

TMWF DORSET WALK



2025





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 TMWF
Electronic donations last week at PCH



The Malcolm Whales Foundation



The Lakeside Retreat



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+

OUR JOURNEY IN 2024





The Dorset Walk 2025

Key Facts:

Thursday 10th-Monday 14th July 2025

Dorset

Camping

Traveling by coach (and one minibus) to
Dorset and back again

61 of us from AMVC

500 of us walking in total across schools
and members of the Foundation



The Dorset Walk 2025



Before we leave

Monday 7th 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 2025

Day 1 Thursday 10th 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 2025

The Campsite



Swanage and Wareham Ruby Club



The Dorset Walk 2025

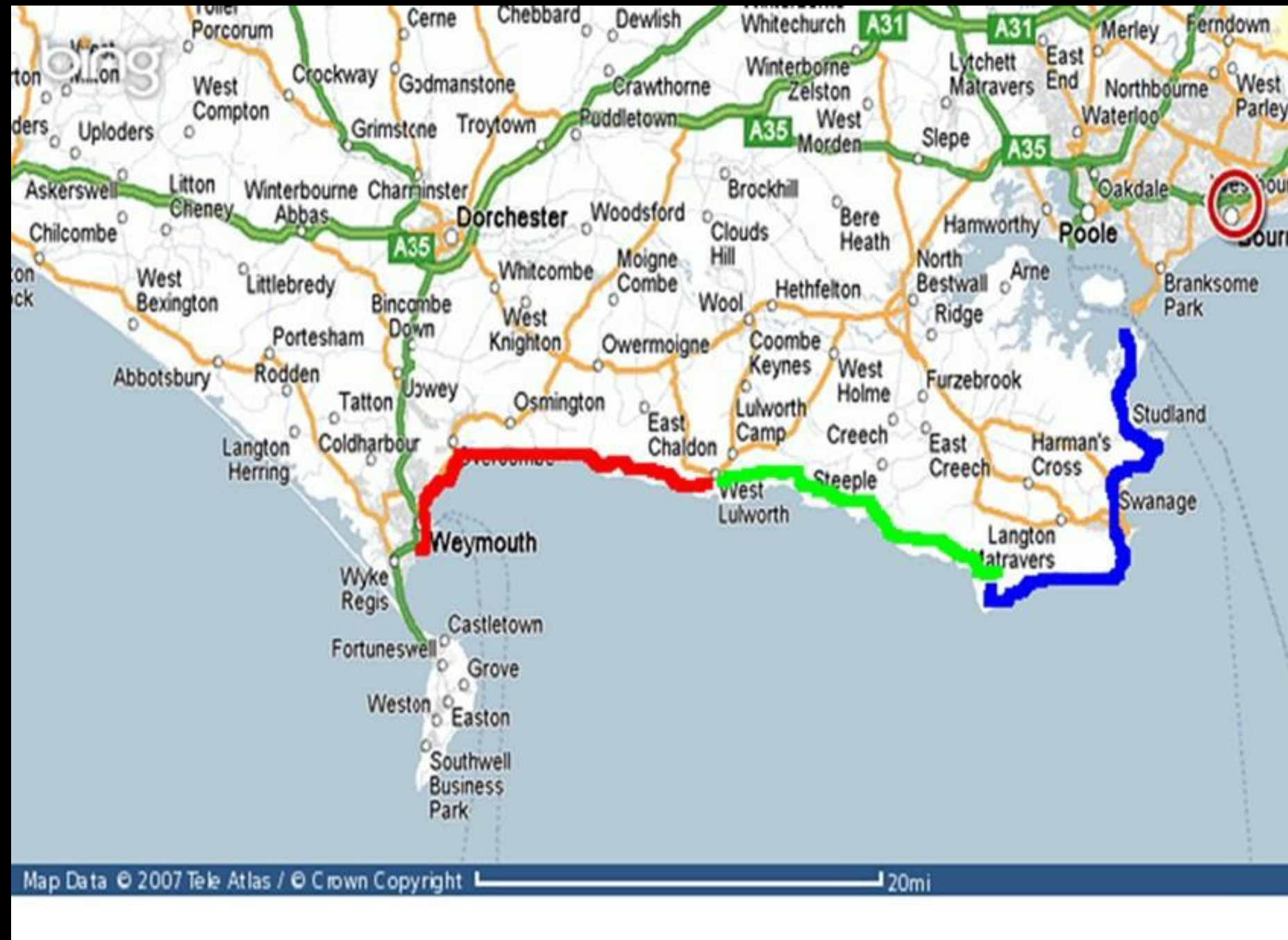
The Campsite





The Dorset Walk 2025

The Walk



Fri 11th – 14 miles
Weymouth to Lulworth
Cove

Sat 12th – 11 Miles
Lulworth Cove to
Kingston

Sun 13th – 14 miles
Kingston to Studland



The Dorset Walk 2025

Day 2 Friday 11th July

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 2025

Day 2 Friday 11th July Day 1 Walk-
Weymouth to Lulworth Cove

8.20am Leave Campsite travelling to
Weymouth Seafront

10.15am Day 1 walk starts toward Lulworth
Cove

5pm Arrive at Lulworth Cove and travel back
to Campsite

5.30pm Dinner on campsite or Swanage





The Dorset Walk 2025

Day 2 Friday 11th July 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 2025

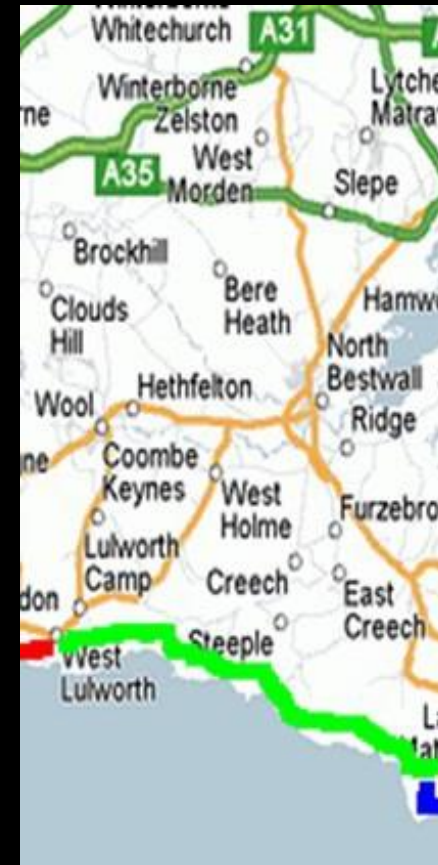
Day 3 Saturday 12th July

Distance: 12.7 miles

Walking Time: 7 Hours

Ascending height covered:
3,277 feet

Descending height covered:
3,645 feet





The Dorset Walk 2025

Day 3 Saturday 12th July Lulworth Cove to Kingston

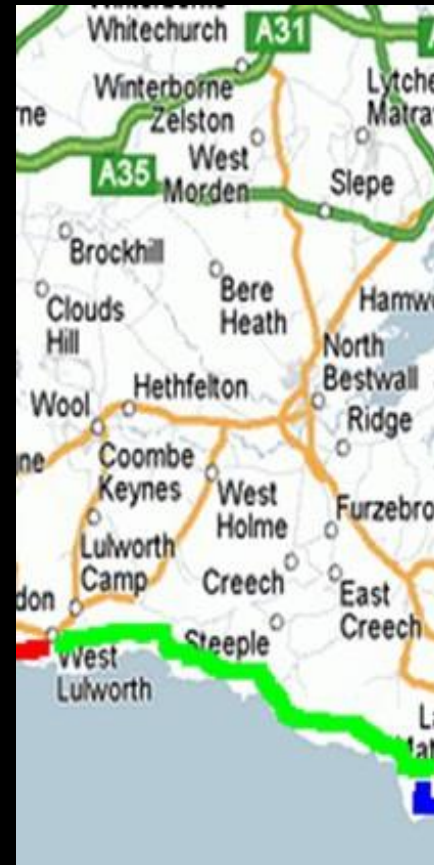
8.20am Leave Campsite to travel to Lulworth Cove

10am Start Day 2 walk towards Kingston

5pm Arrive at Kingston and travel back to Campsite

5.30pm Dinner on campsite

7.30pm Presentation Evening





The Dorset Walk 2025

Day 3 Saturday 12th July 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 2025

Day 4 Sunday 14th July
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 2025

Day 4 Sunday 13th July
Kingston to Studland Bay

8.20am Leave Campsite to
travel to Kingston

9.30am Start Day walk towards
Studland Bay

5pm Arrive at Studland Bay
and travel back to Campsite

5.30pm Dinner on campsite or
Swanage





The Dorset Walk 2025

Day 4 Sunday 13th July
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 2025

Day 5 Monday 14th 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



Woo hoo!



The Dorset Walk 2025





The Dorset Walk 2025

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

We have a 'Camp Mum' who will support students who get sick on the walk





The Dorset Walk 2025

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 2025

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 2025



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 2025

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

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 2025

Weather



We walk rain or shine

It might rain and we will likely get wet

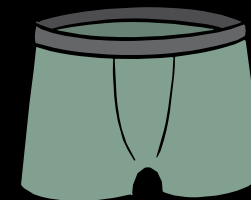
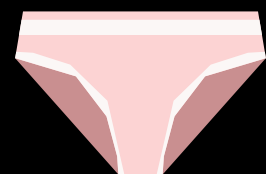
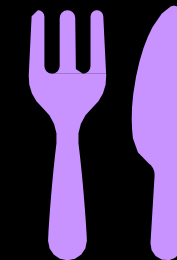
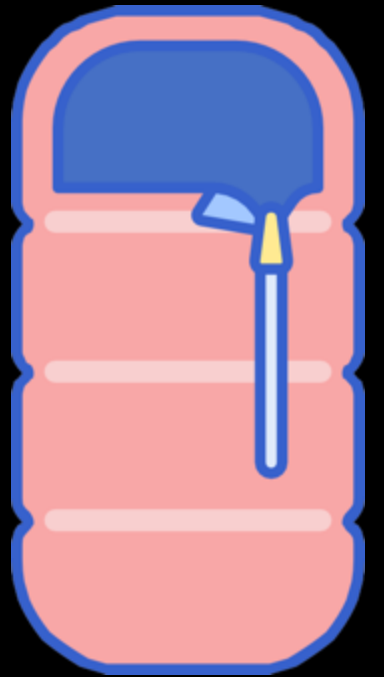
Students recommended to be prepared for all weathers





The Dorset Walk 2025

Equipment





The Dorset Walk 2025

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 7th. 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 2025



Behaviour and any
problems

We will always call you

You can always call us



The Dorset Walk 2025



Sponsorship

AMVC Just Giving Page

Individual JustGiving page selecting that you are fundraising for The Malcolm Whales Foundation

The link is in your packs, but please note students have also been added to a Teams Group where they have access to the link.

ALL STUDENTS MUST create a sponsor page and gain sponsorship for the event



The Dorset Walk 2025

FAQ

BIG QUESTIONS

IS IT HARD?

YES





The Dorset Walk 2025

FAQ

BIG QUESTIONS

WILL THEY WANT TO GO HOME?

YES





The Dorset Walk 2025

FAQ

BIG QUESTIONS



WILL IT BE WORTH IT?

YES





The Dorset Walk 2025

FAQ

1. 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?

Yes, yes and yes- walk and walk some more- hills especially





The Dorset Walk 2025

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 2025

FAQ

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

Yes all students and parents 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 2025

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 2025

NEXT STEPS

Make your payments- £150 in total

Sponsorship

Set up your sponsorship Justgiving page and join the AMVC team using my link

Train

Start walking

Equipment

Start looking for equipment bargains



The Dorset Walk 2025

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.

