

## 26 Mile Route

The 26 mile marathon walk is perfect for walkers looking for a big challenge. Incorporating a varied terrain the route provides a range of breath taking views as you travel across the Dales in view of the picturesque Malham Dale and two of three peaks, Pen-y-ghent and Ingleborough.



**This event is open to those aged 18 and over. Your £25 walk fee will include:**

- Pre-walk breakfast sandwiches and hot drinks on arrival at Settle Market Place from 6:30am.
- An emergency pack including a whistle and foil blanket.
- A great send off at the official event starting time of 7:30am.
- A well marshalled course.
- Packed lunch collected on course to eat at your leisure at one of the many beautiful locations en route.
- Regular checkpoints including water points, first aid and toilet provision.
- A warm welcome back at the finish where you will receive a finisher's souvenir and well deserved congratulations.

## 14 Mile Route

The 14 mile walk not only offers a challenging distance, but also the chance to take in some of the most unique scenery of the Yorkshire Dales. Malham Cove is a unique natural amphitheatre made up of curved limestone cliffs in the heart of Malham Dale. Although the stunning views from the top of the cove are worth the climb, make sure you're well prepared for a climb up the famous 418 steps!



**This event is open to those aged 18 and over. Your £20 walk fee will include:**

- Pre-walk breakfast sandwiches and hot drinks on arrival at Settle Market Place from 8:00am.
- An emergency pack including a whistle and foil blanket.
- A great send off at the official event starting time of 9:00am.
- A well marshalled course.
- Packed lunch collected from the check point to eat at your leisure at one of the many beautiful locations en route.
- Regular checkpoints including water points, first aid and toilet provision.
- A warm welcome back at the finish where you will receive a finisher's souvenir and well deserved congratulations.

## Walk For All would like to thank our event supporters:



To enter please visit  
[www.walkforall.com](http://www.walkforall.com)

## Jane Tomlinson's WALK FOR ALL.com Yorkshire Dales Walking Festival



Sunday 14th August 2011  
Settle | Yorkshire Dales National Park



## 5 Mile Route

The 5 mile walk, although shorter in distance, is an equal challenge to walkers who find the longer distances a bit daunting. This route takes walkers right through the heart of the spectacular Attermire Scar, so do expect a rocky ascent before the descent back into Settle.

The walk fee for the 5 mile walk is £20 for a walking group of up to four people, with each additional person charged at £5. Individual entry is charged at £8 per person. Children should be accompanied by an adult at all times along this route.



**The 5 mile walk includes:**

- Event pre-registration from 9:00am.
- An emergency pack including a whistle and foil blanket.
- A great send off at the official event starting time of 10:00am.
- A well marshalled course.
- A warm welcome back at the finish where you will receive a finisher's souvenir and well deserved congratulations.

## Walk & Wheel Route

This 4.5 mile route is perfect for those looking for a fun activity to enjoy with friends or even as a group. The Malham Tarn Walk and Wheel is ideal for all the family. It is a route that has been selected for those participants who are less mobile, are wheelchair users or who are in a mixed mobility party, as the course follows wide, steady surfaces with some undulation and the occasional challenging sections of ascent and descent. Please feel free to contact us for further information if you are in any doubt regarding the suitability for your abilities.

The walk fee for the 4.5 mile walk is £20 for a walking group of up to four people, with each additional person charged at £5. Individual entry is charged at £8 per person. This event is open to all ages. Children should be accompanied by an adult at all times along this route.

**The Walk and Wheel fee includes:**

- Event registration between 9:00am and 9:30am.
- Transport provided to Malham Tarn from designated park & ride (special requirements should be discussed before event day with a member of the Walk For All team).
- Adequate parking, toilets and first aid provision.
- A great send off at the official event starting time of 10:30am from Malham Tarn.
- A well marshalled course.
- A warm welcome back at the finish where you will receive a finisher's souvenir and well deserved congratulations.

After you have taken part in the event, why not take a short drive to Settle and join us in the Market Place to congratulate some of your fellow walkers at the finish line of the longer events and see what other activities are taking place.

## Tomlinson Family Welcome



Since the launch of the Jane Tomlinson Appeal, the plan has always been to put on a mass participation walk and what better setting is there than Settle and the Yorkshire Dales.

Having grown up in Settle and as a family having done numerous walks throughout the Dales, putting on the Yorkshire Walking Festival was an easy decision. Jane and I often used to escape the city and jump on the train out to Settle and enjoy a day exploring the Dales.

We hope that families from across Yorkshire and the Pennines will take part in the festival whether they choose to take on the 26 mile challenge or simply enjoy a 5 mile family walk, there is something for everyone.

Thanks must be given to the Yorkshire Dales National Park Authority, Northern Rail and both Craven District and Settle Council for their continued support in setting up the festival.

Mike Tomlinson

## Introduction to event

The classic limestone countryside of the Yorkshire Dales is the setting for the inaugural Jane Tomlinson's 'Walk For All' Yorkshire Dales Walking Festival. The festival will include a programme of walking events, incorporating four exciting routes. The 26 mile, 14 mile and 5 mile walks all start in Settle and climb out of the quiet town and into the surrounding hills.

The Malham Tarn Walk and Wheel follows a 4.5 mile route which will start and finish by the stunning setting of Malham Tarn.



## Our Partner Charities

Walk For All is a not for profit event with all proceeds after expenses going to charity. You can choose to raise funds for the Jane Tomlinson Appeal, any of our partner charities or indeed any other charity or good cause which is close to your heart.



### The Jane Tomlinson Appeal

The Jane Tomlinson Appeal was established by the late Jane Tomlinson CBE to raise funds for children's and cancer charities. To date, over £3million has been raised and Jane's family, led by Mike Tomlinson, is determined to continue the great work that Jane began. [www.janetomlinsonappeal.com](http://www.janetomlinsonappeal.com)



### NSPCC

The NSPCC vision is to end cruelty to children in the UK. We campaign to change the law, provide ChildLine and the NSPCC Helpline, offer advice for adults and so much more. See what is new with our work and visit [www.nspcc.org.uk](http://www.nspcc.org.uk)



### Parkinson's

Every hour someone in the UK is told they have Parkinson's. Because we're here, no one has to face Parkinson's alone. We're leading the work to find a cure. We also provide friendship and support and campaign to change attitudes. Help us improve life for everyone affected by Parkinson's. [www.parkinsons.org.uk](http://www.parkinsons.org.uk)



### Heart Research UK

Heart Research UK, Yorkshire's own national heart charity, funds pioneering research into the prevention, treatment and cure of heart disease. Most people's lives will be affected by heart disease at some point, but with your support we can help people live healthier, happier, longer lives. [www.heartresearch.org.uk](http://www.heartresearch.org.uk)



### Yorkshire Wildlife Trust

Yorkshire Wildlife Trust is a charity dedicated to all aspects of nature conservation in Yorkshire. We manage over 80 nature reserves and work with landowners and the public to create a Living Landscape for Yorkshire. We also work on the coast to raise awareness of and help protect our marine environment and its wildlife. [www.ywt.org.uk](http://www.ywt.org.uk)



### Epilepsy Action

Epilepsy Action is the largest member-led epilepsy organisation in Britain, acting as the voice for the UK's estimated 456,000 people with epilepsy. As well as campaigning to improve epilepsy services and raise awareness of the condition, we offer assistance to people in a number of ways. These include a national network of branches, accredited volunteers, regular regional conferences and freephone and email helplines. [www.epilepsy.org.uk](http://www.epilepsy.org.uk)



### Martin House

Martin House is Yorkshire's hospice for children and young people and works with over 400 families. The aim of Martin House, based near Wetherby, is to provide family led care for children with life threatening and life-limiting illnesses. It is a place where children, young people and their families can come to stay from time to time along their journey and find support, rest and practical help. It costs Martin House over £4.5 million to run these vital services each year. [www.martinhouse.org.uk](http://www.martinhouse.org.uk)



### Macmillan

Macmillan Cancer Support exists to improve the lives of people affected by cancer and their families and carers. We provide practical, medical and financial support and push for better cancer care. Cancer affects us all. We can all help. We are Macmillan! [www.macmillan.org.uk/walking](http://www.macmillan.org.uk/walking)



### Yorkshire Cancer Research

Yorkshire Cancer Research is Yorkshire's cancer charity. Every penny we raise we spend in Yorkshire, helping local people beat cancer and supporting world-class research, diagnosis and treatment in our region. As a charity partner we will now be able to raise even more for our vital projects. [www.yorkshirecancerresearch.org.uk](http://www.yorkshirecancerresearch.org.uk)



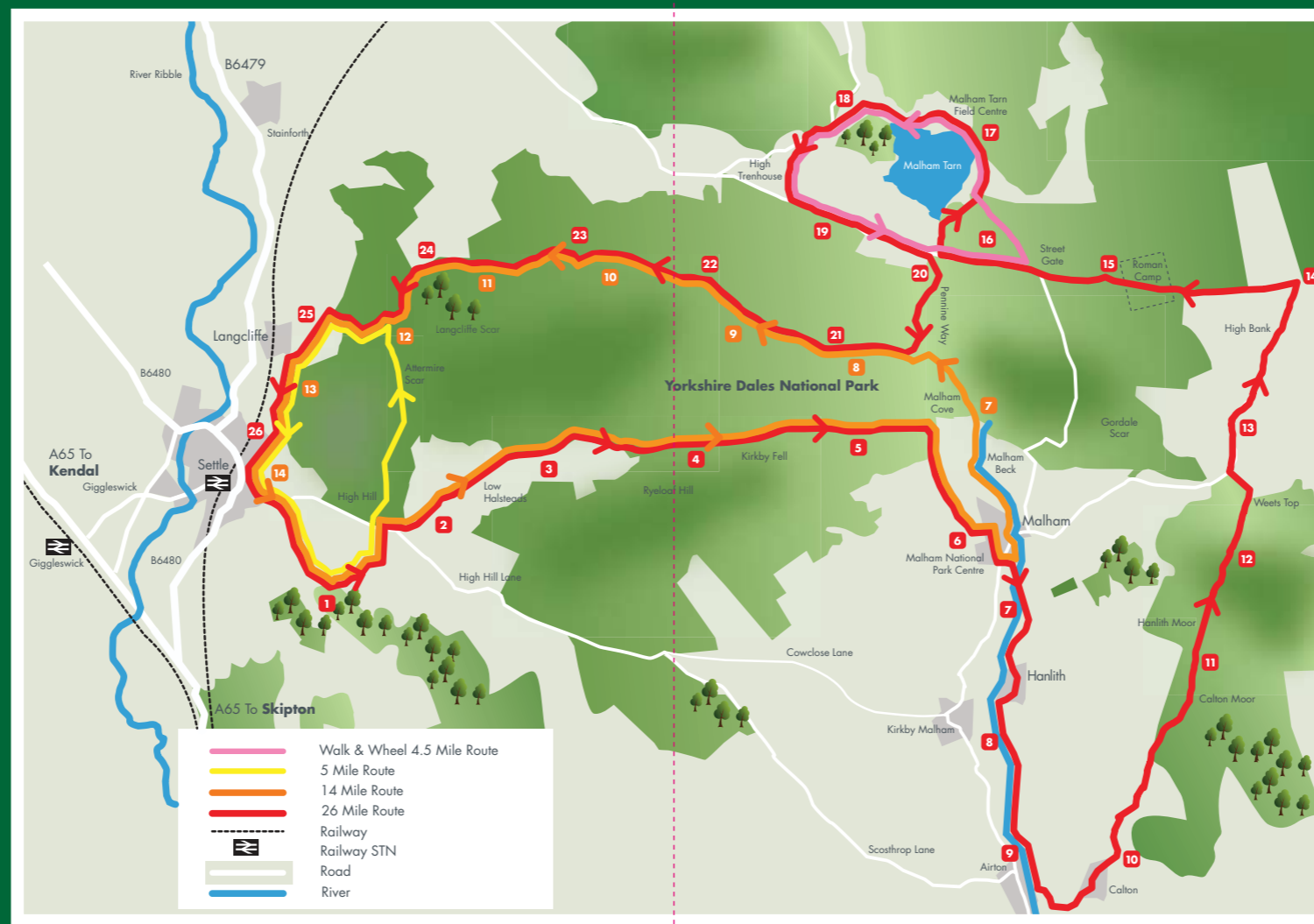
### East Lancashire Hospice

East Lancashire Hospice provides specialist care, supportive care and end of life care to patients and their families in Blackburn, Darwen, Hyndburn and the Ribbles Valley who are coping with a life limiting illness. Each year we need to raise almost £2.8 million to continue to offer a special way of caring. [www.elh.org.uk](http://www.elh.org.uk)



### Pendleside Hospice

Pendleside Hospice provides care to the people of Burnley and Pendle suffering from cancer and other life limiting illnesses as well as support to their family and carers. The cost of providing care increases each year in response to demand for services. Current annual running costs exceed £3.2 million, of which, more than £2.35 million has to be raised from fundraising and donations. [www.pendleside.org.uk](http://www.pendleside.org.uk)



## SETTLE MARKET PLACE

The 26 mile, 14 mile and 5 mile walks will all start and finish in the Market Place of the friendly town of Settle where an array of facilities for walkers can be found. There is an abundance of shops, cafés, pubs and restaurants in the town and there is a wide variety of accommodation available in the area.

The Start & Finish area will be a hive of activity throughout the day. The Walk For All team will be there to offer encouragement and best wishes as participants set out on their walks and also to offer well deserved congratulations and support to those finishing their own personal challenge.



## SAFETY

A friendly face is always a welcome sight and for your safety you will find our route marshals and first aid personnel at regular intervals to offer encouragement, advice and support where required.

## EQUIPMENT

The beautiful Yorkshire Dales are subject to a varied climate and with that in mind, we advise that you consider appropriate clothing and carry suitable equipment. The weather conditions can vary wildly, even in August. Walkers should be prepared for all eventualities and have a good pair of worn-in walking boots and waterproof wear as well as extra layers. Sunscreen, plasters, insect repellent and a hat are also advisable. It is essential that walkers have a good supply of snacks and a refillable water bottle to replenish where the opportunity arises. It is the walkers responsibility to wear appropriate clothing and carry suitable equipment.

For further information please visit [www.walkforall.com/FAQs](http://www.walkforall.com/FAQs)

## ACCOMMODATION

There is a wide variety of accommodation options to cater for all tastes in Settle, Malham and surrounding areas. Ranging from camping to 4 star accommodation there is truly something for everyone.

We have listed many of the accommodation options currently available, with an approximate mileage from Settle Market Place to help you estimate likely travelling time to the start.

For further information please visit [www.walkforall.com/accommodation](http://www.walkforall.com/accommodation)

## TRAVEL

Settle is easily accessible by rail and road. Extra rail services and car parking have been arranged for event day to make your trip easier.

The Walk For All event is easily reached by rail with two train stations, Giggleswick and Settle, in close proximity to destinations all over the North. What's more, your train fee might benefit the Jane Tomlinson Appeal too as Northern Rail have generously teamed up with Walk For All to offer 300 return tickets, with all fees from these tickets going straight to the Jane Tomlinson Appeal. Northern Rail is also scheduling extra trains and carriages to get walkers to and from the event.

For those people intending to undertake the Walk and Wheel route, car parking will be available in Malham. This will be well signposted on the approach into Malham.

For further information and directions please visit [www.walkforall.com/travel](http://www.walkforall.com/travel)

