The die has been cast, the area chosen and clues almost complete. This year the North Yorkshire-Moors provide our setting in combination with the Yorkshire coast. Double the attraction and appeal with something for everyone. As always a few changes and variations upon a theme with this year the introduction of Challenge Walk Trials. The area is renowned for scenic villages, dramatic coastline and wild moors. As always a treat to behold.

**Aims:**
- To provide a competitive outdoor challenge with a spirit of the ridiculous.
- To provide a training ground for both participants and those adults interested in helping with the outdoor element of the Award.
- To raise money through sponsorship:
  - To assist young people in the Melbourn area in undertaking the Award.
  - To help nominated charities.

**Location:**
The walk begins and finishes at a parking area, G.R. 931046. This is situated south of the minor road to Fylingthorpe.

**The Challenge:**
To plan and navigate a course chosen by your team, between set clues, covering a potential distance of approximately 30 miles and to be completed within 20 hours. The walk includes one night’s bivouac at a site of your choice, general knowledge questions, trials and the participation in some unusual events.

**The Competition:**
Groups of 4+ people will be working together to gain the maximum number of points by walking a route chosen by themselves between named locations. The challenge is a mixture of endurance, orienteering, initiative tests and treasure hunt, with points being awarded for reaching certain ‘targets’, gathering clues, collecting souvenirs. Additional points will be awarded for a grand finale on Sunday morning, each team performing in front of the assembled audience.

Instructions will be provided on the Friday evening.

**Accommodation:**
- Friday 21st, somewhere out in the open.
- Saturday 22nd, Boggle Hole Youth Hostel.
  Tel: 0870 770 5704

Please note cars are to be left in the car park above the hostel and not on the road leading to it.

**Designated Locations:**
Plan your route from Ordnance Survey Explorer No. OL 27
Locations may include the following:
Some Souvenirs:

You may be asked to collect a fresh sample of the following:
Eriophorum angustifolium, Nymphaea alba, Cakile maritime and Halichoerus grypus.

Further locations, souvenirs, a question paper, a Grand Finale and more mayhem to be provided on the night of Friday 21st.

We will be providing a sample bag for the souvenirs. Please make sure all souvenirs are given to the judges. Any items returned out of the bag will not be marked. You will require this year a flora and fauna reference book, a reference book on the area, a cassette tape player, (not for on the walk), and a sense of humour.

Rules:

1) Mixed teams receive a bonus of 15 points.

2) All groups to meet at approximately 10.00pm on Friday 21st October at the car parking area, G.R. 931046. Please note cars are parked at the owners/drivers risk.

3) Adjudicators David Wallis, Andy Godsave, Jim Fawcett, Jeremy Pymer and Ben Gallant will stagger group departures.

4) Set points will be given for each location reached, clues answered, trials completed, souvenirs collected and from the grand finale on the morning of Sunday 23rd October.

5) Once all planning has been completed and / or from 12 midnight, all cars etc. are out of bounds until a group has finished the walk. Failure to comply will result in penalty points.

6) For reasons of safety, each individual team member must carry at least the minimum amount of food, clothing and equipment detailed on this handout. There will be spot checks throughout the venture. Failure to comply will lead to team disqualification.

7) Teams are expected to bivvy in one form or another. All individuals are to carry a plastic cover. Failure to comply will result in penalty points.

8) On Saturday, please ensure that you reach the car park by 6.00pm latest, ready for evening meal at 7.00pm. The adjudicators reserve the right to merit penalty points, and probably will, on any group reaching the car park later than 6.00pm.

9) For safety reasons please ensure that your group remains together at all times throughout the walk.

10) Please follow the Country Code.

11) Please respect Youth Hostel rules, i.e. no smoking in dormitories, lights out time, use of sheet sleeping bags provided and helping with duties as requested by the Warden.

12) Team members who fail to complete may result in a team penalty, at the discretion of the adjudicators.
13) Groups who split to find different locations at the same time will be disqualified.

14) Groups will be given a mobile phone number to contact David Wallis, Andy Godsave, Jim Fawcett, Jeremy Pymer or Ben Gallant in the event of an emergency.

15) Prizes will be awarded to the team with the most points. Each participant will receive a commemorative T-shirt.

16) On Sunday morning please clear your bedroom prior to the presentation and entertainment at 10.00am.

17) Participants using G.P.S. systems will be disqualified.

You are required to carry the following, (as a minimum guide only):

- O.S. map, compass, whistle, map case, rucksack, survival bag, 9’ x 8’ of polythene for bivouac (see diagram), foam insulation mat, First Aid kit, food for one breakfast, one lunch, snacks and emergencies, isotonic drinks, water-proofs: - cagoule and over-trousers, gaiters, warm fleece jacket, warm easy-dry trousers (preferably with a wool content, not jeans or heavy cotton), thick woollen socks, walking boots, thermal underwear, warm shirt, woollen jumper, woollen gloves, woollen hat, watch, note book and pen, water bottle, torch, spare clothing, toilet paper, spare bulb and batteries.

![Diagram of bivouac]

Your first aid kit should contain, (as a minimum guide only):

- Two triangular bandages, four sterile wound dressings (two large, two medium), one roll of zinc oxide sticking plaster, one – three inch crepe bandage, one pair of scissors, assorted tin of stretch fabric plasters, paracetamol and antiseptic ointment.

Foods:

- Should be high in carbohydrates such as bread, pasta, flapjacks and peanuts. Also high in sugar for quick release of energy, for example, Dextrasol tablets, Kendal Mint cake, Mars bars, raisins, dates, dried fruit and chocolate. Choose foods you enjoy and can eat/nibble throughout the walk.

At the Youth Hostel:

- Change of clothing, trainers, towel and toilet bag.
We suggest groups organise briefing / planning sessions prior to the weekend and look to their levels of fitness.

**Cost of weekend:** - £55.00 per participant.

**ALL PAYMENTS FOR THE CHALLENGE WALK MUST BE RECEIVED BY MONDAY 19th SEPTEMBER.**

Hostels and shirt suppliers require payment well in advance.

CHEQUES PAYABLE TO MELBOURN VILLAGE COLLEGE AND GIVEN TO TONY BROWN.

**Answer to the cartoon:**

To be announced on Sunday 23rd.
MELBOURN & DISTRICT
DUKE OF EDINBURGH’S AWARD GROUP

The Old Salts Challenge Walk

Friday 21st – Sunday 23rd October 2005

Personal Details

Name       Team
Home Address     Home Tel. No.
Next of Kin     Contact No. for next of kin if different from above

Shirt Size S M LG Ex LG

Any Allergies?

Special Medical Needs?

Menu Choice. Please ring your choice below.

Evening Meal Saturday 22nd October.
Starter: Fruit Juice.
Main Course: Spaghetti Bolognaise, or Vegetable Korma, or Wedge of Cheese and Tomato Pizza and Chips, or Jacket Potato with Cheese and Salad or Jacket Potato with Tuna and Salad.
Dessert: Various available on the evening.

Breakfast Sunday 23rd October.
Full English, or Veggy Fry, or Beans on Toast, or Boiled Eggs on Toast, or Croissants, or Fruit and Yoghurt, or Bacon Butty, or Sausage Sarnie, or Kipper, or Just Toast.

This event is organised entirely on a voluntary basis for the aims detailed in the introductory notes. Participants in outdoor pursuits such as hill walking should be aware, or reminded, that these are activities with a danger of personal injury or death and that individuals should be aware of and accept these risks and be responsible for their own actions and involvement.

I understand that Cambridge County Council, The Duke of Edinburgh’s Award, The Melbourn & District Duke of Edinburgh’s Award Group and the Organisers are unable to be held responsible for any accident or loss to a participant or their property or to a third party by a participant in respect of the above event.
Please insure yourselves as necessary.

Signed Date

Please return to Tony Brown by Monday 19th September 2005