

NBS & Team Kenya – Walk to Scotland

Thank you for your interest in joining us on our walk to Scotland! We will start in the Cheviot Hills and trek along Old Drover's Road, the Pennine Way and the Border Ridge to Windy Gyle in Scotland. The views from the top are stunning and we may even bump into some of the local wild goats!

There will be a few hills along the way and this will be a tough challenge due to the distance involved. A bit of training will be necessary, but this has been selected to be an attainable challenge for anyone with a reasonable level of fitness.

What is the route?

We are aiming to do a 20-mile loop, beginning and ending at Wedder Leap Car Park, Barrowburn. The route can be extended or shortened slightly if needs be – we'll aim not to change the route but have the option if there is poor weather or people are struggling with the distance.

When is the walk?

The walk will take place on Friday 13th September 2019. NBS has generously allowed this to be taken as a CSR Day.

What is the fundraising target?

To confirm your place on the walk, you are requested to pay a £30 deposit which will cover the cost of the guides on the day. We then ask you to raise £100 for Team Kenya's programmes.

Team Kenya involves entire communities in Ndhiwa, Western Kenya in gender equality, so that girls and women in rural Kenya can create their own bright futures. We work with local primary schools, and the whole community that surrounds them to tackle the barriers that prevent girls from accessing quality education.

How do I register?

You can register through the Team Kenya website, www.teamkenya.org.uk

You will find the walk under 'Get Involved' and 'UK Challenges'

Alternatively, the full URL is <https://www.teamkenya.org.uk/uk-challenges/walk-to-scotland/> – we will also send this to you via email.

How fit do I need to be?

This walk has been selected to be an attainable challenge. You should be reasonably fit and we would recommend you go out for a few walks as training, but you don't need to be super-fit.

How do I get there?

We will meet at Wedder Leap Car Park (NE65 7BP) and begin and end the walk there. The Car Park is approximately 46 miles from Newcastle and the journey is roughly 1 hour and 15 minutes.

If people require lifts, or have spare places in their car, we will aim to organise for everyone to be able to car share. If needs be, we will be able to organise return transport, though this will be at participants' expense.

Who will be leading the walk?

The walk will be led by North East Guides, a specialist outdoor company located here in the North East. You can find out more about North East Guides at www.northeastguides.com

What do I need to bring?

The kit list is as follows. There is no need to rush out and buy specialist gear if you do not have it already. However, we suggest having a decent pair of walking boots and not wearing jeans or cotton t-shirts.

The guides will be carrying a map, compass and group shelters.

- Rucksack
- Walking boots
- Waterproof jacket
- Waterproof trousers
- Hat and gloves
- Food + snack items
- Drinks (at least 2 litres)
- Sunglasses
- Sun cream
- First aid kit (including blister plasters)
- Personal medication
- Warm layers
- Packed lunch and snacks for during the day

Waterproofs, spare warm layer, hat and gloves, are essential on this walk. On a hot and dry day they won't be required, however, we are walking in September and the weather could be unpredictable so you should have them with you regardless.

It is important that you have sufficient food and drink, as there will be nowhere to buy anything during the walk.

Can I bring my dog?

Dogs are permitted providing that they are on a lead at all times and they are able to walk 20 miles without slowing the group down.

I have a question

Any questions can be directed to Bradley French at brad@team-kenya.co.uk or via 07464 729 093.