

Dear friend of ActionAid,

Training Weekends - Summer 2007

As you're about to find out, taking on an Overseas Challenge is well worth every penny of sponsorship raised. It is not designed for professional trekkers/builders, but you will need to have trained beforehand and have a good level of fitness. We strongly recommend you prepare for your challenge so that you get the most out of this amazing experience.

If you haven't yet signed up for one of our challenges, come along to find out more and test your fitness!

Our training weekend will give you the chance to judge your level of fitness and see if you are on track or maybe need to step up your training. The weekend will take place in the **Peak District on 29th June – 1st July.**

We will trek together on Saturday and Sunday and stay at Castleton Youth Hostel. Di Ellerton, an experienced Tour Manager who has led scores of overseas treks in the past, will lead us on our Peak District walk. At least one ActionAid representative will be present to give you the opportunity to ask any questions about your challenge or ActionAid's work. In the evening your ActionAid rep will also present any current information on ActionAid events and our work.

Our training weekends provide an invaluable opportunity for you to meet your fellow challenge participants, and also to swap training / fundraising stories.

Although this may seem like a long way away, we want to give you time to plan and also places fill quickly at the youth hostel. Places will be filled on a first come first served basis, so we recommend signing up early to avoid disappointment. This weekend will only run if we have a minimum of 15 people taking part.

Please find enclosed full details of the training weekend. If you wish to come along please return the form and payment by **Friday 29th April 2007**. If you have any questions please don't hesitate to get in touch – Helen.Walker@actionaid.org / 0207 561 7651.

Kind regards,


Helen Walker
Fundraising Events Team

Peak District Training Weekend

29 June – 1 July 2007

WHAT THE WEEKEND WILL HOLD

FRIDAY

The weekend rate includes an overnight stay tonight at the Youth Hostel, to make it easier for you to be up early for your breakfast before heading off on the first day's walk the following day. You can arrive any time between 2pm and 11pm. Dinner is not included in the rate, however you can arrange dinner separately with the youth hostel if you call in advance (see contact details below).

SATURDAY

Meet at 9.00am at Castleton Youth Hostel to begin trekking at 9.30am. Today will consist of a 10-12 mile walk through the surrounding Peak District countryside. We will stop for approximately an hour for lunch (packed lunch included in the weekend rate, provided by the Youth Hostel) and take short breaks depending on the ability of the group. We aim to be back at the Youth Hostel by 5.00pm.

SUNDAY

8am – breakfast at the Youth Hostel.

Begin to trek at 9am. Today's walk will be approx. 6-8 miles taking a different route through the Peak District. We will stop for approximately an hour for lunch (packed lunch again provided for weekenders) and take short breaks. We aim to be back at the Youth Hostel by 3pm, when we will say goodbye.

CASTLETON YOUTH HOSTEL

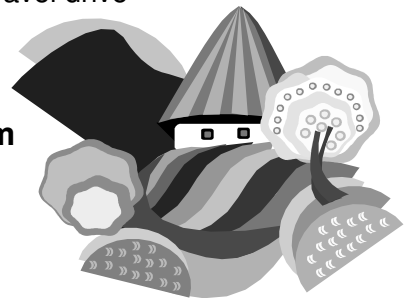
Originally Castleton Hall, the hostel building dates back to the 13th century and, together with the former vicarage, stands at the heart of the village square. We will be using the hostel as our base for 2 day walks in the surrounding Peak District countryside.

We will be sleeping in bunk beds in single sex rooms. Pillows, sheet bags and duvets are provided by the hostel, but you will need to bring your own towels.

We will be eating our meals in the dining room. Breakfast will be a choice of English or continental, dinner will be 2 courses with approximately 3 choices per course. The Youth Hostel will be providing our packed lunches on the Saturday and Sunday, which will consist of sandwiches, a piece of fruit, a bag of crisps, a biscuit or chocolate and a drink.

The Youth Hostel has a car park where you will be able to leave your car for the weekend should you choose to drive. The car park is situated down a gravel drive between the Youth Hostel and the Vicarage.

If you would like to arrange accommodation at the Youth Hostel for any extra nights please contact them direct on 0870 770 5758.



WHAT WILL IT COST?

The cost of the Peak District training weekend is £80 per person.

Included in this cost are:

- ❖ Overnight at the Youth Hostel on the Friday and Saturday evening
- ❖ Breakfast at the Youth Hostel on the Saturday and Sunday morning
- ❖ Packed lunch on the Saturday and Sunday
- ❖ Dinner at the Youth Hostel on Saturday evening
- ❖ A qualified, experienced Tour Manager – First Aid Trained
- ❖ A qualified Derbyshire mountain rescue guide as support
- ❖ The opportunity to meet and quiz your ActionAid representative and fellow trekkers.

Not included:

- ❖ Water or snacks whilst walking
- ❖ Equipment you will need for trekking

Due to the high demand for Youth Hostel accommodation in this area, they now have a 2 night only policy for weekends, which means that we have to pay for accommodation for both the Friday and Saturday night. If you would prefer not to use the room on the Friday that would of course be fine, however unfortunately its not possible to pay for only one night's stay.

If you do not wish to come for the weekend but wish to join us for one of the day's walks you can do this at a cost of £15 per day. This option does not include any meals or accommodation.

WHAT DO I NEED TO BRING?

Walking Boots – worn in

Walking Socks

Rubber- tipped walking pole – optional, but if you have been using one when training please bring it along.

Trousers to trek in

T- shirts & Sweatshirts to trek in

Something to change into for the Saturday evening

Waterproof jacket / cagoule – hopefully you won't need it, but this is England!

Towels

Hygiene: wash bag, toothbrush, toothpaste, soap, deodorant, tissues, shampoo, shower gel, hairbrush/comb, tissues, sanitary products, contact lens solution etc

Water for trekking

Snacks for trekking (if you require anything in addition to your packed lunch, or if bringing your own packed lunch)

Small rucksack to carry items in whilst trekking eg water, packed lunch, snacks.

Personal medical kit – eg plasters, knee support, ankle support, painkillers, insect repellent, antiseptic ointment and any medication you are taking.

Carrier bags / bin bags – useful for wet clothing

Alarm Clock

Sun cream

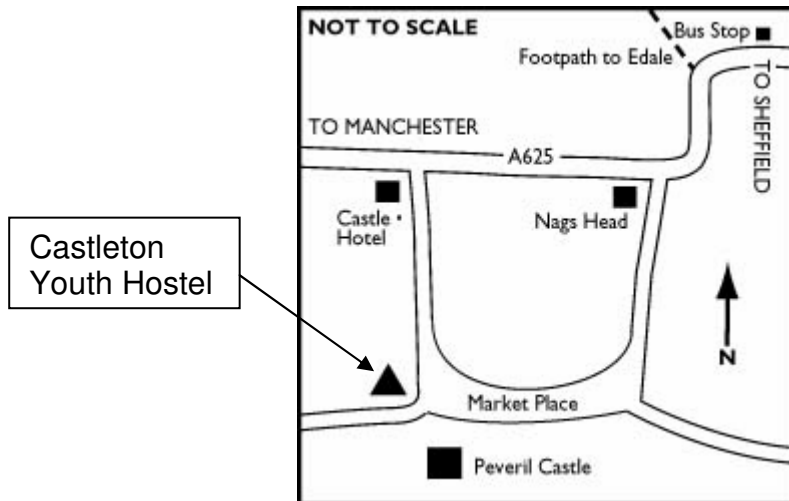
If you choose to come for a day's walk you will need to bring a packed lunch with you.



ActionAid and the Tour Leaders organising / leading this group take no responsibility for any accidents, loss or injuries incurred by participants taking part in the Training Weekend. Participation is at your own risk

DIRECTIONS TO CASTLETON YOUTH HOSTEL

Castleton YHA
Castleton
Hope Valley
Derbyshire
S33 8WG
Tel: 0870 770 5758



By Train

Catch the train to Hope, which is on the main Manchester Sheffield line. Leave the station at Hope, walk to the main road and catch the 272 or 274 bus service to Castleton.

By Bus

From Sheffield you can catch the 272 or 274 to Castleton – the journey takes approx. 1 hour.

By Car

Take the M1 to Junction 29 signposted for Chesterfield on the A617. Follow the road then take the A619 and follow signs for Hathersage. When you reach Hathersage turn left just after the Little John pub. Follow signs for Hope/Castleton.

When you reach Castleton, look for the Castle Hotel on the main road. Turn left up the road just before the pub. The hostel is at the top of that road on your right.

