



Lands End, Cornwall - DDP Sponsored Walk, 14-16 August 2009

**Booking Form – return to DDP, 404 Camden Road, London N7 0SJ
mail@ddpweb.org Tel 020 7700 7298 (Reg. Charity No 1046001)**

Name(s).....

Address.....

.....

Telephone (Home/work and mobile).....

E-mail.....

The booking donation is £15 per person. Please make cheques payable to DDP and do add GiftAid.

Total Amount Enclosed £.....for.....people

There is no minimum sponsorship target and everyone is welcome to join in just for fun, but we hope you will raise funds to support DDP’s programmes to help disabled people using the sponsorship form you’ll be sent on booking or through online donations at www.ddpweb.org

The Walk



The South West coast path is 630 miles of glorious walking from Minehead to Poole in Dorset (see www.southwestcoastpath.com.) We are intending to cover a 30 mile section around the very tip of Cornwall, encompassing areas of historic tin mining, England’s only Cape - Cape Cornwall - and of course Land’s End, finishing at St Michael’s Mount in Marazion. The individual routes we are taking are shown below.

photo: Cape Cornwall

We’ll start at 10am each day finishing in good time for dinner. The last day will end with a fish and chip supper in Marazion. You are welcome to join in any combination of days and, of course, you could enjoy some of the other Cornish attractions during your stay or extend your holiday in Cornwall to take in the Eden Project and Tate St Ives etc.....

I will join Friday’s walk.....(✓) the link below gives full details of the walk from Pendeen to Sennen cove
http://www.southwestcoastpath.com/main/sections/index.cfm?fsa=dspSectionDetail&w_id=157

I will join Saturday’s walk.....(✓) the link below gives full details of the walk from Sennen cove to Lamorna.
http://www.southwestcoastpath.com/main/sections/index.cfm?fsa=dspSectionDetail&w_id=158

I will join Sunday’s walk.....(✓) the link below gives full details of the walk from Lamorna to Marazion.
http://www.southwestcoastpath.com/main/sections/index.cfm?fsa=dspSectionDetail&w_id=159

Joining/leaving/staying arrangements

We have provisional accommodation booked with YMCA Penzance which we need to confirm as soon as possible. Dinner, bed and breakfast will cost only **£33 per person per night** fully inclusive or from £16.40 per night accommodation only. The breakdown of cost is below so please identify your requirements. Places are limited so book early!

There are local buses to and from the start and end points of the walk - if you travel to Cornwall by train add the **plusbus option** for £2 per day or £9 for seven days to your train booking to cover this.

Trains to Penzance from London leave from Paddington and take 5 hrs 30 mins. An off peak saver return costs **£83** (cheapest advance fare is **£30.00 but you will need to book as early as 4th June**). Coaches from London Victoria take 9hrs and cost **£38** return. Once we know who is coming we can co-ordinate transfers from station etc to accommodation but you will need to book and pay for your own travel to Penzance.

Alternatively please tell us if you are planning to drive and could offer lifts (state how many).....

Accommodation

	No. of people for Accommodation (£16.40 p.p.p. night shared)	No of people for Continental Breakfast/C (C= £3.00 p.p.p night) OR Full English/F (F=£5.25 p.p.p night)	No of people for Packed Lunch (£5.10 p.p.p day)	No of people for Evening Meal (£8.50 p.p.p night)
Thursday 13th				
Friday 14th				
Saturday 15th				
Sunday 16th				

Total accommodation cost

Please tell us if you have particular dietary requirements (vegetarian/vegan etc).....

Payment in full by 1st August

Do you have any health problems that we need to know about?

Consent Form/Disclaimer

Please read this advice, sign and date it to confirm that you have read and understood it and then return it with your booking donation.

- Please don't do anything that could pose a risk to yourself or other walkers. Pay attention to notices on the paths about where to walk and about general behaviour while on a public footpath.
- Please listen to instructions and information about walk route from the walk organisers. If you are in any doubt about any aspect of the organisation of the walk, please let the walk organisers know as soon as possible. The walk organisers reserve the right to change the route. The walk organisers are all volunteers and do not have liability insurance cover.
- Please also be sensible about your physical capacity to complete the route. If you are feeling tired, unwell or have sustained an injury, please let the walk organisers know as soon as possible, so that arrangements can be made to assist you. Please tell a walk organiser if you leave the walk for any reason.

While every effort has been made to make the walk as safe as possible, participants are ultimately responsible for their own safety and for watching out for the safety of others, especially children.

I confirm that I have read and understood the above:

Signed:Name (please print)..... Date.....