

# *Sandstone Trail Challenge*

A 32 mile trail from Frodsham to Whitchurch May 16<sup>th</sup> & 17<sup>th</sup> 2009

## **INFORMATION PACK**

### **General Information**

The Sandstone Trail is a challenging walk from Frodsham to Whitchurch, following the ridge of sandstone that rises dramatically from the Cheshire Plain. The Trail is well marked over varied terrain; clear paths, some steep, through fields and over bedrock. You will need to be reasonably fit and equipped with the correct footwear and clothing.

The challenge will be over two days, breaking the trail at the Shady Oak, approximately half way, where there are facilities for camping. We will start at the Beacon Hill car park in Frodsham at 10.30am on Saturday 16<sup>th</sup> May and again at 10.30 am at the Shady Oak on the 17<sup>th</sup> May, finishing at the Willey Moor Lock on the Llangollen canal, a 32mile length overall.

A Tanzed representative will be at regular points along the way with drinks and medical assistance for the two-day event if required. We suggest at least one member of your party carry a mobile phone in the event of emergency.

This is not a race so take plenty of rest along the way if you are feeling tired and drink a sensible amount of fluid. Also take some food to keep your energy levels up. There are few facilities on the trail, a few pubs off the trail for emergency stops! (see map).

### **Family Fun Day**

On Sunday 17<sup>th</sup> May we will be having a Family Fun Day at the Shady Oak with a short walk being arranged for those wishing to enjoy the local countryside. Other activities will be taking place throughout the day.

### **Travel and Transport**

We suggest each group arranges to meet at the Shady Oak at 9.00am on the Saturday to drop off their camping gear and then proceed to Frodsham to be dropped off by their designated driver. Each group will need to arrange to be picked up from the Willey Moor early Sunday evening. There should be a small amount of extra space in some cars if some people require lifts. Please indicate below if you will have space available.

### **Costs**

For those taking part in the Sandstone Trail we require a registration fee of £10 per person, which includes a map, sponsorship forms and free camping if required. The Family Fun Day is free.

Closing date for registration is Friday 17<sup>th</sup> April 2009.

All adults are held responsible for their children. Tanzed cannot accept liability for any loss, accident or damage.



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May 16<sup>th</sup> & 17th 2009

### **REGISTRATION FORM**

Please fill in below and return to Tanzed, 80, Edleston Road, Crewe, CW2 7HD enclosing cheque made payable to Tanzed.

Please enter names of all adults taking part in your group

Name	Sandstone Trail	Lift Available	Camping required
No of children under 16			

Registration enclosed: Amount =

Team Leader's Name:

Address :

Mobile Phone No:

All sponsorship money raised will be used to support Tanzed's work in primary schools in Tanzania

Charity Registration No: 1064659

For information please visit [www.tanzed.org.uk](http://www.tanzed.org.uk)