

UNITED KINGDOM – Dorset, England Jurassic Coast Weekend Trek

Dates: 9 May – 11 May 2014

Duration: 3 days / 2 nights

Trip Grade: Moderate

Fundraising: Registration Fee £75
+ Fundraising Target £500



ITINERARY

Day 1: Meet Campsite

We meet at our campsite near Wool, Dorset, in the early evening for dinner and an evening briefing. After a good meal we have an opportunity to get to know the rest of the group and then a good night's sleep ready for the rest of the weekend.

There will be transport arranged to pick you up from Wool railway station if required.



Day 2: Durlston Head – Kimmeridge

After a good breakfast, we transfer (approx. 30 mins) to Durlston Head, a Country Park on the cliffs above Swanage, for the start of our hiking challenge. This headland juts south and it's not unusual to see migrating dolphins passing by in early summer. Setting off, we can pause at the impressive Globe, an enormous limestone sphere measuring 3m in diameter, engraved with an 1880s world map. There are fabulous views from the Globe, and they will accompany us as we walk west for approx 8 hours along the hilly coastline.

Stretching 95 miles between Old Harry Rocks at Studland in Dorset, to Orcombe Point at Exmouth in East Devon, the Jurassic Coast – England's first Natural World Heritage Site – is the most geologically diverse coastline in the world. The exposed cliff sections allow you to look back through 185 million years of time; dinosaur remains have been found here, and it's a fossil-hunter's paradise.

With a more recent history of mining, shipwrecks and smuggling, this is a fascinating stretch of coastline. We take in some of its most spectacular scenery, from the renowned natural stone archway of Durdle Door to the beautiful circular Lulworth Cove, as we continually climb and descend the steep hills of the Jurassic Coast.

We camp at a lovely campsite a short distance from our route.

This area was long used for mining the famous Purbeck Marble and Portland Stone, and we see plenty of evidence of the activity as we pass old quarries and remains of huts along our way. The stone was often lowered by crane and taken away by boat, and you can still see 'rut-ways' cut into the rock-bed at spots like the beautiful Dancing Ledge, where there's also a boat-sized hole cut into the lower ledge. Smuggling stories abound in this area and the rocky coastline had a large number of shipwrecks.

We continue west, over slopes cut into distinctive lynchets, or terraces,

dating from medieval times – this enabled the steep slopes to be farmed. Our route dips down to reveal small bays and ledges with access to the sea, before climbing sharply up again. Seagulls, cormorants and guillemots wheel overhead and either side of the path wild flowers grow in abundance. As we



pass the large quarry at Winspit, we climb gradually to St Alban's Head, with its tiny, atmospheric Norman chapel perched on the headland. From here we plunge steeply downhill, aided by steps cut into the turf, and enjoy great views of the beautiful turquoise-blue Chapman's Pool below us. Climbing sharply up again, we can see in the distance our evening's destination – Kimmeridge Bay. Our last section has some flatter sections, and we can enjoy the views as Kimmeridge, with its distinctive Clavell Tower, draws nearer. The bay is home to the most amazing rock-pool and, tide permitting, there will be time for a paddle or to look for fossils before we are transported back to our campsite (approx. 20 mins).

Trek approx 14 miles / 22km

Day 3: Kimmeridge – Durdle Door

After breakfast we set out to rejoin the coastal path and continue walking west. It's not long before we enter Lulworth Ranges – land used as Army firing ranges. Not always open, this region is abundant in flora and fauna that, despite the military presence, has been protected



from the development of farming, building and roads. It's also notable for its steep sections as we follow the contours of the cliffs, but the remarkable views over Worbarrow Bay are worth the effort! Time permitting, we can detour inland to the poignant village of Tyneham, deserted in the 1940s when the War Office commandeered the land. The church and schoolhouse are now museums, and many houses remain. The villagers were not permitted to return once the war had ended.

Continuing, there are more steep sections before us, but we are approaching the famous Lulworth Cove, and our first view of this almost perfectly circular bay is breathtaking. The cove was formed by glacial waters melting on the way out to sea, and this area of the Jurassic Coast is a geologist's dream. We have time to take in the amazing twisted rock layers around the cove before conquering our last steep uphill, over the white crumbling limestone cliffs that take us to Durdle Door, a clear arch in the rock carved out by the pounding waves. The sea is remarkably clear here, and it's an outstandingly beautiful place to finish our tough weekend's trek. After a group photograph at the finish point, we transfer back to our campsite to pack up and head for home after an exhausting but exhilarating weekend!

Trek approx 9 miles / 14km

GENERAL INFORMATION

TOUR COST

The tour cost includes all transfers, 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).

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, expedition-style tents, (ie sleeping-room only!) at our campsite near Wool; you will share with someone else on the challenge.



FOOD

All meals are included from Friday evening to Sunday lunchtime. The food is very good, it 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. Always ask for our advice.



VACCINATIONS

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

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!

TREKKING INFORMATION

Terrain

We trek mainly on the coastal path, which ranges from grassy or stony paths to wide dusty tracks; there are some tarmac road sections and gravel tracks. There are many steep inclines both up and down along the cliff tops – these are usually relatively short sections, but there is little flat.

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 23 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.



Weather

Average temperatures for Dorset :

May – September 10 – 25°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 travelling through varied terrain and could be exposed to bad weather at any time. The information below 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.

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.

TRAINING WEEKENDS: £139 SPECIAL OFFER

Only when you book 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.

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.

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!

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, first-aid kits 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.

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 5 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 TCV 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. Volunteer today at www.tcv.org or call 01302 388883.

