

Hadrian's Wall Trek for Autism

24 - 26 June 2022



Autism
Hampshire

north east
autism society



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Hadrian's Wall Challenge

Join supporters from across the country as you step back in time and spend the weekend hiking along one of the UK's most famous historic landmarks in aid of Autism awareness.

Hadrian's Wall spans 73 miles from coast to coast but you will be exploring a small section of this remarkable Roman monument and UNESCO World Heritage site on our two-day trek. The challenge route is approximately 25 miles (41km) across some of the most beautiful, rugged borderlands of England.

We will follow the wall on an easterly route from Lanercroft Priory to Brocolitia as it cuts through Northumberland National Park. You will spend the weekend marvelling at the remains of this incredible feat of Roman engineering within the spectacular landscape of upland Britain.

Hadrian's Wall

Hadrian's Wall served as the northern frontier of the Roman Empire for 300 years having been built by 15,000 Roman soldiers over six years from 122AD.

It was originally 80 Roman miles long (73 modern miles) with 80 matching 'milecastles' and half a dozen larger forts along the way. It spans coast to coast from the banks of the River Tyne near the North Sea in the east to the Solways Firth on the Irish Sea in the west.

Only 10 per cent of the original wall remains to this day after it was quarried and mined for stone to build numerous castles and churches over the years. It wasn't until the 19th century that archaeologists and historians took interest in the remnants and efforts were made to protect it from further damage. It became a UNESCO World Heritage Site in 1987.

Hadrian's Wall Camping and Caravan Site

We will spend two nights camping at this small, friendly, family-run campsite close to Melkridge village in Northumberland. The perfect mid-way base to explore the many Roman forts, temples and ruins the region has to offer.



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What is the experience like?

What is the terrain like?

Almost all the route is on good grassy paths and some stony tracks. There are a few stretches on small tarmac roads. Some sections may be muddy. There are still some parts where the route crosses farmland on a public right of way; here the 'path' is a trail worn by millions of feet before yours. Be prepared for some steep inclines.

How tough is it?

The route is relatively easy and anyone who is reasonable fit can walk the Hadrian's Wall path. The 23-mile section between Chollerford and Birdoswald (which we will be trekking) is classed as the most difficult with its short climbs and descents. You need to be in good health and of good fitness with bucket-loads of determination. If you are the sort of person who can dig deep and just doesn't give up then this is for you.

How fit do I need to be?

You should be of a good fitness level before departure to have the best chance of completing the challenge. You should have done some UK hill walking in the recent past, and be prepared to take part in some hill walking in advance of this trek to ensure you have a good level of endurance, general cardiovascular fitness and strength for this type of terrain. This is not a gentle tourist hike; it is a challenging event.

Steep ascents and descents

Some of the ascents are very gradual and you barely notice that you are gaining height but there are some short, sharp, steep sections that really get the heart and lungs going. Knowing how to manage your pace as the incline changes is very important, especially keeping in mind that you can't walk the same pace on steep ascents as you can on flat terrain. Maintaining a steady pace is more energy efficient than walking too fast and having to frequently stop to catch your breath. Frequent starting and stopping is also a poor use of the body's energy supplies and you will find yourself far more fatigued by the end of the walk than if you took a gentler non-stop pace. What really tests people are the sections where there is a steep *descent*. Some struggle with the worry of slipping but many more struggle with discomfort in their knees. Ensuring that you have good core, leg and glute strength is helpful for this challenge.

How should I train?

This is a tough endurance challenge so you must be able to walk for extended periods of time on challenging terrain. This challenge is not suitable for first-time walkers or people who have not trained.

Hill walking is the best training for this challenge, so please walk as much as possible on hilly terrain, building up so you are able to maintain a steady pace all the way along your route with only a few brief rest stops. In addition to hill walking, you are recommended to work on strengthening your legs, back and core muscles. Supplementary training may include speed walking, running, cycling, gym workouts, swimming, team sports, boot camps etc. If you do not train for this challenge, it's possible you will not complete it.



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Practical information

Who can participate?

The challenge can be undertaken by fit walkers aged 18+ (or 16+ if accompanied by an adult). You must be at a good level of fitness, able to self-manage (e.g. you know how to keep hydrated, nourished, warm and dry), be in good health, have oodles of determination and a positive and flexible can-do attitude.

An ideal candidate would be someone who enjoys hill walking and wants to push themselves out of their comfort zone.

Where will we stay?

The campsite where we will stay is located in a small secluded site close to Hadrian's Wall in the peaceful countryside of the Tyne Valley. It is 2 miles north of Melkridge village in the historic and scenic border territory of Northumberland. There are hot showers, toilets, Wi-Fi, electric hook ups, laundry room and cook house. There is a strict quiet time policy from 10.30pm to 8am and open fires are not permitted.

When do I need to arrive?

You must arrive at the campsite and have pitched your tent by 6pm in time for dinner and the trip briefing. Full details of the campsite and directions will be provided 6-8 weeks prior to departure.

Where can I park?

There is limited free parking available at the campsite. Once this is full it may be necessary to use a Northumberland National Park car park – the closest are located at Cawfields Quarry or The Sill and cost £10 per day. You must be able to carry your camping equipment from your car to the campsite yourself.

What should I bring?

For the challenge itself will need to wear comfortable walking boots (**not** trainers) and non-cotton clothing. You will be responsible for carrying your own lunch, drinking water, waterproofs and warm layers, sunglasses, basic first aid kit, sunscreen etc. You will also need to bring your own camping equipment (tent, sleeping bag, sleeping mat, camping chair, toiletries, towel etc.) for use at the campsite. Please see the full suggested kit list below.

What about climate and conditions?

The weather in the UK is unpredictable and changeable so you must check the local weather forecast prior to arrival and pack accordingly.

Typically, days are cool (average temperatures around 13°C) and nights are colder (down to around 1°C). Strong, cold winds are possible on some parts of the route. Please note it is possible to experience extreme deviations from the normal climate pattern and very cold conditions are not impossible. Climate and weather conditions during the trip are out of our control. It is extremely important that you take responsibility to prepare yourself for all weather conditions during this challenge.

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Trip cost

There is a registration fee of £95 payable by each person at the time of booking. Then you are asked to fundraise £550 for your Autism charity.

A total of £440 must be paid by 29 April 2022. The remaining £110 can be paid on completion of the trip.

Trip Includes:

- ✓ 2 nights pitch at campsite
- ✓ 2 evening meals, 2 packed lunch and 2 breakfasts
- ✓ Transport between campsite and walk start/finish points
- ✓ UK walking guide
- ✓ UK Different Travel tour manager

Trip Does Not Include:

- ✗ Personal expenses (e.g. extra snacks or drinks in campsite etc.)
- ✗ Transport to/from campsite
- ✗ Travel insurance
- ✗ Trekking kit
- ✗ Tent
- ✗ Camping equipment



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Itinerary

Day 1 (Friday 24 June 2022): Hadrian's Wall Campsite arrival

You should arrive at the campsite and pitch your tent no later than 6pm, so there is time for you to meet the group and have a challenge briefing over dinner.

Meals: Dinner.

Day 2 (Saturday 25 June 2022): Lanercost Priory to Camp

After an early breakfast we set off by minibus to the starting point of our walk. Walking eastwards we set off along a small road which passes through several villages before we head up a ridge which runs alongside the wall. Our first large ruin is the Birdoswald Roman Fort, high above the village of Gilsland.

We continue into the Northumberland National Park and walk alongside the most visible parts of the wall. This section over The Craggs is considered the most difficult but the breath-taking views over the countryside are worth it. Tonight we will arrive back to our campsite by foot for a well-earned dinner.

Trekking distance: Approx. 15 miles (24km)

Meals: Breakfast, packed lunch, dinner.

Day 3 (Sunday 26 June 2022): Camp to Brocolitia

Today we set off directly from the campsite and continue our walk east along the wall. Today you will have great views towards Wark Forest and the barren Northumberland Highlands. Using the wall as our guide we will continue over clifftops and crags over undulating paths and past several lakes. We will pass the picture postcard Sycamore Gap, Housesteads Roman Fort before heading on to our final destination – the third century temple ruins of Brocolitia. We will be picked up by mini-bus and return to camp to check out and head home.

Trekking distance: Approx. 10 miles (17km)

Meals: Breakfast, packed lunch.

If you wish to explore more of the local area, there are numerous places of interest including the Roman forts at Vindolanda and Chesters, The Roman Army Museum and Corbridge Roman town. The historic market towns of Haltwhistle and Hexham are within easy distance and thriving hubs of both Carlisle and Newcastle are a short drive away.



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Suggested Kit List

Clothing

- ☐ Non-cotton underwear and socks
- ☐ Non-cotton trek trousers
- ☐ Non-cotton t-shirt
- ☐ Non-cotton long sleeved warm layer
- ☐ Hiking boots (well broken in)
- ☐ Waterproof jacket and trousers
- ☐ Lightweight insulated jacket or warm fleece
- ☐ Sun hat and warm hat
- ☐ Gloves

Accessories

- ☐ Portable battery pack for mobile phone (optional)
- ☐ Camera (optional)

What food and drink do I need?

- ☐ 3 litres of water
- ☐ Packed lunch and snacks
- ☐ Electrolyte tablets (e.g. Nuun, High5 etc.) (optional)

What to carry?

- ☐ Day pack (25 –35 litres)
- ☐ Waterproof rucksack liner / dry bag
- ☐ Mobile phone - fully charged
- ☐ LED head torch with new batteries inside
- ☐ Wallet with cash and credit/debit card(s)
- ☐ Sunglasses
- ☐ Toilet paper*
- ☐ Nappy sacks or disposal bags to carry any used toilet paper*
- ☐ Hand sanitizer
- ☐ Sunscreen (high SPF)
- ☐ Small, basic first aid kit (pain killers, blister plasters, plasters, your own personal medication)
- ☐ Feminine hygiene products*
- ☐ Small pack of baby wipes (optional)
- ☐ Hiking poles (optional)

What to bring for camping?

- ☐ A tent
- ☐ Sleeping bag (warm enough for night temperatures possibly reaching 0°C)
- ☐ Foam or inflatable sleeping mat (ideally both)
- ☐ Sleeping bag liner
- ☐ Camping chair/stool
- ☐ Towel and Toiletries (toothbrush*, toothpaste*, shower gel*, shampoo*, deodorant* etc.)
- ☐ Cooking stove (optional)
- ☐ Thermos flask / mug plus hot refreshment items e.g. tea, coffee, hot chocolate (optional)

PLEASE NOTE: This list is just a guideline and is not exhaustive; it does not account for your personal preference or requirements. You conduct your training walks with the same clothing and equipment you intend to use on the day of the challenge. If you have any questions about this list, please contact info@different-travel.com.

*Please consider eco-friendly or biodegradable options such as those available from <https://littlefootprintgifts.weebly.com/eco-traveller.html>.