



# BROWN DOG

Helping people with cancer

Helping men, women and children who have cancer

[www.cancerbrowndog.co.uk](http://www.cancerbrowndog.co.uk)

Registered Charity 1111550

BROWN DOG 2016  
THE EXMOOR  
COASTAL  
MOONWALK

3<sup>rd</sup> / 4<sup>th</sup> June 2016





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## THE EXMOOR COASTAL MOONWALK

What have you done today to make you feel proud.....

Each year the Brown Dog Charity organise an event to raise money to buy vital equipment to help people fighting cancer.

To help our members raise as much money as they can, our annual event is always challenging and credible and our 2016 challenge is no exception.

The Exmoor Coastal Walk is a 54 mile walk that will take 24 hours to complete and involve walking through the night.

Walking along a coast line through the night is an amazing experience, watching the moon over the sea, the stars that become much clearer in the remote countryside and the general atmosphere and team spirit is something else.

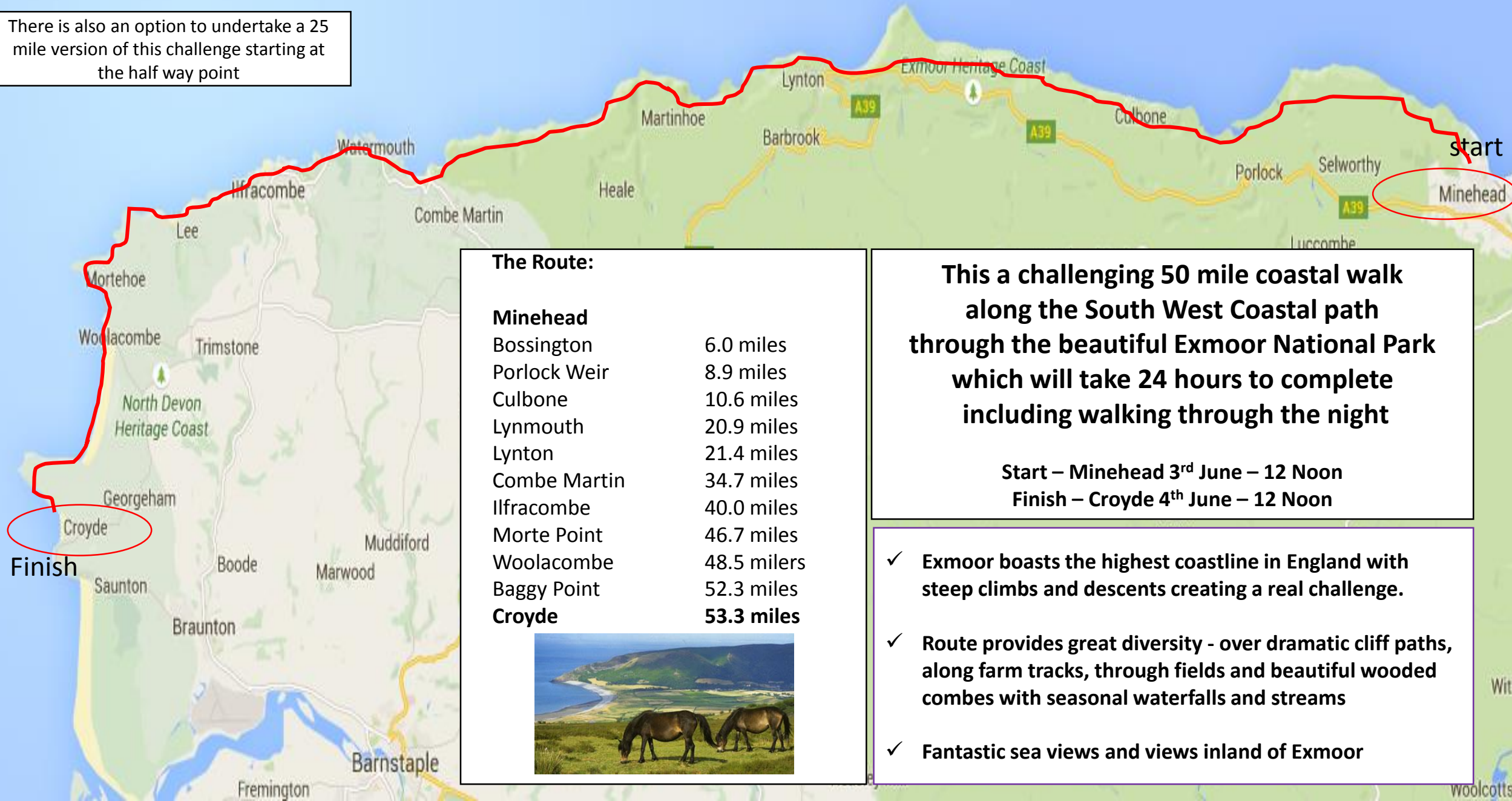
This task won't be easy but the enjoyment, experience and personal satisfaction will stay with you for the rest of your life.

The walk is fully supported and safety is the number one priority.

Come and join us, take a look at this pack to find out more.....

# The Exmoor Coastal Moonwalk – 54 miles from Minehead (Somerset) to Croyde (North Devon) in 24 Hours

There is also an option to undertake a 25 mile version of this challenge starting at the half way point



## The Route:

### Minehead

Bossington	6.0 miles
Porlock Weir	8.9 miles
Culbone	10.6 miles
Lynmouth	20.9 miles
Lynton	21.4 miles
Combe Martin	34.7 miles
Ilfracombe	40.0 miles
Morte Point	46.7 miles
Woolacombe	48.5 miles
Baggy Point	52.3 miles
<b>Croyde</b>	<b>53.3 miles</b>



**This a challenging 50 mile coastal walk along the South West Coastal path through the beautiful Exmoor National Park which will take 24 hours to complete including walking through the night**

**Start – Minehead 3<sup>rd</sup> June – 12 Noon**

**Finish – Croyde 4<sup>th</sup> June – 12 Noon**

- ✓ **Exmoor boasts the highest coastline in England with steep climbs and descents creating a real challenge.**
- ✓ **Route provides great diversity - over dramatic cliff paths, along farm tracks, through fields and beautiful wooded combs with seasonal waterfalls and streams**
- ✓ **Fantastic sea views and views inland of Exmoor**

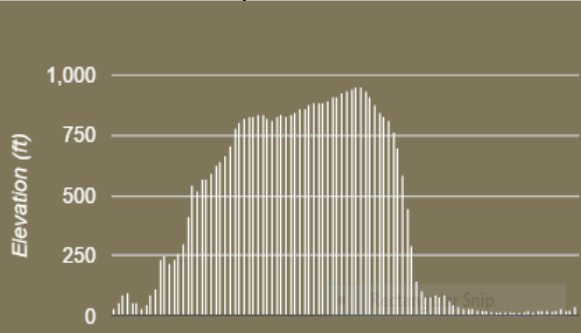
# Challenge Highlights & Walking Profile

## Minehead to Porlock Weir 8.9 miles

**Exmoor boasts the highest coastline in England with cliffs rising to 250m, 820ft, therefore there are some steep climbs and descents in this section**

### Highlights:

- Catching glimpses of the beautiful Red deer and wild Exmoor ponies.
- Standing upon Selworthy Beacon (summit 308m, 1013ft) and admiring the spectacular views inland to Dunkery Beacon, the highest point on Exmoor, out over the Bristol Channel and along the coast to the journey ahead.
- The fantastic views across the Bristol Channel to the Welsh coast and tiny islands of Steep Holm and Flat Holm.

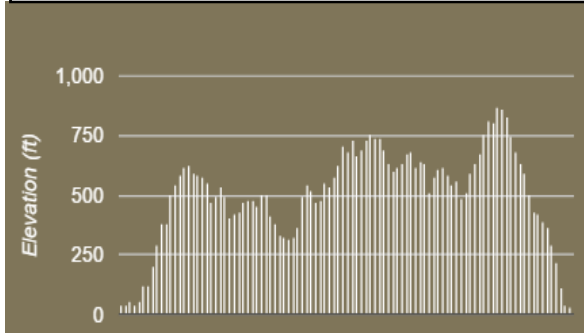


## Porlock Weir to Lynmouth 12.3 miles

**This section journeys over dramatic cliff paths, along farm tracks, through fields and beautiful wooded combes with seasonal waterfalls and streams with spectacular views over Exmoor and across to the Welsh coast.**

### Highlights:

- Sisters Fountain, a small holy well or spring beneath a 19th century stone structure and cross, said to have provided Joseph of Arimathea with refreshment when on his way to Glastonbury.
- Crossing the stream at Coscombe which forms the county boundary between Somerset and Devon.

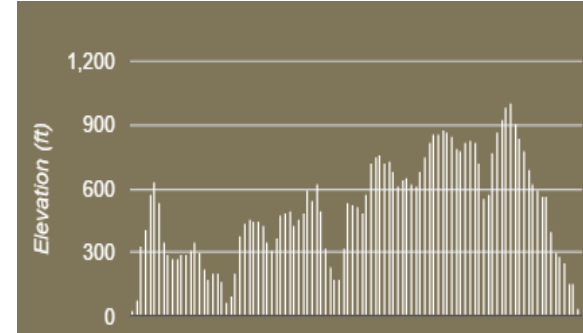


## Lynmouth to Combe Martin 13.7 miles

**Taking in the breath-taking views of Exmoor, the Welsh coast and Lundy from the highest point on the South West Coast Path: Great Hangman standing at 1043 feet.**

### Highlights

- The hanging oakwoods around Woody Bay, protected as a Site of Special Scientific Interest and home to Red Deer
- Hollow Brook: one of the highest waterfalls in Britain which drops 200 metres to the sea.
- The sense of achievement on reaching the village of Combe Martin after the many steep ascents and descents of this stretch of the walk

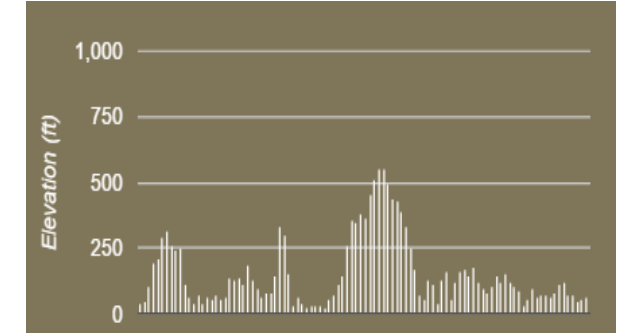


## Combe Martin to Croyde 19.3 miles

**This is a truly spectacularly wild and beautiful section of the South West Coast Path, which includes some easy cliff paths across windswept farmland around Ilfracombe and Woolacombe and some more strenuous ascents, especially between Lee Bay and Morte Point.**

### Highlights:

- Seal spotting at Rockham Beach. In summer it is possible to see dolphins, sunfish and basking sharks.
- Walking along the long award winning beach at Woolacombe
- The final coastline via Baggy Point provide beautiful views and a fitting climax to a wonderful walk.



**Throughout the walk the team is supported by an ever present and capable Ground Support Team  
GST help carry food/water, provide refreshment, provide rest bite for anyone struggling or carrying an injury and provide general encouragement,**



## Event Plan & Costs

### EVENT PLAN

#### Friday 3<sup>rd</sup> June

- ❖ Drive to The Park Hotel Barnstable – leave your car
- ❖ 10:30am Board a coach that will take you to the start at Minehead
- ❖ At Minehead there is a team photo session and a quick safety briefing
- ❖ At 12 Noon on Friday 3<sup>rd</sup> June you will commence the epic challenge

#### Saturday 4<sup>th</sup> June

- ❖ At 12 Noon on Saturday 4<sup>th</sup> June you will complete the challenge
- ❖ Further team photo before jumping on a coach
- ❖ Coach will take you from Croyde back to the Park Hotel Barnstable
- ❖ Once at the hotel you will check in
- ❖ Most people will utilise the afternoon to catch up on much needed sleep
- ❖ At 7pm you will meet in the bar of the hotels private function room
- ❖ At 7:30pm the Dogs Dinner Celebration Event will commence
- ❖ After the Dogs Dinner you will return to your room for more sleep

#### Sunday 5<sup>th</sup> June

- ❖ In the morning you will enjoy breakfast and reflect on what you have achieved
- ❖ After breakfast you will probably take a steady drive home

### COST OF WEEKEND

#### **Event Cost £36**

Includes insurance, t-shirts, transport to and from start/finish

#### **Dogs Dinner £28**

Includes 3 course silver service meal, awards, celebration and lot's of fun

#### **Accommodation £35**

At the Park Hotel Barnstable, including breakfast (based on 2 sharing)

#### **TOTAL COST £99**



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## THE EXMOOR COASTAL MONWALK



### Reasons you may want to join us.....

- ✓ To help us raise money for vital equipment that will make a real difference to people fighting cancer today
- ✓ To give yourself a challenge, that you think you may not be able to achieve, but will feel fantastic when you do
- ✓ To walk the amazingly beautiful Exmoor National Heritage coastline and see first hand all it's glory
- ✓ To walk through the night and experience the very special atmosphere that will stay with you for ever
- ✓ To be part of an extremely friendly and welcoming team who will support you throughout
- ✓ To meet new and interesting people, many of which will become friends
- ✓ To achieve something that will make you so proud to tell all your family and friends about

**Come and join us  
and make yourself feel proud!!!**