



Sponsored Avon Valley Path Teen Challenge
Summer 2019

in aid of

YOUNGMiNDS

Introduction

On Foot Holidays is organising and supporting a sponsored walk for “Teens” (12+) over the summer holidays. Walking along the beautiful Avon Valley Path from Salisbury Cathedral to the historic seaside town of Christchurch, this guided walk totalling 34 miles will take place over 4 days, enabling children to either participate in individual days or take on the challenge of walking the whole route.

All money raised will go to the charity “Young Minds,” which is working hard to improve provision of mental health support for young people.

Are you up for the challenge?!

Who are **YOUNGMINDS** ?

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

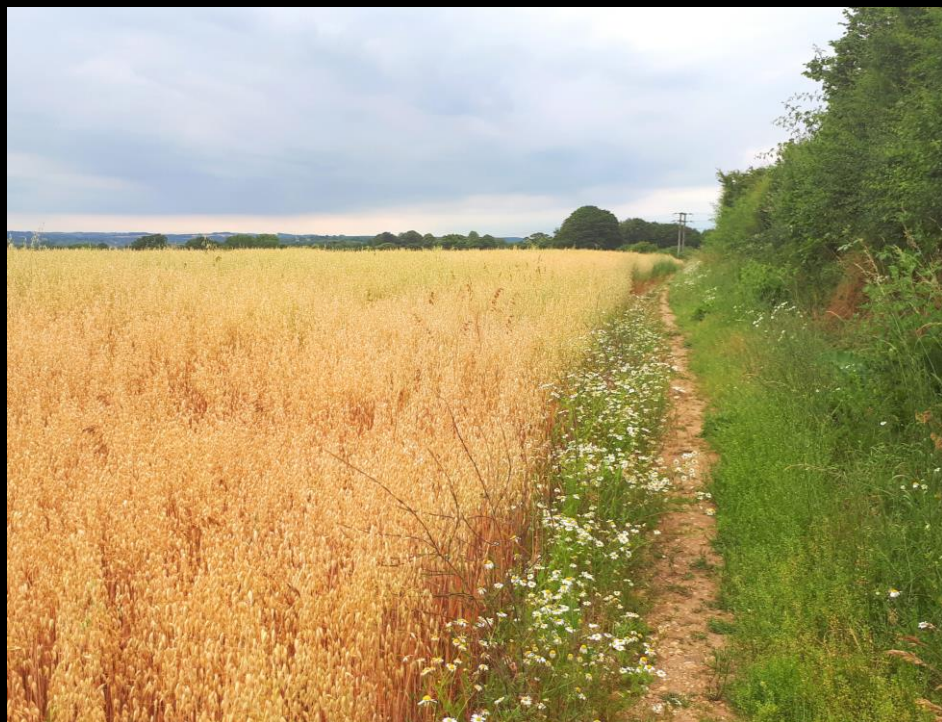
Together, we are changing this. We're fighting for young people's mental health. Join our fight.

Our vision

" We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges."

Our mission

" We will make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges."



Route summary

- Salisbury to Christchurch
- Avon Valley Path
- 34 miles
- North to south
- Split into 4 sections over 4 days – walk the whole route or any individual days
- 30th July, 6th, 15th and 20th August 2019

Stage 1

Salisbury to Downton
Tuesday 30th July





Salisbury to Downton Tuesday 30th July

- 9.25 miles/14.9km
- Meet in the Cathedral Close at 9:15am ready for 9:30 start
- Estimated walking time 4hrs
- To Downton then;
- X3 bus back to Salisbury at 2:40pm arr. 3pm (or 2:10/3:10pm)
- Register by 23rd July

Stage 2

Downton to Harbridge Green
Tuesday 6th August



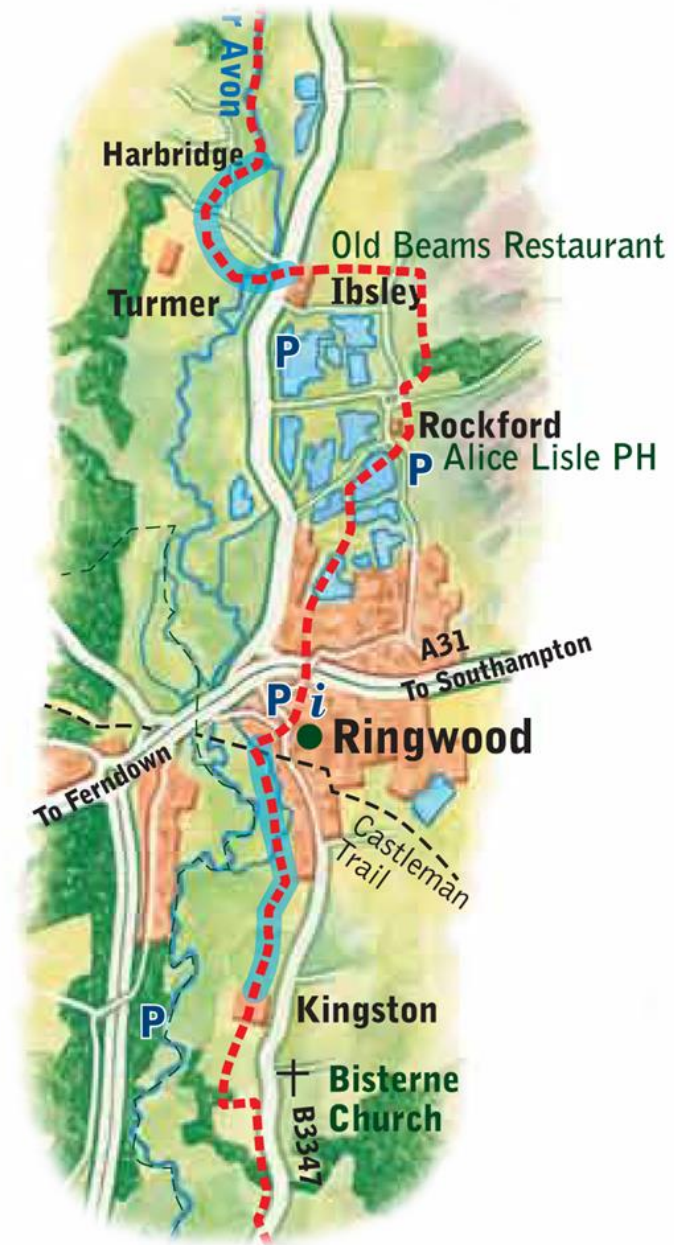


Downton to Harbridge Green Tuesday 6th August

- 9.25miles/14.9km
- Meet in Salisbury; bus stop M Blue Boar Row at 9am for 9:10am X3 bus to Downton or meet outside the White Horse Pub, Downton at 9:30am
- Estimated walking time 4hrs
- To Harbridge Green then;
- X3 bus from Ibsley Bridge at 2.20/2.50/3.20pm arr.
3/3:30/4pm or pick up from The Old Beams pub
- Register by 30th July

Stage 3

Harbridge Green to Bisterne
Thursday 15th August





Harbridge Green to Bisterne Thursday 15th August

- 9.6miles/15.5km
- Meet in Salisbury bus stop M Blue Boar Row at 9am for 9:10am X3 bus to Ibsley Bridge or meet at Ibsley Bridge at 9:45am
- Estimated walking time 5hrs
- To Bisterne St Paul's Church; Pick up by taxi at 2:45pm for journey back to Ringwood for 3:15/3:45pm X3 bus back to Salisbury or collection from Ringwood
- Register by 8th August

Stage 4

Bisterne to Christchurch
Tuesday 20th August





Bisterne to Christchurch Tuesday 20th August

- 6.5m/ 10.4km
- Meet in Salisbury at 9am Stand M Blue Boar Row for 9:10am bus to Ringwood
- Collection by taxi in Ringwood at 9:55am taken to Bisterne St Paul's Church
- Estimated walking time 3hrs
- To Christchurch then
- 14:19 X2 bus to Bournemouth Hospital arr. 14:36
- Change bus to X3 to Salisbury dep. 14:56 arr. 16:00. Or collection from Christchurch
- Register by 13th August

What will each walker need?

- Walking shoes or trainers
- Long trousers
- Suncream/sunhat
- Lightweight waterproof coat and trousers
- Day sack with packed lunch and plenty of water
- Mobile phone
- Money for the day (to include bus fares)

On Foot Holidays will
provide and organise

- Guides
- FREE Timetable pack (of X3 and X2 buses)
- FREE GPS file download information
- Medal and certificate for completion of the whole route
- Certificate for part completion
- Taxis where buses are not an option

How much will it cost?

- **Participation fee:** £5 per stage (all donated to Young Minds)
- **Stage 1:** £5 as above + maximum bus fare costs: £3.20/£4.60 (child/adult)
- **Stage 2:** £5 as above + maximum bus fare costs: £5.90/£9
- **Stage 3:** £5 as above + maximum bus fare costs: Explorer ticket £5.90/£9
- **Stage 4:** £5 as above + maximum bus fare costs: Explorer ticket £5.90/£9

Total cost if participating in the whole walk: £40.90/£51.60

Register for the walk

- To register [fill in this form](#) in the first instance
- Register at least one week before each walking day. Numbers are limited, so sign up early!
- **Await a “Confirmation of place” email.** Please note places are not confirmed until you have received this.
- Once the place has been confirmed, search for **“Team On Foot Teens 2019”** on www.wonderful.org. **Pay the £5 per stage participation fee** on the page, stating the child’s name in the message.
- Please note that fees cannot be refunded.

Raising sponsorship

- Encourage your friends and family to sponsor you. Search for “Team On Foot Teens 2019” on www.wonderful.org.
- Ask your sponsors to put your name in the message!
- Every penny donated to the page (including the participation fees) will go to Young Minds.
- Please note that donations cannot be refunded.

CONTACTS

- **To register** please call or email
(we will then send you the relevant paperwork):
On Foot Holidays
www.onfootholidays.co.uk
walks@onfootholidays.co.uk
Tel: 01722 322652
- Salisbury Reds buses for X3:
www.salisburyreds.co.uk
Tel: 01202 338420
- Morebus for X2:
www.morebus.co.uk
Tel: 01202 338420