**FHT Offa’s Dyke Challenge – Hike Checklist**

Date: Saturday 29 April, Sunday 30 April, Monday 1 May (2-3 days)

Route: **Chepstow to Monmouth**

 This stage follows the Wye closely, mainly on the Gloucester (English) side, with great views down to the valley. It is fairly straightforward but hilly, repeatedly descending to the Wye and climbing again along the gorge high above the river. There are options for the support van to pick up those who want a shorter walk (e.g. at Woodcroft 3km, Brockweir 12km, Bigsweir 18km or Redbrook 23km). The route is undulating but not overly strenuous mainly in woods and fields. Day 1 will include walking along the hilltop overlooking Tintern Abbey (Devils Pulpit is 200m), day 2 follows the Wye upstream and uphill via St Briavels (there is an alternative route along the river bank) - the high point being the Kymin just before Monmouth at just over 200m.

Depending on how far we get in two days we may continue on towards Pandy on day 3.

Distance: 28km / 17.5m (estimated total time 7-9 hours walking)

Ascent: 950m / 311 ft

Weather: Expected weather conditions are for cloud and some rain, temperatures 10-15 degrees, so pack wet weather gear.

 (NB. In the case of really extreme weather we may need to cancel a proposed walk or postpone to another date so please do keep an eye on the Facebook groups)

Hike leader: Nicola Harvey (07795302928)

Emergencies: Jon Harvey will be available during all our hikes with a vehicle to assist with emergencies, tired or injured walkers or dogs, subject to access. He can be reached on 07775 566133.

 For severe emergencies dial 999 or 112. Ask for 'Police' then 'Mountain Rescue'. To use the emergency SMS service: Text 999 and send 'Police' + details of incident + location.

For your own safety and the safety of dogs walking with us please ensure you and your dog are adequately prepared and fit enough for a long and potentially strenuous hike. The following is a non-exhaustive list of suggested gear and equipment for you and your four legged friends. Please note that none of the walk leaders/organisers or Forever Hounds Trust will be liable for any injury to you or your dog, and by attending you consent to take responsibility for your own safety and that of your dog(s) - we therefore ask all hikers to sign the attached including your emergency contact details which will be kept in the support van just in case. Please also read the attached if you are planning to bring your dog The Dog Walking Code. There is of course always the option to walk some of the way with us and then return back the start if you want a shorter walk (at your own risk of course and if you are planning to do this please ensure you have a map/guidebook/compass etc)

The aim of the challenge is of course to raise funds for FHT, so we will be taking our little mascot Dewi along and ask that where possible dogs wear FHT tabbards and people wear volunteer FHT gear. Also use the QR code provided on the laminated maps

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| **People** | **Dogs** |
| * Boots or sturdy walking shoes appropriate for terrain (see route above)
* Walking poles may be useful for some of the higher sections
* Extra base layers and spare jumper
* Coat(s)
* Hat (warm or sunshade if hot), buff/scarf, gloves
* Sunscreen
* Basic first aid kit including any personal medication such as asthma inhaler (we will have a full first aid kit with the hike leader on each walk and in the support van)
* Water/drink
* Food (most walks will be long enough to have a lunch/food stop somewhere so bring a packed lunch plus snacks/chocolate bars)
* GPS tracking device/maps of route/compass (we will provide laminated route maps at the start if each hike, which will include the QR code for donations en route)
* Mobile phone
 | * Coat(s) for heat, cold, wind, rain as appropriate
* Water and collapsible bowl or Nosebuddy
* Food and snacks
* Any medication for your dog
* Muzzle if necessary
* Harness and lead(s) – note that some of the paths cross farmland which may have sheep/cattle or other livestock
* Yellow Dog I need space lead cover or flag as necessary
* Doggy sunscreen if necessary
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**Key Contacts:**

Nicola Harvey – 07795302928

Sally Bruss – 07850 447549

Jo Beach – 07966056514

Julie Townsley – 07809439127

Support van – Jon Harvey – 07775 655133

FHT head office – 03000 125 125

Local vet – Marlow Vet in Chepstow 01291 624090

**Personal details and disclaimer**

We do not employ qualified guides, leaders or first aiders. Our Offa’s Dyke hikes work on the same basis as a group of friends who go out walking together, who invite others to join them.

Neither the hike organisers nor Forever Hounds Trust assume any responsibility for anyone attending any walk, nor will they be held responsible for any accident, injury or loss occurring during a hike or in connection with travel to or from, however caused.

By signing this disclaimer, you indicate that you accept these conditions and accept that no legal liability is accepted by the hike organisers or Forever Hounds Trust in the event of accident or injury, however caused.

You are reminded that some of our hikes may be strenuous and you may need specialist gear or equipment (boots, waterproofs, etc) and we do not provide these. You are responsible for assessing your own risk, the safety of yourself and your guests and the suitability of any equipment used. Any medical conditions that may affect the participants during the walk should be detailed below and notified to the walk leader prior to the start of the walk.

While accepting no responsibility or liability, for walks and other outdoor events, the event host or walk leader may, at their discretion, not admit you to join the walk or other event if in their opinion you are ill-equipped for the terrain and weather conditions.

Dogs will usually be allowed on the hikes but this is entirely at the discretion of the walk leader. Dogs must be kept under close control at all times and on a lead where necessary or requested by the walk leader, especially where livestock are present. Please note that legal responsibility for any incidents caused by dogs lies with the dog owner.

|  |  |
| --- | --- |
| Name |  |
| Address |  |
| Name/breed of dog(s) hiking with you |  |
| Mobile phone number |  |
| Emergency contact name |  |
| Emergency contact relationship to you |  |
| Emergency contact phone numbers | Mobile:Home: |
| Any medical conditions which we should be aware of |  |

**I confirm that I understand the risks of taking part in this hike and I am fit and well enough to undertake it, as is/are my dog(s), I understand that I take part at my own risk.**

|  |  |
| --- | --- |
| Signed |  |
| Date |  |

Note: personal details provided above will only be retained by the hike organisers or Forever Hounds Trust for the duration of the Offa’s Dyke hike challenge, and no longer that three month after the last hike.