

WalkWise Yorkshire Dales Challenge 19 – 21 June 2020



Yorkshire Dales Challenge

19 – 21 June 2020

Overview

The Yorkshire Dales has many moods; it can be wild and windswept or quietly tranquil. It includes some of the finest limestone scenery in the UK, from crags and pavements to an underground labyrinth of caves. Each valley or 'dale' has its own distinct character, set against expansive heather moorland tops. Your challenge this year will be to tackle 'The Queen of the Dales' and explore Wharfedale. Our trekking challenge covers some 23 miles through this stunning valley and incorporates much of its natural beauty and heritage. Most of the route is on good country tracks and footpaths with only a few hills to summit throughout the weekend.

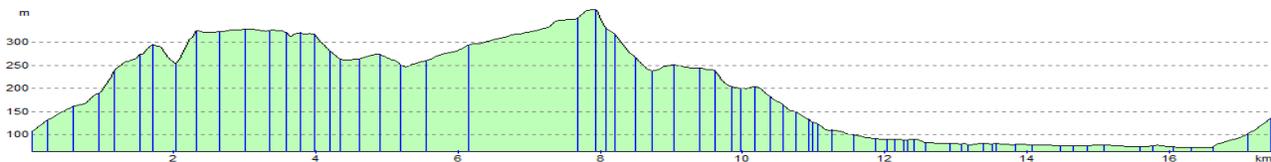


The Craiglunds Hotel has been welcoming people from around the world for more than 150 years. Timeless in appearance yet full of the mod cons you need for a wonderful stay, this grand Victorian hotel remains the ideal place for relaxing, combining comfort and excellent facilities in 6 acres of beautifully landscaped grounds and woodland.

Day 1 Saturday: Cow and Calf, Ilkley Moor, Addingham, and the River Wharf

Heading straight out the hotel door, you'll make your way up to the famous Cow and Calf Rock formation high on Ilkley Moor. Like all good rock formations, this one is steeped in mystery and local folklore, but we'll let you decide if it's a natural wonder or the efforts of giants. Continuing on we'll cover the iconic heather moors before descending into the Yorkshire village of Addingham. A bustling village with a variety of friendly cafes, pubs and shops provides the perfect pitstop location for refreshments. A gentler walk following the banks of the River Wharfe marks your afternoon as you'll be at the very heart of Wharfedale.

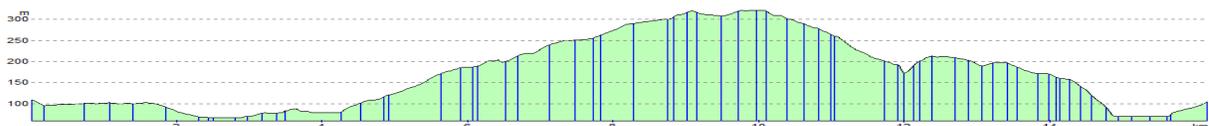
Distance 12 miles with 1,425ft of ascent



Day 2 Sunday: Ilkley, Denton, Denton Moor and Middleton

You'll want a hearty breakfast as our last day is a busy one and filled with even more sights, panoramic views and fun. You'll start out with a nice and gentle walk to get you back into it by exploring the area north of Ilkley. Following the River Wharfe will take you into the hamlet of Denton where you'll climb through Yorkshire farmlands and emerging onto open moors. Denton Moor may not be as famous as the iconic Ilkley Moor, but this means it's a less travelled route affording an unspoilt view. From here, you'll trek to Heligar Pike whether the ground is awash with the distinctive purple hue of heather. Now, as you make your way into Middleton, the day is coming to a close and before you know it, you're back in Ilkley at the hotel.

Distance 11 miles with 1,000ft of ascent



Challenge Information

What's included?

- 2 nights' accommodation
- 2 breakfasts
- 2 picnic lunches
- 2 evening meals
- All transport to walks
- Professional walking guides

Accommodation

The Craiglunds Hotel was built in 1859 and has always provided a warm welcome to its guests. While the building may be Victorian, the rest of the hotel certainly isn't and is fully equipped to ensure you have a relaxing stay. Known for its delicious locally sourced food, the hotel chefs create tasty, in season meals which will keep you going throughout the weekend. Complete with a new spa and fitness center, The Craiglunds Hotel offers something for everyone. Free car parking is available at the hotel.



Weekend Itinerary

Friday Night

Arrive no later than 7pm for welcome drinks in the hotel bar where you'll have the opportunity to meet your fellow walkers and guides. Dinner will be served at 8pm, followed by a briefing about the weekend ahead.

Saturday

Breakfast: 8am

Main Briefing: 9am in the Lounge

Challenge start: 9:15am

Picnic lunch

Three course dinner: 7pm

Sunday

Breakfast: 8am

Challenge start: 9am

Picnic lunch

Optional extras:

Additional night	Sun 21 - Mon 22 June Dinner, Bed & Breakfast £60.00 per person in a twin £80.00 per person in a single
Single room	£40pp supplement.

Fundraising Information

We can't thank you enough for signing up to raise life-saving money for Breast Cancer Now. We're thrilled to have you on Team Now and we'll be with you every step of the way to help you hit your fundraising goal. We know that fundraising can seem a bit daunting but with our help, we're confident you'll have no problem raising those vital funds.

Organising an event

Whether you want to hold an office sweepstake, plan a pink party or host your own [Afternoon Tea](#), we have you everything you need to make your fundraiser successful. We can send out materials such as balloons and badges to help decorate your space and [our website](#) has lots of tips and guides to help you on your way. Whether you need [posters](#), [bunting](#) or even [games](#) our website is a hub of fundraising downloads.



It's important that your fundraising is safe and legal so there are a few things to consider, especially if you are organising a raffle. Check out our [raffle guidelines](#) to make sure your fundraising is compliant. If you're unsure on anything, please do get in touch with the team at events@breastcancer.org.

Spread the word

Social media is all about engaging with people and sharing information, which makes it the best tool at your disposal. It's a fast, free way to promote your event, and share your stories, news and successes. Publicising your fundraising in your local media is a great way to attract support, while raising awareness of our life saving research and support. Find your local papers contact details in your newspaper or online. Remember, it's always worth following your press release up with a phone call. If you're unsure on this or would like our help putting a press release together, do get in touch.

JustGiving

We know that not everyone has time to run an event and that's why we would always recommend setting up a JustGiving page. Setting up an [online fundraising page](#) is quick and easy and it allows your friends, family and colleagues to sponsor you wherever they are. You can share your page on social media and keep everyone updated with your training and progress. Once you have finished fundraising JustGiving send us the money, so simple.

Making every pound count

When UK tax payers [Gift Aid](#) their contribution, the government will add 25% to the amount at no extra cost to them or you. Gift Aid makes a big difference, so please make sure your UK Tax-paying donors tick the Gift Aid box on your sponsor form. They must also include their full name and home address (including postcode). We can't claim unless they do.



Matched funding

Lots of companies throughout the UK offer employees the chance to boost their fundraising efforts by 'matching' the money you raise. Each company has a different policy so it's best to speak to your line manager or HR department.

Pay in your donations

Once you have finished fundraising, don't forget to send us the money you have raised. We'll be in touch after your walk on the different ways you can do this. If you have used JustGiving, they will send us your donations automatically, so you don't need to worry.

Preparing for your challenge

Your essential kit list

- Walking boots
- Water bottle (minimum 1 litre)
- Rucksack with a plastic liner
- Waterproofs: jacket and trousers
- Warm hat
- Warm gloves (*not leather*)
- Thick walking socks
- Base layer: (*thin thermal or warm T-shirt, not to be cotton as it gets cold when wet*)
- Over layer: (*warm sweater or fleece*)
- Extra layer: warm top for when cold (e.g. when stopped for lunch)
- Comfortable walking trousers (not jeans as they are too cold & heavy when wet)
- Personal Medication
- Smart casual clothes for the evening.

You may wish to bring

- Vacuum flask
- Medium size Tupperware container or plastic bag, to put picnic lunch in.
- Sit mat
- Sunglasses
- Lip salve
- Camera
- Personal first aid kit
- Trekking poles

In good weather and/or summer, you may also wish to bring

- Short trousers
- T - Shirts
- Sun hat
- Sun tan lotion

The Yorkshire Dales Challenge is a physically demanding event as you will be walking in the hills for two days covering up to 13 miles per day. If you are not used to walking, or taking regular exercise, then we would recommend training. We can provide guides and tips on how best to do this so please let us know if you would like this.

Getting used to your boots

Simply walking around your home and going shopping in your boots will allow your feet to get used to them. This will help to prevent unnecessary blisters and pain but for the best protection, try to get out and walk for lengths of time and distance in them.

Useful Contact Information

Breast Cancer Now

Bespoke Events Team

Morag Smith at events@breastcancernow.org or on 0370 145 0101.

WalkWise

Gideon Wheater (Walking Guide) at holidays@walkwise.co.uk or on 0780 907 0257

The Craiglunds Hotel

Check in from 2.00pm

Contact information can be found on the [hotel's website](#).