

TIMETABLE – ITINERARY

7.45 am	Bracelet Bay Car Park Large car park past Mumbles Pier next to Castellamare (for free parking, collect a notice for your dashboard from committee members and park up the “Apple” end). Fast walkers please try and get on the first coaches which will leave quickly when full.
8.00 am	Prompt – buses leave Bracelet Bay Car Park
8.45 am	Walk starts from Rhossili Car Park. Those arriving by own transport PLEASE CHECK IN AT START DESK.
11.15 am	Bus leaves Bracelet Bay Car Park for Port Eynon
approx 11.15am*	Port Eynon brief stop-snacks available in cafes toilets
approx 12.15pm*	Oxwich , break, refreshments available at Oxwich Bay Hotel toilets
<u>LATEST</u> <u>1.00 pm</u>	Leave Oxwich to walk across beach in front of Great Tor rocks before tide comes in!!! Low water is at 1-10 pm.
approx 2.30 pm*	Southgate , refreshments available at Southgate General Store and Tea Shop toilets
approx 4.00 pm*	Caswell – kiosks for refreshments toilets

2.30 – 7.00 pm Mumbles Cricket Club – walk finish. Certificates to prove your participation will be available for all participants inside the Clubhouse from 1.30 pm. Please use the Clubs’ facilities –drinks at good prices, good food and a celebratory party. Friends & family are very welcome.

Lifts back to Bracelet Bay car park available for drivers.

*St John’s Ambulance in attendance.

*Also transport to Bracelet Bay available for medical emergencies only.

Please make your own transport arrangements if you are planning to leave the walk at any point along the route.

The organisers cannot be held responsible for accident, injury or mishap during the event.

We strongly suggest stout footwear ie walking boots, as the going is rough and may be muddy, a spare pair of socks, protection against rain (& sun!). It is advisable to carry a little drink, energy bars and a mini first aid kit including blister plasters. St. John’s Ambulance Service will be on standby at the major stopping points along the route. Water will be available en route. **DOGS MUST BE ON LEADS AT ALL TIMES.**

OS Landranger Map 159, Swansea and Gower, gives the coastal path. The stretch from Port Eynon to Oxwich is fairly difficult. The suggested alternative route is via Slade and Oxwich Green. Avoid Pwll Du Head. The approach to Caswell from Brandy Cove is precipitous. Alternative routes for these hazards will be clearly marked and you are advised to **follow the markers for your own safety.** Basic maps are provided.

Cheques for sponsor monies to be made out in favour of Macmillan Cancer Support and sent **with your completed sponsor form** to our Treasurer, ---- RAY THOMPSON 39 CASWELL BAY DRIVE CASWELL SWANSEA SA3 4RJ -----by December 8th----- Thank you.
Try to get sponsors Post Codes as Gift Aid claims add a lot.

REGISTRATION FORM AND FEE

There is a **registration form and non refundable entry fee of £5 for all** participants to secure your place.

Each walker must complete and send in the form & fee---a cheque for £5 made out in favour of Macmillan Cancer Support **to Macmillan Cancer Support, Gorseinon Hospital Brynawel Rd, Gorseinon Swansea SA4 4UU.** On receipt, a place on the bus will be secured. We suggest you do this ASAP as numbers are restricted due to insurance. **We will be closing registrations on August 28.**

Groups may use one registration form. Full details are only required from the leader but names of all members of the group are needed.

NO RECEIPT WILL BE SENT UNLESS REQUIRED.
SEND A SAE

forms can be: down loaded- www.macmillan.org.uk/walking
or photocopied

Queries: please use email - jwaters@macmillan.org.uk
or telephone: 01792 540079

****PLEASE KEEP THIS INFORMATION SHEET AND BRING IT WITH YOU ON THE DAY****



The Swansea Committee of Macmillan Cancer Support has been organising this event since 1998. Monies raised to date from this walk totals £343,400.00

1998	£3,000	1999	£6,200
2000	£8,300	2001	£11,700
2002	£18,200	2003	£45,000
2004	£40,000	2005	£47,000
2006	£52,500	2007	£51,000
2008	£60,500		

Help us to help others. We hope you and your friends will join us on 5 September, 2009.

Many thanks to Castell Howell and Nigel Calcott of Surfside Café, Caswell for providing water for the walkers