORMATION

### TOUR COST

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).

Optional pick-ups or drop-offs from Haltwhistle Railway Station are also included.

The tour cost does not include personal travel insurance (optional), extra food, drinks, souvenirs or personal items, or entry to any optional tourist sites you may wish to visit.

**We strongly recommend you carry a credit card in case of personal emergency.**

### ACCOMMODATION

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

### FOOD

All meals 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.

### ENJOY THE EXPERIENCE!

Trips of this nature, whether in the UK or abroad, can be unpredictable. Whether it's the varying 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!

### VACCINATIONS

We insist that you have had a tetanus injection in the last 10 years.

## TREKKING INFORMATION

### 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.

The environment we walk through needs the respect of all its users to be preserved. Please walk on the path surface rather than on the vegetation growing beside it, don't remove stones from the paths and don't take short-cuts.

Please follow the Countryside Code.

### Trekking Distances

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



**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!

### Weather

Average temperatures for Northumberland:

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.

### Clothing & Equipment

We are trekking through varied terrain and could be exposed to bad weather at any time. The information above 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.

### TRAINING WEEKENDS: £119 SPECIAL OFFER

**Only when you book online at the same time as registering for your main challenge**

Discover Adventure Training Weekends in Snowdonia National Park are designed to help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other trekkers, you're bound to find it incredibly useful!

*For dates and further information see our brochure or website.*

### Fitness Levels

Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge, but we respect everyone's limits. We design our challenges so that everyone can go at their own pace: this is not a race.

For logistical and safety reasons we sometimes need to re-group, so the front-runners will find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

## 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 – is all done with your safety in mind.



### OPEN TO FAMILIES

This symbol means this challenge is suitable for young people aged 14 and over, provided they are fit and prepared to train in advance! They must be accompanied by at least one parent or legal guardian.

## WORLDWIDE SUSTAINABLE 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.

### Discover Adventure Projects

We are supporting a tree-planting project in Peru and a children's home in Tanzania on a long-term basis. If you would like to 'give something back' please consider donating £5 to our projects when you sign up. Please see our website for more details.

### Carbon Offsetting

We encourage all our customers to offset 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 in the UK you can volunteer for a day with BTCV and work on an environmental project local to you. 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](http://www.btcv.org/dapledge)



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