



BROWN DOG

Helping people with cancer

THE MALVERN HILLS

10 MILE

FUNDRAISING CHALLENGE

SATURDAY 8TH JUNE 2024
LAUNCH PACK

10-mile Challenge - Meet at British Camp Car Park at 12 noon

name

British Camp car park

description

Pay and display car park.

£5.25 for all day in any of the Malvern Hills Trust car parks on the day of purchase.
£3.00 after 6pm.

Parking is available between 6am and 11pm. No overnight parking.

Coach parking available. 3 x pay and display tickets are required.

A449 Ledbury Road, WR13 6DW
S0763403



British Camp Car Park
A449 Ledbury Road
WR13 6DW

This is a pay and display car park and takes both cash and card payments

There are toilets near the car park

Alternative Car Park 250m away – if British Camp is full

name

Black Hill car park

description

Pay and display car park.

£5.25 for all day in any of the Malvern Hills

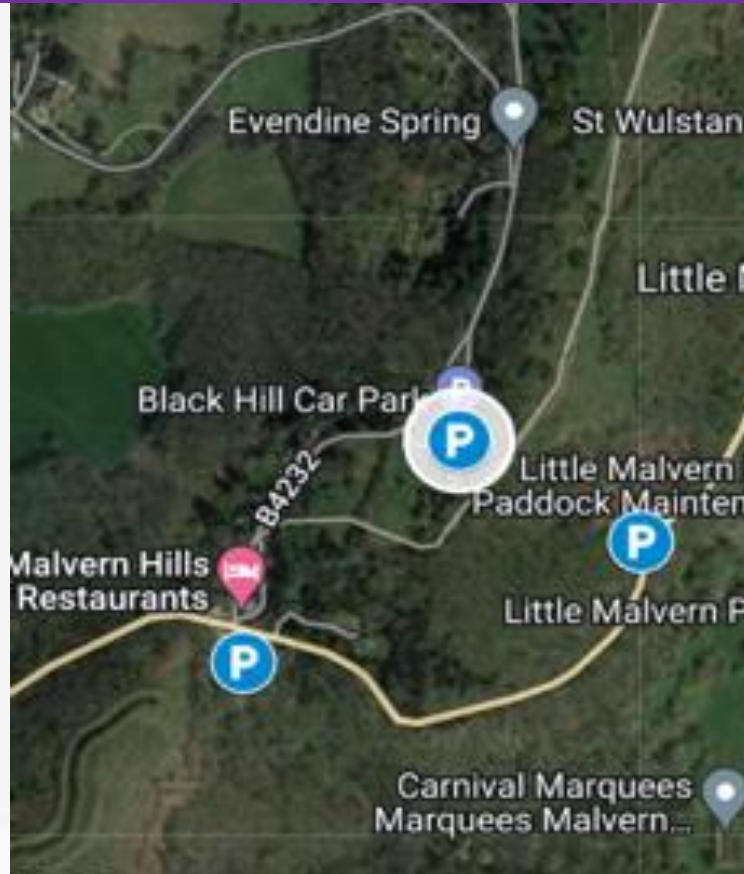
Trust car parks on the day of purchase.

£3.00 after 6pm.

Parking is available between 6am and 9pm. No overnight parking.

Jubilee Drive, WR13 6DW

SO765406



Black Hill Car Park
Jubilee Drive
WR13 6DW

This is a pay and display car park and takes both cash and card payments

There are toilets near the British Camp car park

10-mile Malvern Hills Challenge

**Meet 12pm
at British Camp**

**Start Approx.
12:30am**

**joining the 20-mile
challenge team**

**Finish 5:30pm
approx.
At British Camp**

**We walk as a team
and finish as a team**

**For your own safety you
must stay behind and
follow the challenge
leaders**

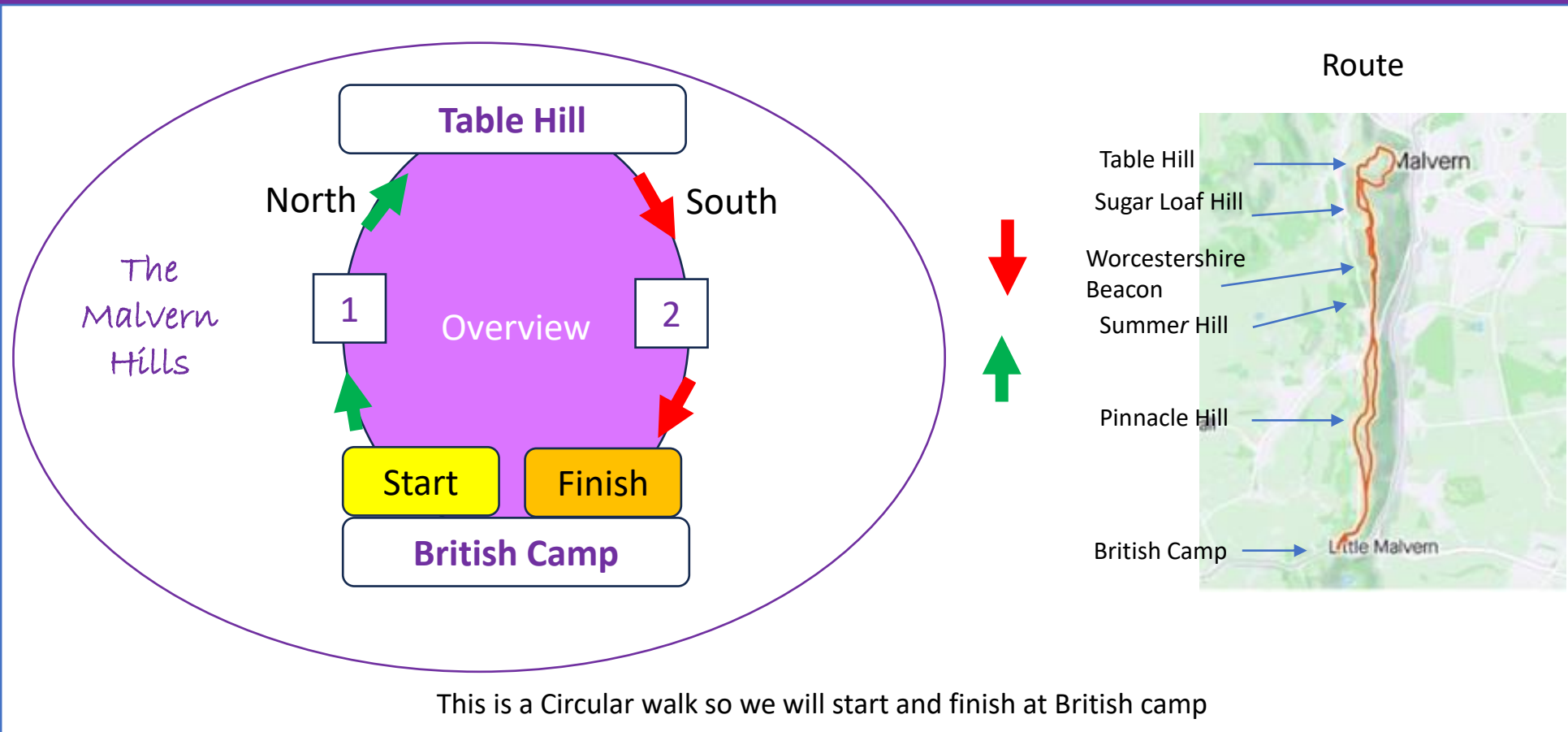
Start at British
Camp Car Park nr
Little Malvern

Walk North over
Pinnacle Hill

Then up and over
Summer Hill and
the Worcestershire
Beacon

Then drop off and
circle around North
Hill

Before Returning
South over Table
Hill and Sugar Loaf
and finish back at
British Camp



10 Mile Challenge Walk Profile



The Challenge involves walking 10 miles up, down and around the Malvern Hills.

In total you will climb 1,800 feet (550 metres) which is no walk in the park.

Training/preparation is essential for this event.

Equipment Check

CLOTHES TO WEAR/PACK

- ☐ **Walking Boots**
 - that you have broken in
 - trainers not recommended
- ☐ **Walking Socks**
 - and maybe a spare pair if you have sweaty feet!
- ☐ **Walking trousers or shorts**
 - no jeans please!
- ☐ **Waterproof Trousers & Kag**
 - when it rains in the Peaks it rains!
- ☐ **T-Shirts**
 - 1 to wear, maybe another to change into
- ☐ **Fleece/Sweatshirt/Jacket**
 - will be cold in the morning
- ☐ **Hat (optional)**
 - protects from rain and sun

WEAR LAYERS TO STRIP DOWN OR WRAP UP

THINGS TO PACK IN YOUR RUCKSACK

- ☐ **Food**
 - Pack sufficient food for the day
 - Include nibbles to graze on
 - eat little and regularly
- ☐ **Water**
 - Take at least 2 litres
 - A small bag with water/food can be put in the ground support vehicle at the start to minimise carriage
- ☐ **Medication**
 - Pain Killers
 - Plasters/Band-Aid
 - Knee/Ankle supports (optional)
- ☐ **Sunscreen (optional)**
- ☐ **Miscellaneous Things**
 - sunglasses (optional)
 - toilet paper (optional)
 - plastic bag (optional)



TAKE PLENTY OF FOOD AND DRINK

Celebration Meal at Colwall Park Hotel

Walwyn Road, Malvern, WR13 5QG



Dogs Dinner



Colwall Park Hotel

Malvern

8th June 2024

Meet for drinks no later than 7:30pm

Sit down for 3 course silver service dinner at 8pm

Dogs Dinner 3 course silver service meal

Starters

(Choose 3 options from the below)

Broccoli & Stilton Soup, stilton cream, broccoli florets (v)

Ham Hock & Pea Terrine, piccalilli, tendrill pea shoots

Deep Fried French Brie, fig chutney (v)

Smoked Mackerel Pate, toasted brioche, red onion chutney, rocket

Romanesco, cauliflower cumin puree, walnuts, crisp (vg)

Mains

Braised Beef Blade, dauphinoise potato, carrot, savoy cabbage,
charred shallots, reduced braising liquor

Chicken Breast, Mozzarella & green pesto stuffing, Parma ham,
fondant potato, tomato & basil sauce

Herb Crusted Cod, Samphire, cauliflower puree

Squash, Pine Nut & Sage Risotto, parmesan & seed crisp, micro herbs (v)

Braised Aubergine Steak, herb polenta, red wine and mushroom jus (vg)

Desserts

Lemon Tart, raspberry sorbet (v)

Chocolate Brownie, vanilla ice-cream,(v)

New York Cheesecake, strawberries & mint (v)

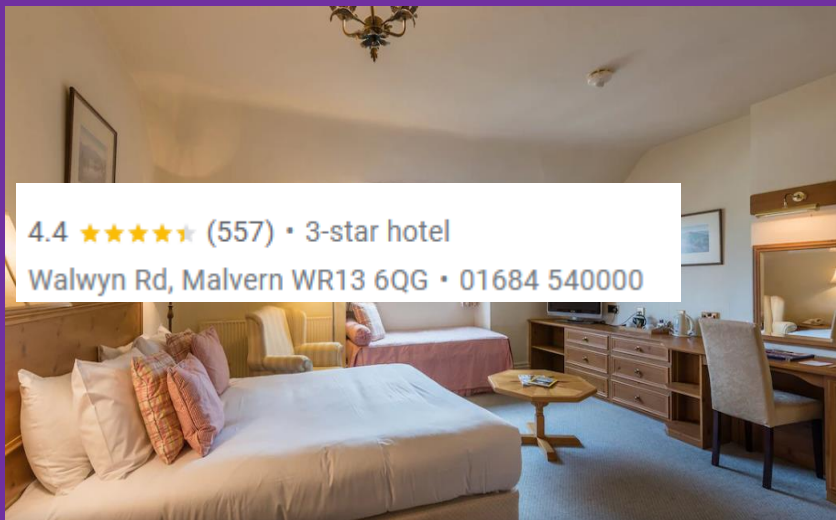
Steamed treacle sponge pudding, vanilla "ice-cream" (vg)

Cheese board, Worcester gold, Shropshire blue, Somerset brie,
crackers, celery, apple, grapes, chutney

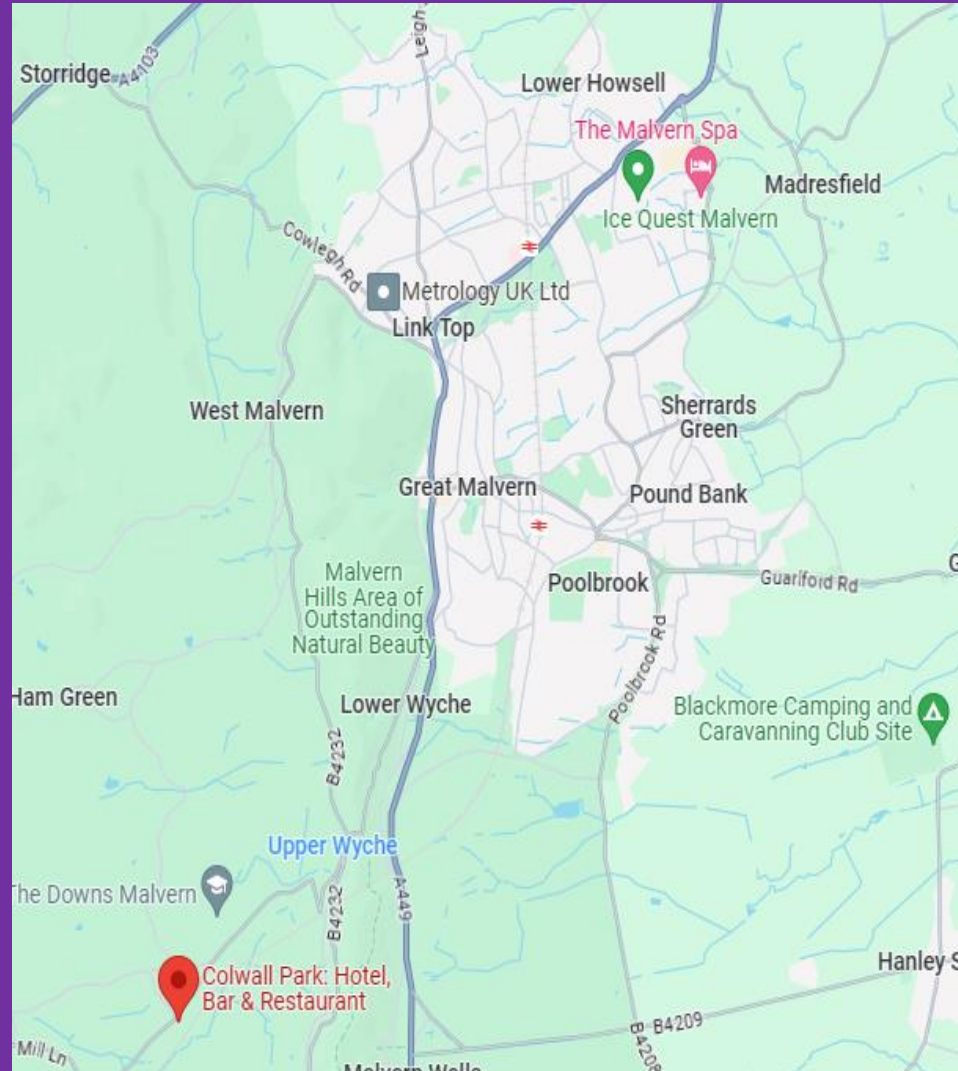
When you register for the challenge on our web site, please select your menu choice for the Dogs Dinner Celebration Evening from this menu

Hotel Accommodation – Colwall Park Hotel

Walwyn Road, Malvern, WR13 56QG



4.4 ★★★★★ (557) • 3-star hotel
Walwyn Rd, Malvern WR13 6QG • 01684 540000



The hotel has offered us discounted room rates.

Double £120 including breakfast (£60 pp)
(Single £90)

To book call the hotel On 01684 540000 and quote “Brown Dog”

Book early to avoid disappointment as the number of rooms is limited.

Fundraising is Essential

please raise as much money as you can

It's easy to get carried away with the excitement of the challenge and focus on completing it. However, **remember this is a fundraising event where the real challenge is about going the extra mile and raising more money than you ever thought possible.**

For 24 years we have been raising money and we have purchased some amazing equipment that really has made a difference to men, women and children who are fighting cancer.

Currently we are just finalising which piece of vital equipment we intend to purchase in 2024 and this will be announced shortly.

**Please set up your Just Giving Fundraising Page
(see next slide)
and start fundraising**

Go to “www.justgiving.com”

Click “start fundraising”

Click “A Charity”

Log In (if you have an account) **or Create an Account**

Type “**Brown Dog**” in search for cause

Click “**Brown Dog**”

Click “**Taking part in an event**”

Click “**Malvern Hills Challenge**”

Choose your Fundraising e-mail address

Click the appropriate Gift Aid box

Click “Create your page”

Once your page is created

You can edit to personalise it

You will be given a link that you can send to family, friends and colleagues
e.g. www.justgiving.com/F-Bloggs



Follow the process on the left to **set up your own fundraising page on Just Giving** and start raising money straight away

There are some good reasons for doing this:

- ✓ You are given your own link that you can mail to family, friends and colleagues, or put on Facebook/Twitter etc.
- ✓ It makes it easy for your supporters to donate
- ✓ Gift Aid is added automatically and goes straight to the charity
- ✓ You can set a target and track how you are doing against it
- ✓ Brown Dog can see if we are on track to hit our overall 2024 target

The process to set up your page is very easy and only takes 10 minutes

If you and your partner or friend are doing the challenge you can set up a joint shared fundraising page.

IMPORTANT NOTICE TO YOUR SUPPORTERS

When people make a payment, please point out that Just Giving asks for a voluntary donation (to them!) and their system automatically defaults to a 15% donation. **PLEASE ASK YOUR SUPPORTERS TO WATCH OUT FOR THIS AND TO CHANGE THE VOLUNTARY DONATION TO JUST GIVING TO ZERO %** so they don't pay more than they want to.



BROWN DOG

Helping people with cancer

Thank you for your support
making a real difference to people fighting cancer