UNITED KINGDOM – Dorset
Jurassic Coast Weekend

Duration: 3 days / 2 nights
Trip Grade: Moderate
Dates:

23 – 25 Apr 2010 **15 – 17 Apr 2011**
16 – 18 Jul 2010 **15 – 17 Jul 2011**
8 – 10 Oct 2010 **7 – 9 Oct 2011**

Date run as a Family Challenge (see over)

Payment Options:	2010	2011
Self Payment Registration Fee	£49	£59
Trip Cost	£220	£220
Fundraising Registration Fee	£49	£59
Min. Fundraising Target	£550	£550

Your trek along the Jurassic Coast, England's first Natural World Heritage Site, will be an enjoyable and memorable one. Stretching 95 miles between Old Harry Rocks in Dorset to Orcombe Point at Exmouth in East Devon, the Jurassic Coast is the most geologically diverse coastline in the world. The exposed cliff sections allow you to look back through 185 million years of time, including the whole of the Mesozoic Era.

Starting at Durlston Head, just outside Swanage we trek a total of 23 miles (36 km) over two days using the South West Coastal Path.

We camp at a lovely campsite in the renowned village of Kimmeridge on Saturday night a short distance from the famous Kimmeridge Bay where you will see amazing rock pools (tide permitting).

ITINERARY

Day 1: We meet at campsite near Kimmeridge 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.

Day 2: After a good breakfast we transfer to Durlston Country Park Visitor Centre for the start of our hiking challenge. There's a chance for a few words of send off at 'The Globe'. We will be walking for approx 8 hours along the South West Coastal Path, with the occasional opportunity to drop down to walk to the waters edge. We pass Anvil Point, Blackers Hole, Dancing Ledge, Winspit then round St Alban's Head. From here we glimpse Chapmans Pool down below us and away in the distance we will see our evening destination – Kimmeridge Bay. The Bay is home to the most amazing rock pool and tide permitting there will be time for a paddle before we are transported up the road and into the village of Kimmeridge to our campsite for the night. **Trek approx 22km / 14 miles**

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Day 3: After breakfast we set out towards the coastal path again and continue walking west. The path takes us high above several bays as we head towards the most famous of all, Lulworth Cove which was formed by glacial waters melting on the way out to sea, and onto Durdle Door which is a clear hole in the cliff formation made by the sea; this makes a fitting end to our coastal trek. After a group photograph at the finish point, we transfer back to the campsite to pack up and head for home after an exhausting but exhilarating weekend! **Approx 14km / 9 miles**

WHAT'S INCLUDED

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).

As a general guide, items not included in the tour cost are your personal travel insurance (optional), any extra meals, drinks, personal items and entry to any optional tourist sites you may wish to visit.

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

FAMILY CHALLENGES

The departure date marked is open to 14-18 year-olds provided they are accompanied by a parent or guardian. All other departures are restricted to adults of 18+ as normal.

Child prices are as follows:

Payment Options:	2010	2011
Self Payment Registration Fee	£19	£29
Trip Cost	£180	£180
Fundraising Registration Fee	£19	£29
Min. Fundraising Target	£280	£280

Amount retained by charity if using the Fundraising Option is £100.00 per child place.

ACCOMMODATION

Accommodation is in two-man tents; you will share with someone else on the challenge.

FOOD

All dinners, breakfast and lunches 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 recommend the following vaccinations:

- Tetanus (essential)

TREKKING INFORMATION

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

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.

Weather

Average temperatures for UK :

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.

Terrain

We trek mainly the coastal path but there are some stony tracks and tarmac road sections. There are some steep inclines both up and down along the cliff tops.

Trekking Distances

You will trek approximately 23 miles on this trip overall. Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for, and the type of terrain you will be trekking over!

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!

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 and travel insurance – is all done with your safety in mind.

RESPONSIBLE 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.

CARBON OFFSETTING

We actively encourage all our customers to offset any 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 you can volunteer for a day with BTCV and work on an environmental project near to where you live. 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

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Please contact the Discover Adventure office with any queries, using the contact details below.

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