

TMWF DORSET WALK



2024





WELCOME

The Malcolm Whales Foundation

All the money we raise will go to a number of different causes and cancer charities. The Malcolm Whales Foundation's aim is 'to help people affected by cancer and illness'. The charity itself achieves this in a number of different ways, and through our fundraising events, are able to raise funds to support those affected in a variety of different ways.



The Malcolm Whales Foundation



Hitchingbrooke Hospital garden created by students and fundraisers from TMWFF



WELCOME

The Malcolm Whales Foundation

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+



The Dorset Walk 2024

Key Facts:

Thursday 11th-Monday 15th July 2024

Dorset

Camping

Travelling by coach to Dorset and back
again

57 of us from AMVC

16th year for TMWF- they are experts

400 of us walking in total



The Dorset Walk 2024

Before we leave

Monday 8th July- bring all camping equipment etc to school to be collected by TMWF to transport to the camp site. Confirmed nearer the time

Advance packing would include tents, any luggage required (equipment list)- all needs to be labelled. I will provide labels for students nearer the time





The Dorset Walk 2024

Day 1 Thursday 11th July (Travel Day)

Meet at 8.15am for pickup between 8.30am-9am

Estimated travelling time 5 hours

Stop at Fleet Services M25

Bring money or a packed lunch

Arrive and set up tents etc

Pasta/mince first meal

Hot water available

Pot Noodles available

Tuck shop available





The Dorset Walk 2024

The Campsite



Wareham, Dorset
Burnbake Campsite

TMWF have used Burnbake Campsite since 2012. It provides a safe environment and plenty of facilities whilst being close to the local seaside towns

The College will have their own section of the Campsite. The area given to TMWF is divided into zones and each school has their own area with their designated staff

We have central zones for facilities, food and leisure

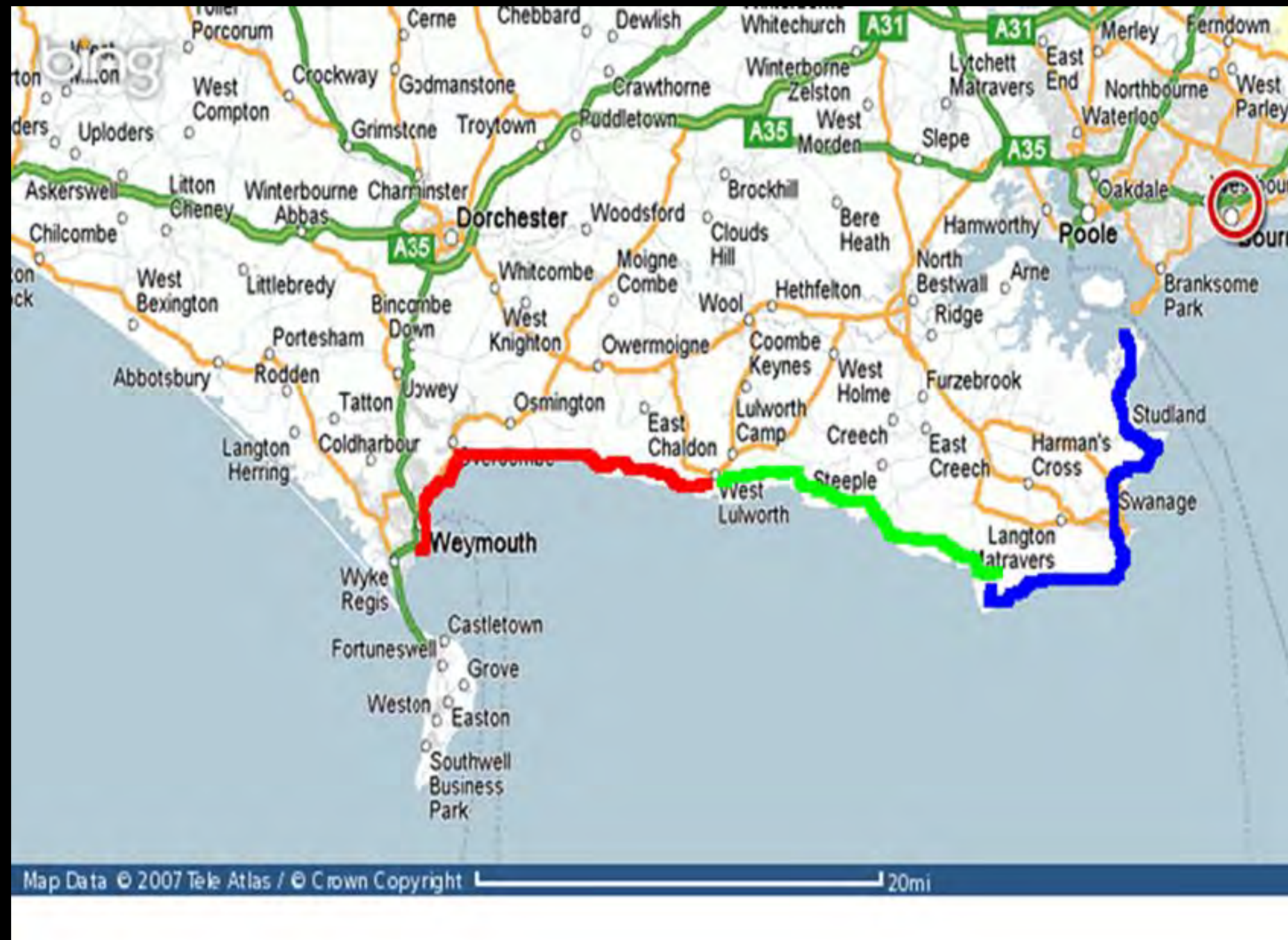
There is a tuck shop and other local facilities which staff and students can access



The Dorset Walk 2024

The Walk

Fri 12th – 14 miles
Weymouth to Lulworth
Cove
Sat 13th – 11 Miles
Lulworth Cove to
Kingston
Sun 14th – 14 miles
Kingston to Studland





The Dorset Walk 2024

Day 2 Friday 12th July Day 1 Walk- Weymouth to Lulworth Cove

8.20am Leave Burnbake Campsite travelling to Weymouth Seafront

10.15am Day 1 walk starts toward Lulworth Cove

5pm Arrive at Lulworth Cove and travel back to Burnbake Campsite

5.30pm Dinner on campsite or Swanage





The Dorset Walk 2024

Day 2 Friday 12th July Day 1 Walk- Weymouth to Lulworth Cove

Transported to Weymouth via Coach and back again

The walk begins from the Weymouth seafront where we begin walking along the seafront promenade.

We then ascend and descend over cliffs, passing secluded beaches and coves towards Durdle Door and Lulworth Cove.

The first few miles are flat with some very gradual inclines.

The last 6 miles of the walk have steep hills but there are some stunning views





The Dorset Walk 2024

Day 2 Friday 12th July Day 1
Walk



Distance: 12.2 miles

Walking Time: 6 Hours 30 minutes

Ascending height covered: 2,424 feet

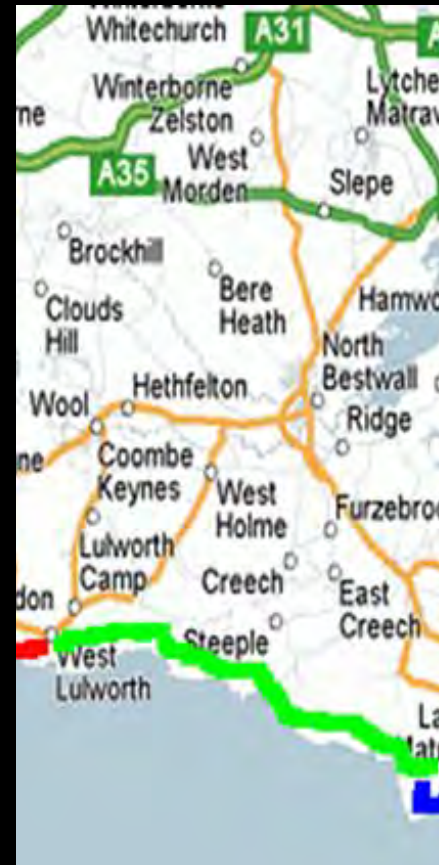
Descending height covered: 2,493 feet





The Dorset Walk 2024

Day 3 Saturday 13th July Day 2 Walk-
Lulworth Cove to Kingston



8.20am Leave Burnbake Campsite to
travel to Lulworth Cove

10am Start Day 2 walk towards Kingston

5pm Arrive at Kingston and travel back
to Burnbake Campsite

5.30pm Dinner on campsite

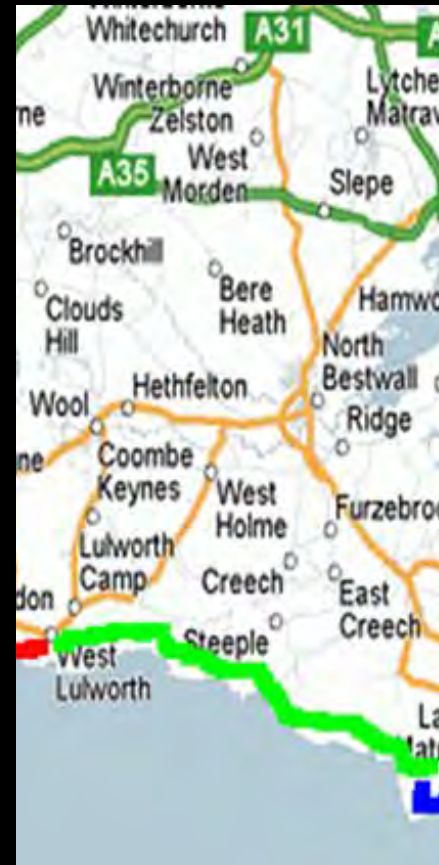
7.30pm Presentation Evening





The Dorset Walk 2024

Day 3 Saturday 13th July Day 2 Walk-
Lulworth Cove to Kingston



Begins from Lulworth Cove with a stroll around the cove on the beach

The coastal path website describes the 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 Hounstout cliff, which stands at 490 feet above sea level, which is at the end of the day

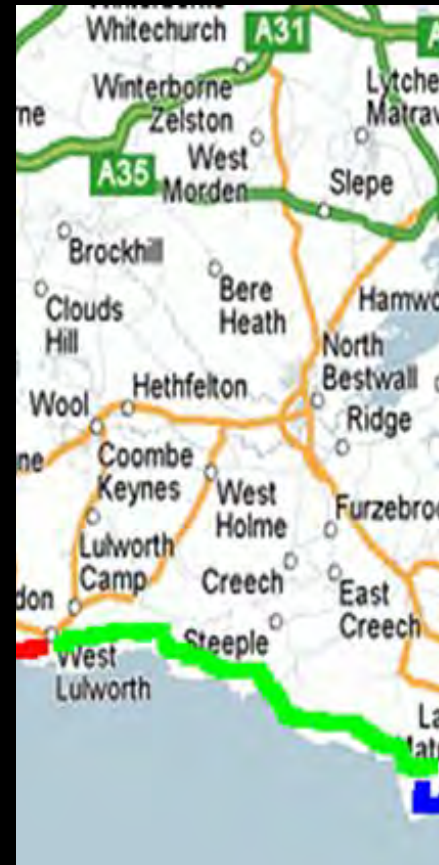
Finish at Kingston





The Dorset Walk 2024

Day 3 Saturday 13th July Day 2
Walk



Distance: 12.7 miles

Walking Time: 7 Hours

Ascending height covered:
3,277 feet

Descending height covered:
3,645 feet





The Dorset Walk 2024

Day 4 Sunday 14th July Day 3
Walk- Kingston to Studland
Bay

8.20am Leave Burnbake
Campsite to travel to Kingston

9.30am Start Day walk towards
Studland Bay

5pm Arrive at Studland Bay
and travel back to Burnbake
Campsite

5.30pm Dinner on campsite or
Swanage



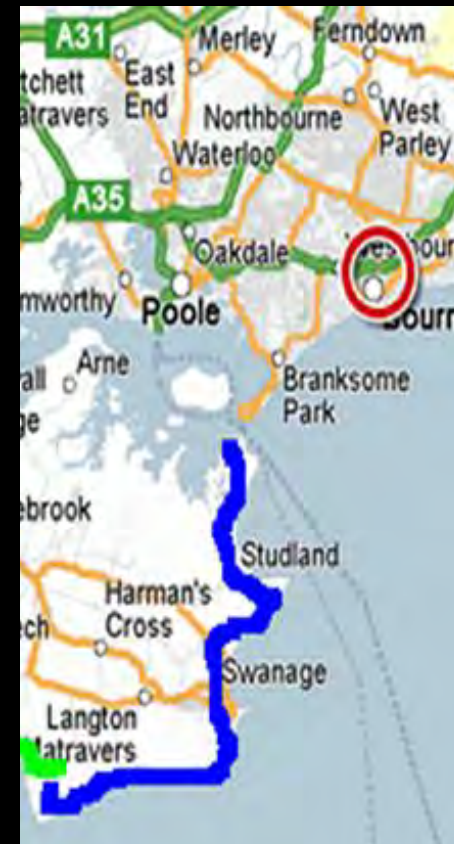


The Dorset Walk 2024

Day 4 Sunday 14th July Day 3
Walk- Kingston to Studland
Bay

Begins in Kingston where the walk commences along cliffs. This section of the walk is the most straightforward and is picturesque and has more tourist places including Durlston.

We pass through Swanage. Leading us to the finish line at Studland Bay





The Dorset Walk 2024

Day 4 Sunday 14th July Day 3
Walk- Kingston to Studland
Bay



Distance: 15.1 miles

Walking Time: 7 Hours 30
minutes

Ascending height covered:
3,307 feet

Descending height covered:
2,955 feet





The Dorset Walk 2024

Day 5 Monday 15th July 2024-
Travel day

Leave as soon as we are packed up (by
9.30am)

Estimated travelling time 5 hours

11.30am Stop at South Mimms M25
services

Bring money or a packed lunch

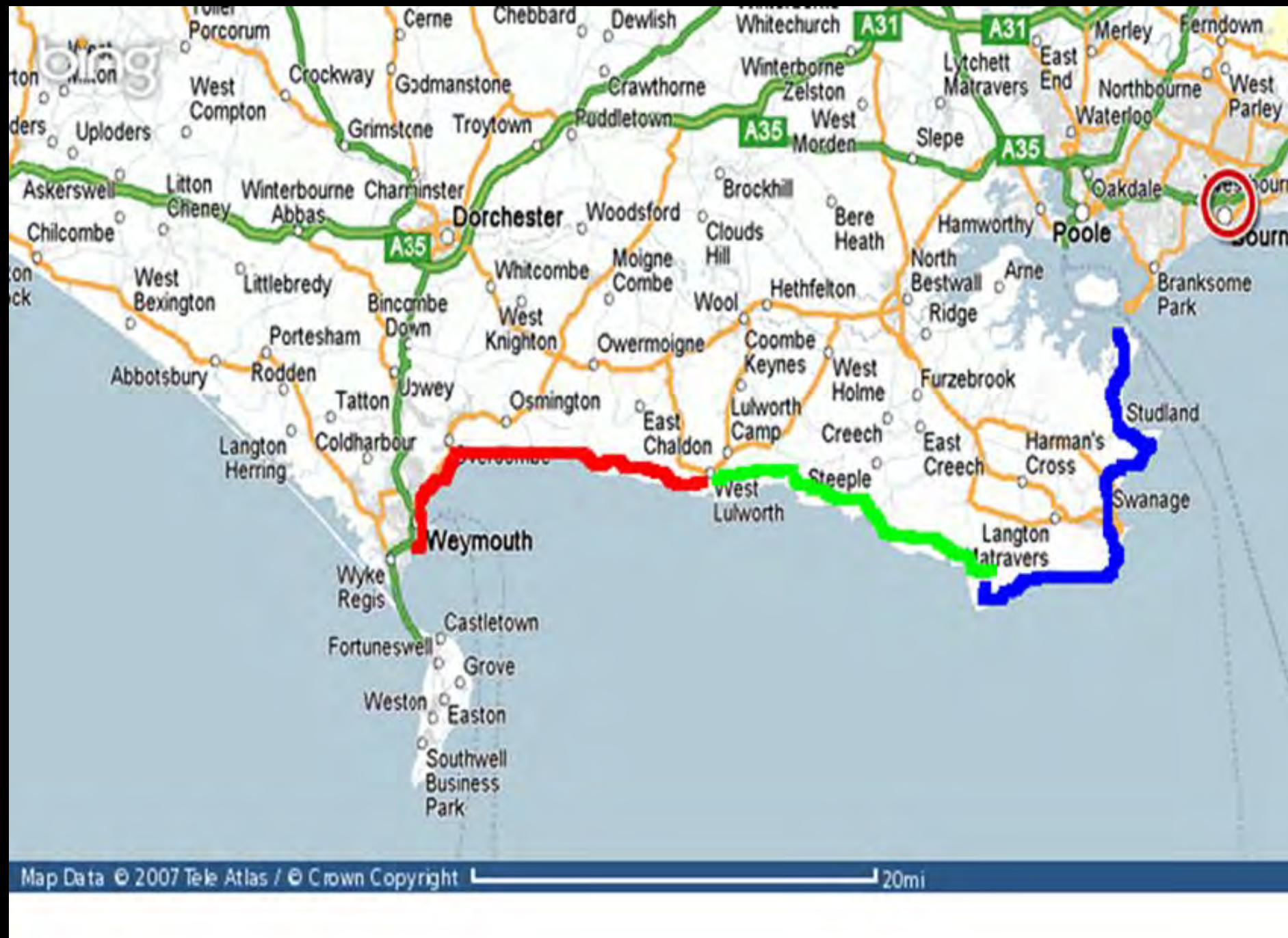
Arrive back to school at approximately
2.30pm



WooHoo!



The Dorset Walk 2024





The Dorset Walk 2024

Key Facts

We all walk TOGETHER

We walk along the Coastal Path

Students and staff must NOT leave the public footpath

We stop for lunch and as and when needed

We have a support team who meet us during the day to provide refreshment

Access to toilets is planned along the walk





The Dorset Walk 2024

Food

- Thursday – Packed lunch/services and then evening meal is provided.
- Friday – Packed Lunch and evening meal provided.
- Saturday – Packed lunch and Campsite- BBQ and presentation evening
- Sunday – Packed lunch and Swanage (money needed)
- Monday – Travel home and Services stop- pack and leave. South Mimms stop off. No breakfast but can stop at the services/supermarket
 - Breakfast -individuals require cereal, milk is provided.
 - Bacon Rolls....to purchase- bring cereal bars etc- less than £2
 - Dietary requirements to be logged with me
 - Mornings- breakfast rolls to buy. AMVC will be taking porridge pots, cereal bars for students to have



The Dorset Walk 2024

Are meals provided?

Lunches

Lunches are provided by the Foundation every walking day-
Friday, Saturday and Sunday

On both travelling days we will stop for food and drinks-
students need money or pack up for this

Evening Meals

Evening meals are provided by the Foundation every night

However, one night there is an organised trip to Swanage for
everyone to get dinner (money required)

Breakfast- students can have an AMVC porridge pot/cereal bar
or bring their own provision or buy a breakfast roll on camp

All dietary requirements can be catered for if we know about it



The Dorset Walk 2024

Food

- All students will have responsibility for serving others one of the nights, working together and learning about mass catering and events management

They work together to develop teamwork skills and also working under pressure (and perhaps when tired!)





The Dorset Walk 2024

Amenities at Burnbake

There are showers and toilets

Additional blocks are hired for the group

There is hot water

There is electricity (yes you can charge your phone)

Students can bring chairs to sit on

It is a proper camp site

Signal is patchy and not always reliable at camp





The Dorset Walk 2024



As a group we will go into Swanage one night (Friday or Sunday) and students can go on the amusements, buy ice cream and fish and chips

The last day, there will be time for shopping if they want

They can also buy some TMWF souvenirs

Students will get some free time but must be in groups, they will not leave camp site alone and there will always be meeting points and the emergency trip number



The Dorset Walk 2024

Weather



We walk rain or shine

It might rain and we will likely get wet

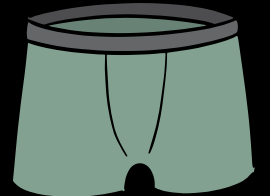
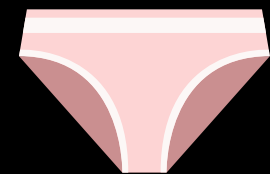
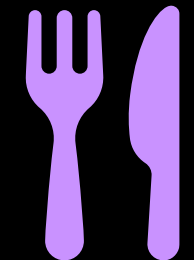
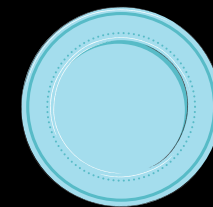
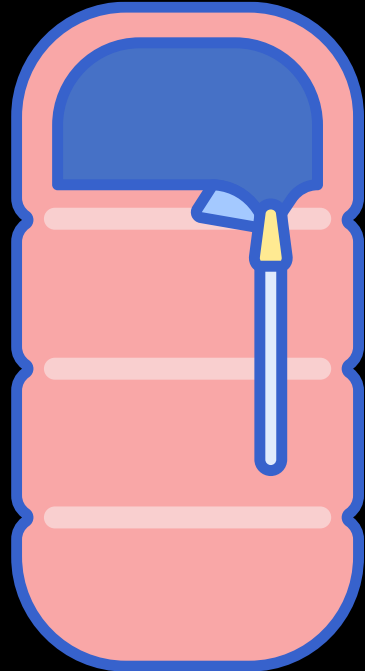
Students recommended to be prepared for all weathers





The Dorset Walk 2024

Equipment





The Dorset Walk 2024

Equipment

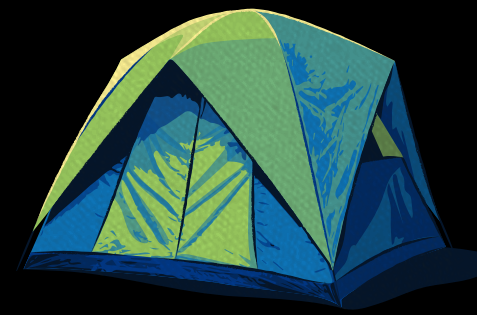
Full equipment list is in your packs

We have asked staff for donations of any equipment so if you need support please let me know

All equipment needs to be ready and in school for the lorry collection on Monday 8th. Students can carry their backpack

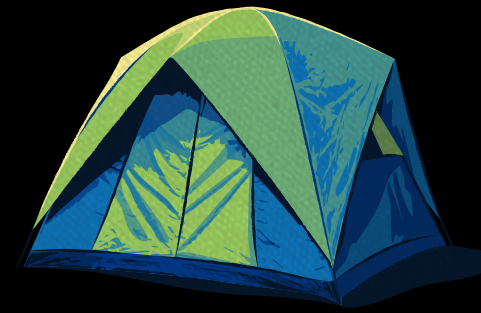
We do not walk with any equipment, other than our backpack with lunch and anything students choose to carry

All equipment left at base camp





The Dorset Walk 2024



Equipment

Sun Lotion

Blister packs

Fatigue

Water





The Dorset Walk 2024



Parents/carers

Yes you can come and help- let me know if this is something you can or want to do

You don't have to walk

You can also make donations to the charity to help make the walk happen eg food, equipment etc

Lots of Businesses support the charity- if your business wants to do this then again let me know





The Dorset Walk 2024



Sponsorship

AMVC Just Giving Page

Team Just Giving which allows you to run your own page linked to the Team

https://www.justgiving.com/team/amvc?utm_medium=team&utm_content=amvc&utm_source=copyLink&utm_campaign=pfp-share&invite=true



The Dorset Walk 2024

FAQ

BIG QUESTIONS

IS IT HARD?

YES

WILL THEY WANT TO GO HOME?

YES

WILL IT BE WORTH IT?

YES





The Dorset Walk 2024

FAQ

- How will the group be organised?

The AMVC team will stay together throughout the walk. Teachers are dotted along with students, including those at the back. Dedicated staff will carry communication devices to ensure the group stays together both at AMVC and within all 400 walkers

2. Do you need any training before the event?

There is no requirement for training but we are going to be walking a lot and a long way, so recommend practicing walking long distances



The Dorset Walk 2024

FAQ

3. What should I bring?

The essentials on the kit list

4. Are there tents provided?

No, tents are not provided; these are part of the essential kit list. However, there are some spares in case of emergency.

5. Are there any additional costs?

There are no hidden costs. The money we recommend you bring will be for service stops, for Swanage and any snacks you wish to buy



The Dorset Walk 2024

FAQ

6. Is there an emergency contact number provided for participants when walking?

Yes all students will be given the emergency contact number.

7. How many people can I share a tent with?

Check your tent size. For sleep purposes and rest, recommended 2 for a tent. All tents must consist of the same gender

8. How many staff are attending?

There are 5 designated experienced staff from AMVC. Two are senior leaders and one Designated Safeguarding Lead



The Dorset Walk 2024

FAQ

9. Are the other adults safe?

TMWF has its own zone of the campsite. All TMWF staff are DBS checked. It is an established walk with clear safeguarding procedures.

10. When do I have to hand in sponsorship money?

We aim to have all the sponsorship money in by the end of September.



The Dorset Walk 2024

NEXT STEPS

Payment plan (not sponsorship)

Payment type	Payment value	Due date
Non-refundable deposit	£40.00	Friday 1 March 2024
Non-refundable payment	£55.00	Friday 19 April
Non-refundable payment	£55.00	Friday 24 May 2024
Total £150.00		

Sponsorship

Set up your sponsorship Justgiving page or advertise the AMVC one

Train

Start walking

Equipment

Start looking for equipment bargains



The Dorset Walk 2024

NEXT STEPS

Any questions?

email ekavanagh@arthurmellows.org if you have any questions about the walk in the coming months. There will be a final parent meeting to address any final bits in June.

