



# Event Guide

## GETTING THERE

**Travelling from CAFT (Booth Bank Farm, Reddy Lane, Millington, WA14 3RE)** - Minibuses will leave at 7.30am so please give yourself enough time (arrive between 7.00am-7.15am). Someone will direct you where to park.

**Travelling with your own transport (Meeting point—Railway Station, Disley, Stockport, SK12 2AE)** @ 8.00am. The carpark is free, but it has a very limited amount of parking spaces. Alternative carpark will require a 10—15 minute walk to the meeting point, so please take this into account if choosing a 'meet there' option.



# Weather

It is impossible to predict in advance what the weather will be like for any particular day; the information provided will give you an idea of how best to prepare yourself for your trek. The actual clothing for the day will be recommended nearer to the time once we know the forecast . The kit list opposite provided will cover all eventualities.

The weather at the end of April can be unpredictable and it can dramatically change over the 2 days. Due to the nature of the grounds on the trail, the wet weather can turn the grounds incredibly muddy.

**Clothing** - When walking, it's always best to adopt a layering system to ensure that you can adapt quickly to the weather and changes to the body temperature.

**Base Layer**—draws moisture away from skin—avoid cotton as it holds moisture and takes a long time to dry. Synthetic fibres work best.



**Mid Layer**—to keep you warm (trapping air between the fibres). Fleece is a great option.

**Outer Layer**—should be wind/waterproof—ideally breathable.

## Walking Boots -

Need to be comfortable with reasonably

high ankle support. It is essential that they are waterproof!! You will also benefit highly from good quality socks! Over such a long hike, every minor crinkle can cause high discomfort and blistering!

**Other** - Walking Poles can be very useful, but remember to use them in your training to get used to them; Daysack/Rucksack to carry your extra layers / drink / snacks; Mobile Phone - there is a good signal in the area—ensure it is charged.



# Kit List

This is a recommended list of items to bring with you. Please do take into account your personal preferences and common sense. Any participant who is deemed to be inadequately equipped for the challenge will not be permitted to take part.

In addition to the list below, you will need a pack lunch for day 1, an overnight bag (left in the transport vehicle) which will await you at the accommodation. This should include sleeping bag, evening/night wear and toiletries.

Item	Needed?	✓
<b>Baggage</b>		
Daypack/Rucksack – 20 to 25 litres with waist strap	Yes	
<b>Clothing</b>		
Tough waterproofs (top and bottoms)	Yes	
Warm jumper/fleece	Yes	
Warm hat and gloves	Yes	
Neck warmer (Buff or similar)	Optional	
Long sleeved thermal top	Yes	
T-shirts (not cotton)	Yes	
Lightweight trousers	Yes	
Trekking boots (worn in with good ankle support)	Yes	
Trekking socks	Yes	
Gaiters	Optional	
Casual wear for after the trek	Optional	
<b>Equipment</b>		
Water bottle (2 litres minimum or 2 x 1 litre) – rehydration systems are a great idea	Yes	
Trekking poles	Optional	
Head torch with extra batteries	Yes	
<b>Health and Hygiene</b>		
Wet wipes (or equivalent), tissues, sanitary products, anti-bacterial hand gel	Yes	
<b>Personal First Aid Kit</b>		
Adhesive dressing (plasters), antiseptic spray, zinc oxide tape, ibuprofen, paracetamol, any other personal medication	Yes	

# Rules

There is likely going to be a large number of participants. Due to the nature of this walk and mixed ability levels, we will let the group naturally split in to smaller ‘similar walking speed’ groups—each will be accompanied with experienced guide / assistants. NO ONE SHOULD BE LEFT ON THEIR OWN / WITHOUT A CAFT ASSISTANT! There is a thorough contingency in place for anyone unable to continue due to energy of injury with a support vehicle at hand.

**Countryside Code** (England & Wales) - Respect other people (consider local community), Protect the natural environment (no littering), Enjoy the outdoors (follow advice and local signs).

# Itinerary

**07.00am—07.15am - Gathering at CAFT (minibuses depart at 07.30am)**

**08.00pm - Arriving in Disley - Train Station**

**08.00am—08.15am - Preparation, and briefing of a day ahead**

**08.15am - Start our walk (24.5km)**

**05.00pm—06.30pm - Arrive at Higher Kinderfields Farm, nr. Sutton**

**07.30pm - Dinner**

**06.45am - Breakfast**

**07.30am—Start second leg of the walk (31.5km)**

**03.00pm—04.30pm - Complete the trail**

**03.45pm—05.15pm - Return to CAFT**

This event is about one thing – The Children's Adventure Farm Trust – taking on the challenge and fundraising for CAFT will help us enormously to continue our work. CAFT provides holidays, respite weekends and Christmas parties for children who are disadvantaged by disability, social circumstance and terminal illness.

We would be incredibly grateful if you do your outmost in gaining the minimum sponsorship for this challenge. Every extra £1 will make a difference to our work.

If you require support with creating an online fundraising page, or if you require sponsorship forms, please don't hesitate to contact us. Thank you for your support.

Jure & Team CAFT



## The Children's Adventure Farm Trust

Helping change lives for terminally ill, disabled and disadvantaged children from all over the North West.

**Contact Our Challenge Dept (Jure)**

**Tel: 01565 830053**

