

Sponsored walk in aid of
Rainbow Development in Africa

a charity working with farmers in West Africa (reg no: 1087744)

The Big Walk: Cape Wrath to Land's End

Join Us or Sponsor a Walker

How it works:

The walk is being conducted over two years, split into five separate sections, following mostly long-distance trails. Walkers (individuals or groups) can join any section or any part of a section, joining up with the one or two walkers who are doing the entire length. Exact timings of walks and even day-distances can be altered to suit needs. Nights are in B&B's, hotels and hostels. We expect walkers to raise as much money as they can towards Rainbow's work and pay all their own travel costs.

Section 1: Cape Wrath to Fort William

6 Days (107 miles): Cape Wrath to Inverness, including wildest coast walk in Britain, *mostly on* paths, comfy hotels, B&B's and Inverness Town: Spectacular!

4 Days (70 miles) Inverness to Fort William along the Great Glen Way: Loch Ness, Ben Nevis and great Fort William Museum!
September `08

Section 2 : Fort William to Glasgow

5 Days (91 miles): Fort William to Glasgow all along the spectacular West Highland Way passing Ben Nevis, Rannoch Moor and Loch Lomond, incl night in comfy Kingshouse Hotel.
June/July `09

Section 3 : Glasgow to Settle (Pennines)

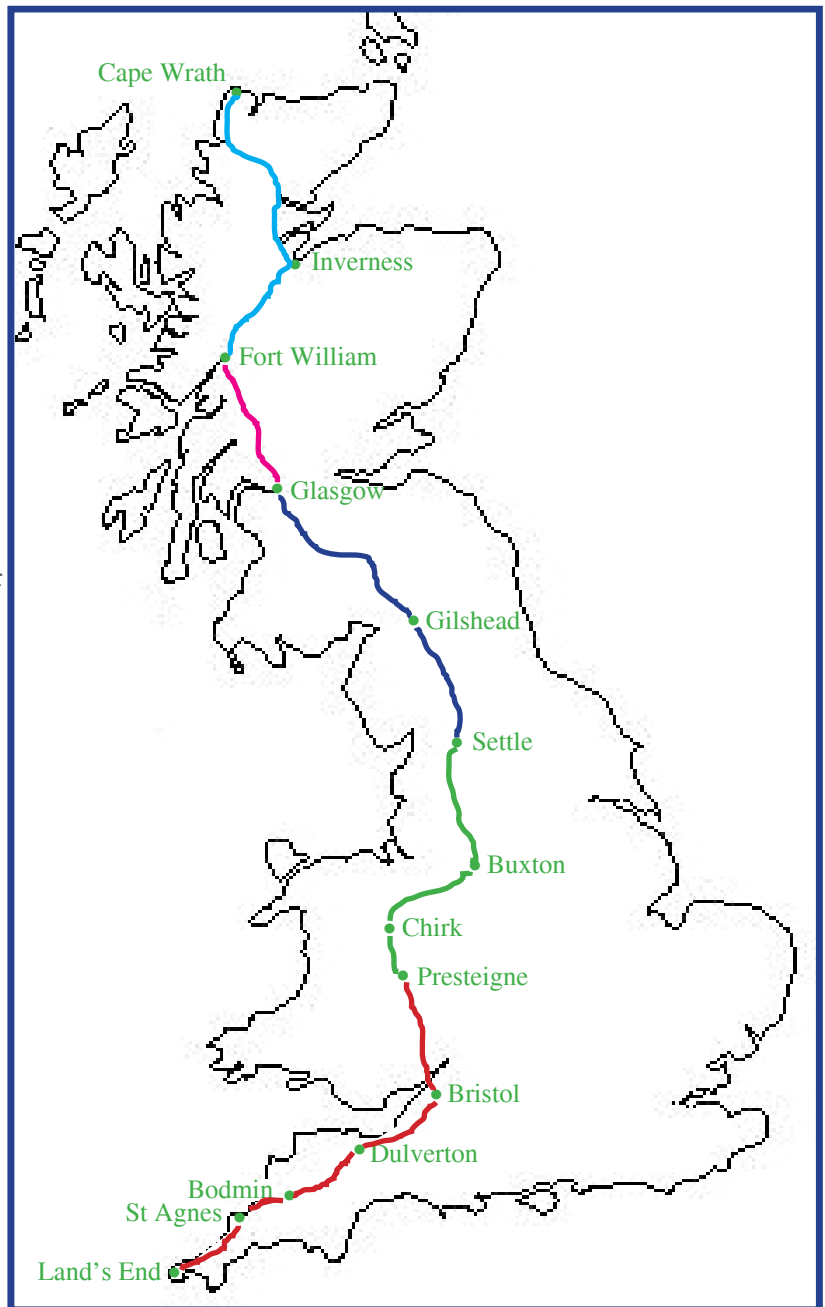
6 Days (109 miles): Glasgow to Gilshead at start of Pennines, incl Clyde Walk Trail, Southern Uplands and Hadrian's Wall.
5 Days (92 miles): Gilshead to Settle, all along the Penine Way: beautiful uplands, Yorkshire Dales: the spine of England!
September `09

Section 4 : Settle to Presteigne (RDA home)

5 Days (80 miles): Settle to Buxton, Penine Way, Peak District.
3 Days (55 miles): Buxton to Chirk following Dane Valley Way, South Cheshire Way and Maelor Way: heart of West Midlands.
3 Days (55 miles): Chirk to Presteigne all along Offa's Dyke Path following Welsh border in wild and beautiful countryside.
May, June or July `10

Section 5 : Presteigne to Land's End

5 Days (91 miles): Presteigne to Bristol starting with half-day 7-mile family walk to Kington, then on following Offa's Dyke Path to Hay-on-Wye, Black Mountains, Monmouth, Wye Valley Gorge, Severn Bridge and Estuary: a spectacular walk all the way.
3 Days (53 miles): Bristol to Dulverton via Cheddar Gorge, Somerset Flats, Quantock Hills and Exmoor: Beautiful!
4 Days (60 miles): Dulverton to Bodmin: Deep west Devon.
2 Days (36 miles): Bodmin to St Agnes: Deep rural Cornwall
3 Days (45 miles): St Agnes to Land's End along coastal path via St Ives: wild and wonderful sea walk to end it all!
July or September `10



Discover Britain

Castles - Deep Countryside - Roman Britain - Glens - Wild Coast Paths - Moors
Hills - Mountains - River Gorges - Dales - Villages - Market Towns

Join us for a day, a weekend, a full week or more. Or sponsor a walker.

Walkers of all abilities welcome

For more information: Call Peter on 01544 260352 Email peter.rda@freeuk.com See: www.rainbowdevelopmentin africa.org