

CHEDDAR TO GLASTONBURY TREKATHON

United Kingdom – Somerset

This is an Open Trekathon; you can take part on the date 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: 1 day

Trip Grade: Tough

Date: Saturday 30 July 2011

Cost:	2011
Trip Cost	£49
Suggested Minimum Fundraising Target for your chosen charity*	£100

*Choosing to do the Trekathon as a fundraising challenge is entirely at your discretion. We have recommended a fundraising target but you are free to raise any amount. This is to be sent direct to your chosen charity; we do not handle sponsorship monies.



This beautifully diverse 26-mile trekathon takes place in some of the most stunning Somerset countryside. From a strenuous, hilly start amidst the beautiful Mendip Hills, an Area of Outstanding Natural Beauty, we head through woodland, farmland and small villages, with lovely views over the Somerset Levels.

Heading south through the small cathedral city of Wells, we continue on flatter farmland, finally turning west towards Glastonbury, famous for its ancient history, mythical connections and music festival! We

finish our challenge with a final effort to the top of Glastonbury Tor.

This is a tough event over the hills, farmland and wetlands of rural Somerset. At 26 miles, it forms an enormous challenge for walkers; you can run or jog if you prefer. There is also a half-distance option.



There will be full support throughout the challenge with marshals and water stops along the route.

ITINERARY

We meet early – essential for completing the distance – at our start point near the small but well-known village of Cheddar. Our route takes us straight up into the Mendip Hills, where a series of short steep climbs gives us wonderful views of the dense copses of woodland and sweeping ridges that surround us. An area of limestone rocks and cliffs, it is most well-known for the spectacular Cheddar Gorge, and it is this landmark we head for. Approaching from the north, we pass Black Rock and walk along the south side of Cheddar Cliffs.

Turning east, we roughly follow the contours of the steep hills, finally dropping to flatter, more open farmland. We reach the small village of Priddy, a settlement dating back to Neolithic times; the area around it is dotted with prehistoric earthworks and henges. It is best known for its traditional summer Sheep Fair which dates back to 1348. Our half-way point lies past the village, and shortly afterwards, after traversing a ridge with beautiful views, we drop down out of the hills near the famous caves of Wookey Hole.

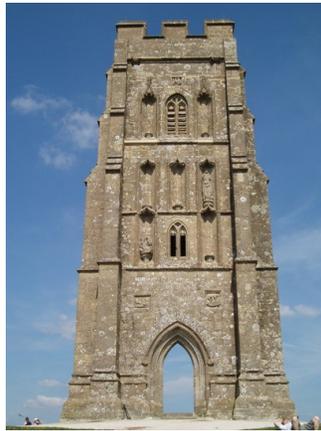
Our route is flatter now, and predominantly across farmland and water-meadows. Crossing the small city of Wells, with its twelfth-century cathedral, we enter the Somerset Levels, an area of wetland and peat moors with a rich biodiversity. Our surroundings are distinctly different

to the first half of our route, and we criss-cross through fields and over waterways, using a network of small village roads and footpaths as we head towards Glastonbury.

This area is dominated by Glastonbury Tor, a 158m hill capped with hard sandstone, which has enabled it to resist the erosion of the soft clay land surrounding it; as a result it rises out of the flat lands like an island, and is very striking, especially when early morning mists from the wetlands surround its base. Evidence of prehistoric occupation, as well as a 5th-century fort, have been found on the Tor, while ancient lore connects it to King Arthur's mystical Avalon, and a great deal of mythology surrounds it – including one of the possible resting places of the Holy Grail.

Whatever you may believe about the Tor, the reality of a stiff climb lies before you! You'll be glad to reach St Michael's Tower, which marks the summit and the end of our challenge!

There is time to celebrate with your fellow participants and enjoy the views, before heading back downhill and returning home.



Total distance: 26 miles / 42 km

GENERAL INFORMATION

Tour Cost includes:

- Experienced Discover Adventure leaders and support staff throughout to manage the event safely and enjoyably
- Marshalling stops with water and snacks
- Optional transfer from Glastonbury to start point

It does not include:

- personal insurance (optional)
- any parking fees or transport costs
- accommodation if required
- packed lunch & water-bottles

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

A coach transfer will take us from Glastonbury – where you can park – to the start near Cheddar. Public transport to the start / finish points is limited.

WALKING INFORMATION & TRAINING

Groups may set off at staggered intervals (depending on numbers) but you can go at your own pace.

The full 26-mile walk should take approximately 8-9 hours for fit and strong walkers; other should allow longer. It may take some walkers up to 12 hours.

There is a half-distance option, starting near Priddy (transfers to this start point also available from Glastonbury). Walking from the halfway point should take approx 4-6 hours (again dependent on your fitness).

This is not a competitive event! You can go at your own pace, but if we are concerned about you being able to finish the distance safely, we will recommend you stop early.

Further information will be sent once you have registered on the event.

Terrain

We trek mainly on grass paths or gravel tracks but there are some sections on quiet village roads and we walk through the city of Wells. There are some main road crossings. Some paths may be muddy. There are some steep ascents and descents, especially in the first half of our route.

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.



Weather

Average temperatures and rainfall for Glastonbury June-Sept: 10 – 22°C; 64mm

Be prepared for any weather! This may only be a one-day event, but you still need appropriate, good quality footwear

and clothing to cope with the weather conditions and the length of walk.

Clothing & Equipment

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.

Each person should bring a small daypack to carry lunch, camera, waterproofs, sun cream, a warm fleece and any other items needed during the day.

Training

This is a long and tough one-day walk and it is consequently vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. The more training that you do the more you will enjoy the experience!

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.

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



Please contact the Discover Adventure office with any queries, using the contact information at the foot of this page.

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WORLDWIDE SUSTAINABLE TOURISM

Long before Responsible or Sustainable 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.