



Taking steps
to beat cancer

THE DORSET WALK

Information Booklet



Taking steps
to beat cancer

Malcolm Whales was only 55 years old when he died. Malcolm was my Dad; he was a very active man who always lived life to its fullest. Unfortunately when he was diagnosed with Bowel Cancer, there had been no obvious signs. By the time he received his prognosis, the cancer had spread throughout his body, meaning he never really stood a fighting chance.

Anybody that has been affected by Cancer will understand the utter devastation that it leaves. The impact on my life has been beyond measure! I am desperate to honor my father's memory and create something positive from my personal tragedy.



Before my father's death in 2008, he had got involved in endurance challenges and in particular long distance walks. I decided to create a walk in his name, the only problem, would teenagers want to go on a 'walk'?

In 2009 we organised the first 'Dorset Walk' along the South West Coastal path. Never in my wildest dreams did I expect it to be the success it has been! We started with 30 students in 2009, raising £6000. By the end of 2022 we had almost 300 walkers we had raised over £420,000 in total.

The Malcolm Whales Foundation is something that makes me incredibly proud; its success has been mind-blowing. We are raising large amounts of money annually and we are supporting some incredible causes. Perhaps though, the most rewarding part has been the impact on the participant's lives. We have given them an introduction to charitable causes and the positive difference they can make. It is safe to say that every single participant has been challenged and by taking part, have developed as people! Its impact has been enormous!

We are still a very young charity. We want to get bigger, better and impact wider. We need your support as a walker, a sponsor or in any way you can. Please get involved and support an unbelievably positive cause!

Both my family and I would personally like to thank you in advance for your support.

Damien Whales - Chairman of
The Malcolm Whales Foundation



CONTENTS

The Dorset Walk.....	6
Day 1	7
Day 2	8
Day 3	9
Dorset Walk Reviews.....	10
Wareham Dorset.....	11
Burnbake Campsite.....	11
Equipment List	12
Timings and Itinerary	13
Are Meals Provided?.....	14
FAQ.....	16

THE DORSET WALK

The Dorset Walk is an annual fundraising event, covering over 40 miles along the Dorset coastline. The event runs over three days, starting at Weymouth Seafront and finishing at Studland Bay.

The Dorset Walk first started in 2009, with 28 participants, and has grown ever since, with 140 participants walking the coastal path in 2017 and over 200 in 2022. The amount raised over this fifteen-year period has amassed to an amazing £500,000+.





WEYMOUTH TO LULWORTH COVE

A BRIEF OVERVIEW

The start of The Malcolm Whales Foundation Dorset Walk begins from the picturesque Weymouth seafront, where the walk starts along the seafront promenade. The walk then starts to ascend and descend over cliffs, passing secluded beaches and coves towards Durdle Door and Lulworth Cove.

The first few miles of this day are relatively flat or have very gradual inclines, which helps participants get into the swing of things. However, as we embark on the last 6 miles of the walk, the steep hills are there to be endured, but with this comes some stunning views.

Key Facts

Distance

12.2 Miles

Estimated Walking Time

6 Hours 30 Minutes

Vertical Height Covered

Ascending 2,424 Feet

Descending 2,493 Feet

DAY 2

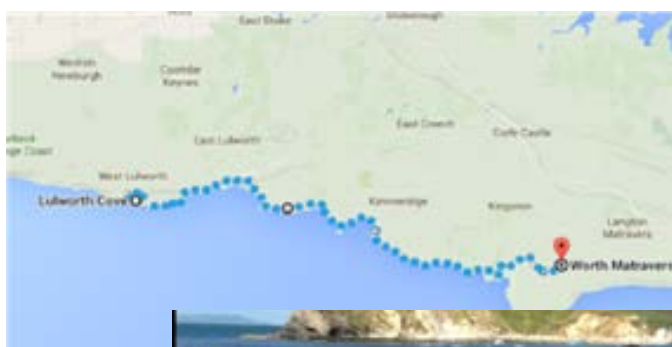


LULWORTH COVE TO KINGSTON

BRIEF OVERVIEW

The second day of The Malcolm Whales Foundation Dorset Walk begins from Lulworth Cove, where the walk commences with a lovely stroll around the cove on the beach.

The coastal path website describes this walk as 'an isolated stretch of the path which offers some spectacular views, but be prepared for some difficult walking right from the beginning'. The highest climb on this day is Houns-tout Cliff, which stands at 490 feet above sea level, which is at the very end of the days walking.



Key Facts

Distance

12.7 Miles

Estimated Walking Time

7 Hours

Vertical Height Covered

Ascending 3,277 Feet

Descending 3,645 Feet



Taking steps
to beat cancer



KINGSTON TO STUDLAND BAY

BRIEF OVERVIEW

The final day of The Malcolm Whales Foundation Dorset Walk begins from the middle of nowhere (Kingston), where the walk commences along the cliffs. This section of the walk is the most straightforward, due to the large gradients being replaced by picturesque scenery and some of the more popular tourist places including Durlston

Head and Swanage. Studland Bay is 5.3 miles away from Swanage, with gradual ascending and descending leading us to the finish line, where there is a souvenir shop and places to eat.

Key Facts

Distance

15.1 Miles

Estimated Walking Time

7 Hours 30 Minutes

Vertical Height Covered

Ascending 3,307 Feet

Descending 2,955 Feet



DORSET WALK REVIEWS

What do people have to say about The Dorset Walk?

"The walk inspires others, raises money and awareness for a great cause, challenges people, educates students and it is an amazing opportunity to have fun, make friends and get fit. It was one of the best experiences of my life."

"The walk had its ups and downs (literally), but by challenging yourself to overcome the toughness of the walk, it is a great skill to learn, especially for us year 11's, preparing for the transition to sixth forms, apprenticeships and employment."

"The Dorset walk is a unique trip because not only does it benefit a really good cause, it also allows character building. As individuals can test their abilities and push through mental and physical barriers which they wouldn't get the opportunity to test in everyday life."

"The fundraising really drove people to push the extra mile. For myself, the feeling that I was helping a charity as I walked gave me the confidence to carry on."

"Firstly, the trip is extremely fun and it was an experience I will cherish and never forget. The trip is very rewarding as you know you are doing a good deed by raising money for charity."

"She challenged herself enormously on the walk as it was harder than she imagined! She seemed to come home a foot taller, full of enthusiasm for the task that she had completed and proud of the money that she had raised. And even though it was challenging on so many levels, she is keen to go again next year."



BURNBAKE CAMPSITE

WAREHAM DORSET



Our Opinion

We have used the Burnbake campsite since 2012, and it is perfect for our event. It provides a safe environment and plenty of facilities, whilst be close to local seaside towns.



Duration Of Stay

We will be staying at the Burnbake campsite for 4 nights.



Contact Details

Address: Burnbake Campsite, Corfe Castle, Wareham, Dorset, BH20 5JH

Email Address: info@burnbake.com

Telephone Number: 01929 480570

Website Address: www.burnbake.com

FACILITIES

SHOP



EQUIPMENT LIST

	Essential	Recommended	Optional
Walking Equipment			
Small Back Pack	X		
Walking Boots/Shoes	X		
Warm Clothing	X		
First Aid Kit		X	
Waterproof Jacket	X		
Waterproof Trousers		x	
Emergency Food (Non – Perishable)		X	
Water Bottle	X		
Mobile Phone		X	
Camping Equipment			
Sleeping Bag & Pillow	X		
Roll Mat/Air Bed		X	
Plastic Bags For Dirty Clothes & Shoes		X	
Bowl/Plate/Mug (Not Glass or China)	X		
Knife/Fork/Spoon	X		
Sun Cream	X		
Tent	X		
Jumper	X		
Warm Jacket	X		
T-Shirts		X	
Trousers		X	
Walking Shorts	X		
Jeans			X
Underwear	X		
Socks	X		
Hiking Socks			X
Cereal		X	
Cordial			X
Money	X		
Wash Kit & Towel	X		
Torch with Spare Batteries	X		

TIMINGS AND ITINERARY

Day 1 Thursday

9am	Depart schools
1130am	Service Station break
1500	Arrive at Burnbake Campsite- Briefing on arrival and later in evening
1700	Dinner on campsite

Day 2 Friday

0820	Leave Burnbake Campsite travelling to Weymouth Seafront
1015	Start Day 1 of The Dorset Walk towards Lulworth Cove
1700	Arrive at Lulworth Cove and travel back to Burnbake Campsite
1730	Dinner on campsite (or in Swanage)

Day 3 Saturday

0820	Leave Burnbake Campsite to travel to Lulworth Cove
1000	Start Day 2 of The Dorset Walk towards Kingston
1700	Arrive at Kingston and travel back to Burnbake Campsite
1730	Dinner on campsite
19.30	Presentation evening

Day 4 Sunday

0820	Leave Burnbake Campsite to travel to Kingston
0930	Start Day 3 of The Dorset Walk towards Studland Bay
1700	Arrive at Studland Bay and travel back to Burnbake Campsite
1800	Dinner on campsite (or in Swanage)

Day 5 Monday

0930	Depart Burnbake Campsite
1130	Service Station break
14.30	Arrive back at schools

PLEASE NOTE: ALL TIMINGS ARE APPROXIMATE AND DEPEND ON THE TRAFFIC, YOUR WALKING SPEED AND THE WEATHER!

ARE MEALS PROVIDED?

Lunches

Lunches will be provided by The Malcolm Whales Foundation every walking day (Friday, Saturday & Sunday). On both of the travelling days, we will stop at services to get food and drinks.

Evening Meals

Evening Meals will be provided by The Malcolm Whales Foundation every night. However, one night The Malcolm Whales Foundation organises a trip into Swanage for everyone to get dinner.

Special Requirements?

If you have special dietary requirements, we can offer alternatives! Just contact us and let us know what your requirements are.





FAQ

How will the group be organised?

The group will stay together throughout the walk. There will be dedicated members who will carry communication devices to ensure the group stays together.

Do you provide any training prior to the event?

We do not provide training prior to The Dorset Walk but we recommend that you practice walking long distances prior to attending.

What should I bring?

You will need to carry the essentials on the kit list, which will provide enough protection for all weathers and conditions.

Are there tents provided?

No, tents are not provided. However, we do have spare tents in case of an emergency.

Are there any additional costs?

There are no hidden costs. The money we recommend that you bring will be for service stops travelling to and from Dorset, for dinner in Swanage and any snacks that you wish to purchase along the way.

Is there an emergency contact number provided for participants whilst walking?

All participants will be given an emergency number prior to The Dorset Walk

How many people can I share a tent with?

Check how many your tent sleeps and that will give you the maximum number of people that you can share with. All tents must consist of the same gender.

Will there be other people staying at the campsite?

Yes, there will be other people staying at the campsite and sharing the facilities. It is for this reason that everyone must be in their tents by 22:00 of an evening.

When is the deadline to hand in the sponsorship money?

We aim to have all the sponsorship money in by the end of September. Therefore, the sooner you can hand in your sponsorship money, the better!



Are there any plugs to charge up electronic devices?

There will be a very limited number of electrical plugs to charge up your electrical devices. If you have a portable charger, we advise you to use this instead.

Will there be a first aid kit available whilst walking?

There will be a first aid kit available whilst walking. We do also have a support vehicle that follows us using the nearest road for any medical issues. However, it would be a great idea to bring a basic first aid kit with you just in case!





**Taking steps
to beat cancer**

www.tmwf.co.uk



TheMalcolmWhalesFoundation



MalcolmWhales



tmwf_uk