Lace Up and Trek

with Petals

Jurassic Sunrise Trek

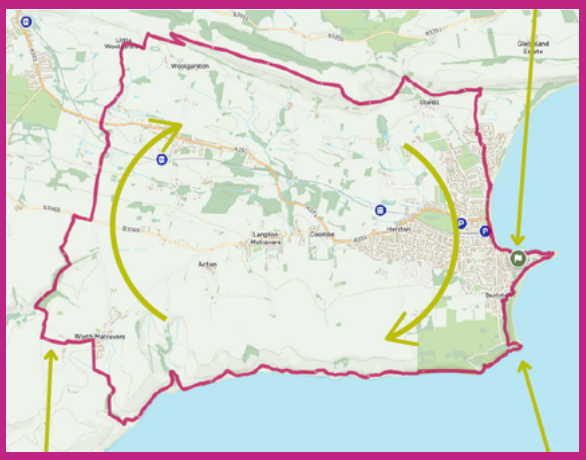


Welcome to Team Petals and to our Lace Up and Trek event - **Jurassic Sunrise Trek**! We are all so excited to meet you and walk together to help us support more bereaved parents in 2027.

In this pack, you will find all the information you should need ahead of the event. If you have any further questions, please don't hesitate to contact us by emailing **events@petalscharity.org**. We're here to support you every step of the way.

THE ROUTE:

- We will begin in Swanage and walk 3km to Durlston Head to watch the sunrise before continuing on along the coast. The trek will then finish along the Purbeck Hills where we can look back and see the whole route walked during the day.
- It is a **27km** round trip with a total ascent of **2379 feet**.
- We will meet our trek leader at approx 5.30 am for a group briefing at the Broad Road Car Park, Swanage, before setting off to hopefully greet the beautiful sunrise at Durlston Head.
- The gorgeous sunrise views over the coast will make our early wake-up call worth it!



GETTING THERE:



By car: Travel along a mixture of mororways and A roads to reach Swanage. From the north of England start with: M5, A46, east and west : A30, A27, from London: M25, M3. The final A road into Swanage is the A351.



By train: The closest train station to Swanage is Wareham - which is 10 miles away and can bring you to Swanage via bus (Purbeck Breezer 40), taxi (book in advance), or the Swanage Railway heritage train from Corfe Castle.



By coach: National Express services arrive at Swanage Bus Station

ACCOMMODATION:

There are lots of different accommodation options available in Swanage which range from hotels, campsites, bed and breakfasts and more.

Visit Dorset have highlighted a few on their website here.

Team Petals

A community you'll never forget.

We are all so excited to start this adventure with you and will be here to help and support you all in the run-up to our trek in September. If you need any support or have any questions, please don't hesitate to get in touch with our Events Team - ***events@petalscharity.org***. We also have other ways to meet your fellow climbers and support and encourage each other with training, logistics and any other questions you may have:

Jurassic WhatsApp Community

Our WhatsApp Group is a fantastic way to chat to other members of our Snowdon team, post photos of your training, and share any tips or advice ahead of our climb.

Petals Strava Community

Join our Petals Strava Walkers Community to record your training walks and support and encourage each other as we all prepare for our trek.

Click to join.

When you Lace Up and Trek with Petals, you will receive our exclusive Lace up and Trek laces, along with other merchandise tbc.



Fundraising

Your fundraising will make a real difference. Every pound you raise will help us to be there for more bereaved parents when they need us the most.



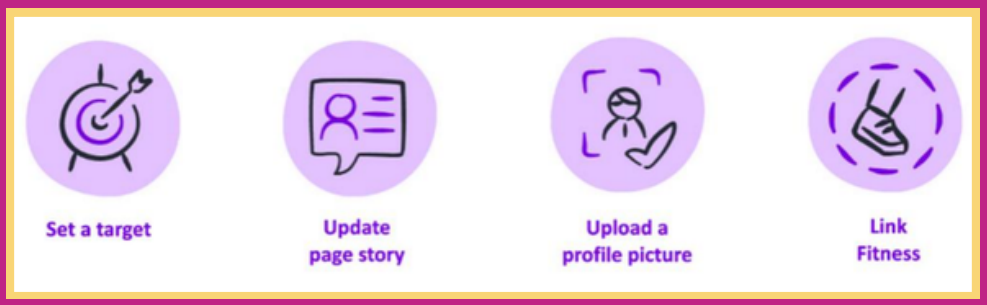
£100 will fund one specialist counselling session



£600 will fund a counselling package for a bereaved family

Creating your JustGiving page and kick-starting your fundraising for Petals is simple: **Click on this link and select 'Start Fundraising'**.

You can personalise your page with your photos and tell your supporters why you are fundraising for Petals.



We ask that you open your fundraising page as soon as possible, or at least three months before the trek. We know that life gets busy, but from past experience, we've found that getting started as early as possible increases your fundraising total, and helps to motivate you as you train and prepare for your challenge.

We also have a deadline to make any changes to our team, which is typically two months ahead of our trek date. As this is a fundraising event with limited spots, we want to ensure that everyone taking part is fully committed and ready to raise funds.

Our team can create bespoke posters with a QR code linked to your fundraising page. Please don't hesitate to get in touch with our events team if you need any support with your fundraising. We are here to help: **events@petalscharity.org**.

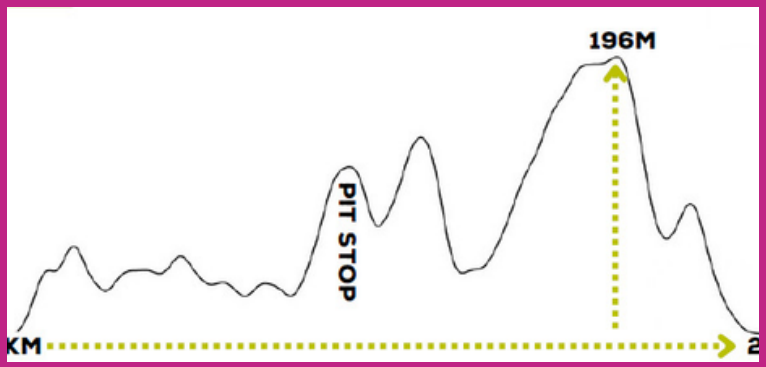
Health, Fitness & Safety

HEALTH & FITNESS

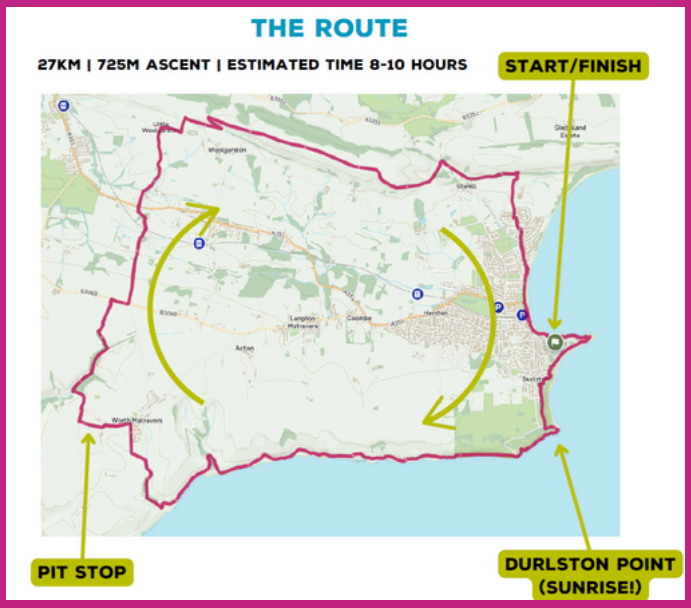
To enjoy and succeed in this event, you need to be in good physical condition and able to withstand sustained activity over a number of hours (see estimated timings below). We recommend you partake in active walking/running/swimming /cycling at least 2 or 3 times a week to fully enjoy this challenge.

You will tackle varied terrain and test your endurance over a rewarding full-day adventure. Please note that there will be an overall ascent of 725m during the trek (see below).

Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed, so we can look after you as best as possible.



Timings for your day
0530 - Meet your leaders for a safety brief
0600 - begin walking
0650 - SUNRISE
10-1100 (approx) - Pitstop stop at 12.5km - refuel!
1400 - Earliest expected finish time
1600 - latest expected finish time



FOOD

Try to eat a filling breakfast about 1 hour before we set off, with complex carbohydrates and protein. You need to carry at least 2 litres of water, plus any other drinks you may want for the day.

There will be a small pitstop on route to top up some snacks, but you should aim to be self-sufficient for the day in terms of food, which means double to triple what you'd eat on a normal day - you should aim to bring a variety of sweet and savoury, as your body will need a bit of everything!

WEATHER & SAFETY

Regardless of the time of year, we may experience clouds, rain, wind or sun! Please ensure you have all the required equipment as specified in the Kit List – this is for your safe enjoyment of the challenge, and to protect you from unexpected weather conditions. Yourwell-experienced and qualified event crew will carry all necessary group safety equipment. They will also be qualified in Emergency First Aid.

Kit List



Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement. You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

Item required	Got	Packed
Rucksack Comfortable enough to carry all day		
Rucksack liner (or bin bag) to keep rain out!		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag (for rain, again!)		
First Aid Kit personal blister protection /Compeed, ibruprofen/painkillers, plasters, personal medication		

Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Suitable trousers (not jeans and avoid lots of pockets/zips, if possible*)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		

Food/Drink

Item required	Got	Packed
Reusable water bottles, minimum 2 litres (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		

Footwear

Item required	Got	Packed
Sturdy, comfy, walking shoes or boots You'll be on your feet all day!		
Fresh socks .....why not!?		



Frequently asked questions



Will I need any map-reading skills?
No. RAW Adventures' fully qualified Mountain Leader will take this responsibility off your hands so you can concentrate on enjoying your trek.

Will I need a torch?
Yes. As we will begin the trek before sunrise, you will need a torch. Please see our kit list below for everything you need on the day.

Will I need to book my own accommodation?
Yes. Petals is unable to arrange your travel or accommodation.

How long will it take?
The trek can take up to 11 hours. Group fitness, experience and weather conditions can all affect timings. We will set off at around 5.30am and the latest expected finish time is 4pm.

Can I wear trainers?
RAW Adventures recommend walking boots. You must ensure that your footwear is worn in before climb day, and please bring along tried and tested plasters or blister care kits, as well as spare changes of socks.

Thank you for supporting

Petals

The baby loss counselling charity



www.petalscharity.org

@petalscharity

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