A scenic coastal landscape in Dorset, England. The foreground is covered in tall, dry, golden-yellow grass. In the middle ground, a steep, rocky cliff face meets the sea. The coastline curves to the left, revealing a wide expanse of blue water. The sky is clear and blue. The text "The Dorset Walk" is overlaid in the lower-left area.

The Dorset Walk



Malcolm Whales was only 55 years old when he died. Malcolm was my Dad; he was a very active man who always lived life to its fullest. Unfortunately when he was diagnosed with Bowel Cancer, there had been no obvious signs. By the time he received his prognosis, the cancer had spread throughout his body, meaning he never really stood a fighting chance.

Anybody that has been affected by Cancer will understand the utter devastation that it leaves. The impact on my life has been beyond measure! I am desperate to honour my father's memory and create something positive from my personal tragedy.

Before my father's death in 2008, he had got involved in endurance challenges and in particular long distance walks. I decided to create a walk in his name, the only problem, would teenagers want to go on a 'walk'?

In 2009 we organised the first 'Dorset Walk' along the South West Coastal path. Never in my wildest dreams did I expect it to be the success it has been! We started with 30 students in 2009, raising £6000. By the end of 2019 we had over 200 walkers on one weekend and we had raised over £150,000 in total.

The Malcolm Whales Foundation is something that makes me incredibly proud; its success has been mind-blowing. We are raising large amounts of money annually and we are supporting some incredible causes. Perhaps though, the most rewarding part has been the impact on the participants' lives. We have given them an introduction to charitable causes and the positive difference they can make. It is safe to say that every single participant has been challenged and by taking part, have developed as people! Its impact has been enormous!

We are still a very young charity. We want to get bigger, better and impact wider. We need your support as a walker, a sponsor or in any way you can. Please get involved and support an unbelievably positive cause!

Both my family and I would personally like to thank you in advance for your support.

Damien Whales - Chairman of The Malcolm Whales Foundation

The Dorset Walk

The Dorset Walk is an annual fundraising event, covering over 40 miles along the Dorset coastline.

The event runs over three days, starting at Weymouth Seafront and finishing at Studland Bay.

The Dorset Walk first started in 2009, with 28 participants, and has grown ever since, with 140 participants walking the coastal path in 2017 and over 200 in 2019. The amount raised over this nine-year period has amassed to an amazing £200,000+.

Interesting Facts

Nickname - The Jurassic Coastline

Distance - 40 Miles

Total Estimated Walking Time -
21 Hours

**Total Vertical Distance
Covered (Ascending &
Descending)** - 18,101 Feet



DAY 1 – WEYMOUTH TO LULWORTH COVE

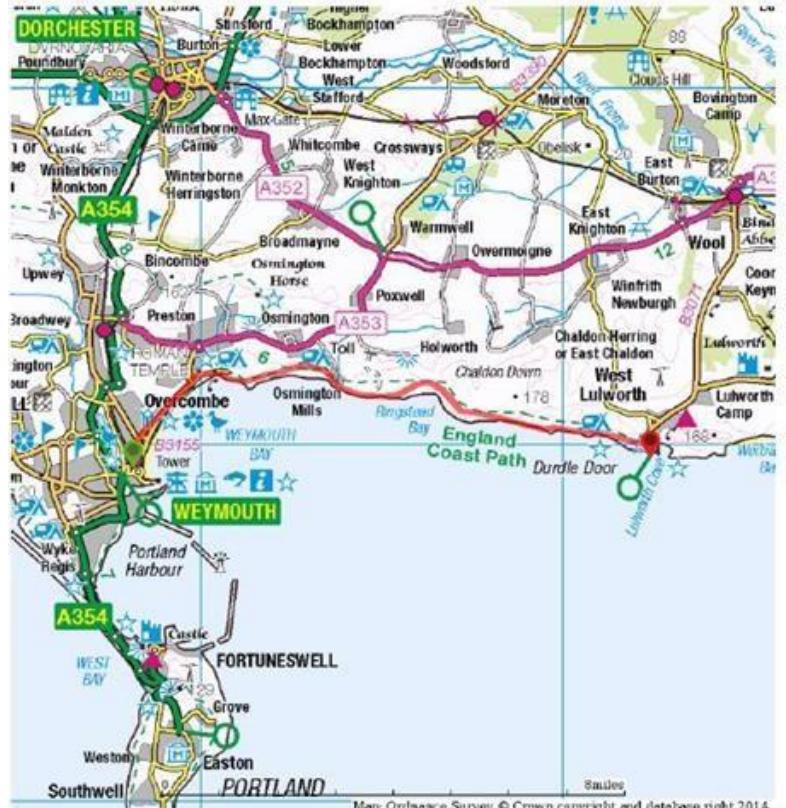


Brief overview

The start of The Malcolm Whales Foundation Dorset Walk begins from the picturesque Weymouth seafront, where the walk starts along the seafront promenade. The walk then starts to ascend and descend over cliffs, passing secluded beaches and coves towards Durdle Door and Lulworth Cove

Key Facts:

- Distance 12.2 Miles
- Estimated Walking Time 6 Hours 30 Minutes
- Vertical Height Covered Ascending - 2,424 Feet + Descending 2,493 Feet



DAY 2 – LULWORTH COVE TO KINGSTON



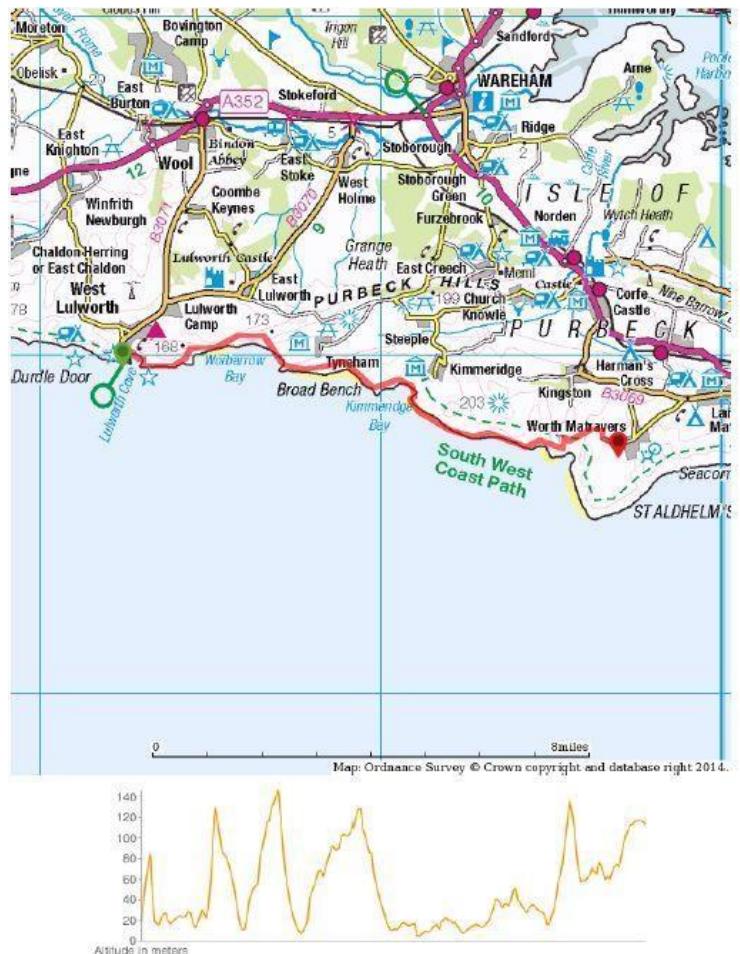
Brief overview

The second day of The Malcolm Whales Foundation Dorset Walk begins from Lulworth Cove, where the walk commences with a lovely stroll around the cove on the beach.

The coastal path website describes this walk as 'an isolated stretch of the path which offers some spectacular views, but be prepared for some difficult walking right from the beginning'. The highest climb on this day is Houns-tout Cliff, which stands at 490 feet above sea level, which is at the very end of the days walking

Key Facts

- Distance 12.7 Miles
- Estimated Walking Time 7 Hours
- Vertical Height Covered
- Ascending - 3,277 Feet + Descending - 3,645 Feet



DAY 3 – KINGSTON TO STUDLAND BAY

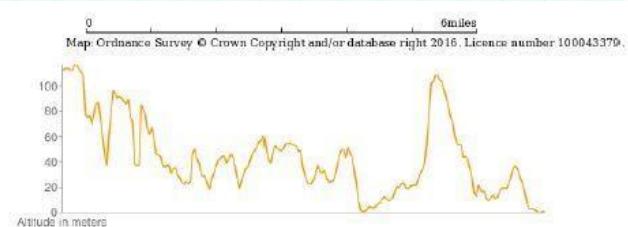
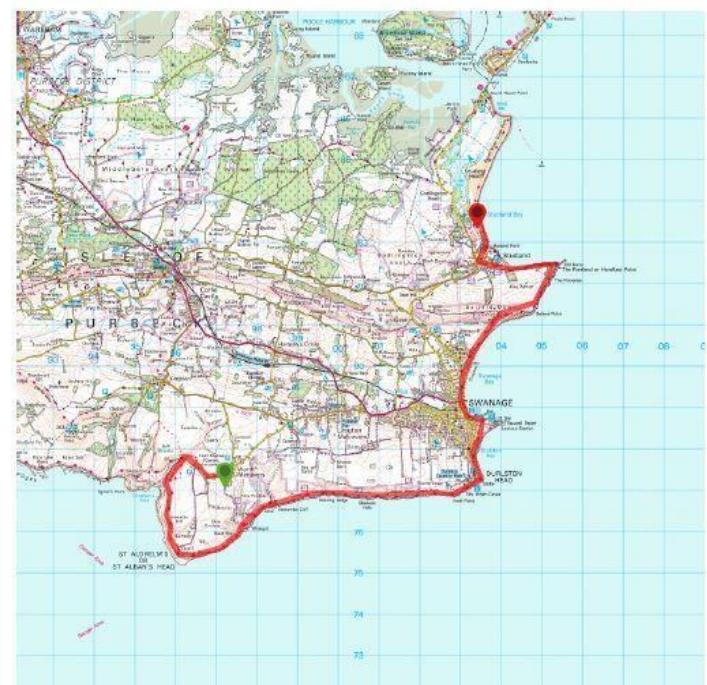


Brief overview

The final day of The Malcolm Whales Foundation Dorset Walk begins at Kingston, where the walk commences along the cliffs. This section of the walk is the most straightforward, due to the large gradients being replaced by picturesque scenery and some of the more popular tourist places including Durlston Head and Swanage. Studland Bay is 5.3 miles away from Swanage, with gradual ascent and then descending to the finish line on Studland beach, where there is a souvenir shop and places to eat.

Key Facts

- **Distance** 15.1 Miles
- **Estimated Walking Time** 7 Hours 30 Minutes
- **Vertical Height Covered** Ascending - 3,307 Feet + Descending - 2,955 Feet



Dorset Walk Reviews

What do people have to say about The Dorset Walk?

"The walk inspires others, raises money and awareness for a great cause, challenges people, educates students and it is an amazing opportunity to have fun, make friends and get fit. It was one of the best experiences of my life."

"The Dorset walk is a unique trip because not only does it benefit a really good cause , it also allows character building. As individuals can test their abilities and push through mental and physical barriers which they wouldn't get the opportunity to test in everyday life."

"Firstly, the trip is extremely fun and it was an experience I will cherish and never forget. The trip is very rewarding as you know you are doing a good deed by raising money for charity."

"The walk had its ups and downs (literally), but by challenging yourself to overcome the toughness of the walk, it is a great skill to learn, especially for us year 11's, preparing for the transition to sixth forms, apprenticeships and employment."

"The fundraising really drove people to push the extra mile. For myself, the feeling that I was helping a charity as I walked gave me the confidence to carry on."

"She challenged herself enormously on the walk as it was harder than she imagined! She seemed to come home a foot taller, full of enthusiasm for the task that she had completed and proud of the money that she had raised. And even though it was challenging on so many levels, she is keen to go again next year."



Accommodation - Camping



BURNBAKE CAMPSITE

WAREHAM, DORSET



Our Opinion

We have used the Burnbake campsite since 2012, and it is perfect for our event. It provides a safe environment and plenty of facilities, whilst being close to local seaside towns.



Duration Of Stay

We will be staying at the Burnbake campsite for **4 nights**.



Contact Details

Address: Burnbake Campsite, Corfe Castle, Wareham, Dorset, BH20 5JH

Email Address: info@burnbake.com

Telephone Number: 01929 480570

Website Address: www.burnbake.com

FACILITIES



KIT LIST

WHAT DO YOU NEED TO BRING?

Essential

Recommended

Optional

Walking Equipment

Rucksack (Minimum 20 Litre)			
Walking Boots/Trainers			
Warm Clothing			
First Aid Kit			
Waterproof Jacket			
Waterproof Trousers			
Emergency Food - (Non-Perishable)			
Water Bottle			
Mobile Phone			

Camping Equipment

Sleep Bag & Pillow			
Roll Mat			
Plastic Bags For Dirty Clothing			
Bowl/Plate/Mug			
Knife/Fork/Spoon			
Sun Cream			
Tent			
Jumper			
Warm Jacket			
T-Shirts			
Trousers			
Jeans			
Underwear			
Socks			
Hiking Socks			
Cereal			
Cordial			
Money			
Wash Kit & Towel			
Torch With Spare Batteries			

Timings and Itinerary



Day 1 - Thursday

- 9am Depart schools
1130 Service Station break
1500 *Arrive at Burnbake Campsite*
- Briefing on arrival and later in evening
1700 Dinner on campsite

Day 2 - Friday

- 0820 *Leave Burnbake Campsite travelling to Weymouth Seafront*
1015 *Start Day 1 of The Dorset Walk towards Lulworth Cove*
1700 *Arrive at Lulworth Cove and travel back to Burnbake Campsite*
1730 Dinner on campsite (or in Swanage)

Day 3 - Saturday

- 0820 *Leave Burnbake Campsite to travel to Lulworth Cove*
1000 *Start Day 2 of The Dorset Walk towards Kingston*
1700 *Arrive at Kingston and travel back to Burnbake Campsite*
1730 Dinner on campsite

Day 4 - Sunday

- 0820 *Leave Burnbake Campsite to travel to Kingston*
0930 *Start Day 3 of The Dorset Walk towards Studland Bay*
1700 *Arrive at Studland Bay and travel back to Burnbake Campsite*
1800 *Dinner on campsite (or in Swanage)*

Day 5 - Monday

- 0930 *Depart Burnbake Campsite*
1130 Service Station break
14.30 *Arrive back at schools*

PLEASE NOTE: ALL TIMINGS ARE APPROXIMATE AND DEPEND ON THE TRAFFIC, YOUR WALKING SPEED AND THE WEATHER!

ARE MEALS PROVIDED?

Lunches

- Lunches will be provided by The Malcolm Whales Foundation every walking day (Friday, Saturday & Sunday).
- On both of the travelling days, we will stop at services to get food and drinks.

Evening Meals

- Evening Meals will be provided by The Malcolm Whales Foundation every night.
- However, one night there is an organised trip into Swanage for everyone to buy their own dinner.

Special Requirements?

- If you have special dietary requirements, we can offer alternatives! Just contact us and let us know what your requirements are.

F.A.Q'S

EVERYTHING YOU NEED TO KNOW

How will the group be organised?

The group will stay together throughout the walk. There will be dedicated members who will carry communication devices to ensure the group stays together.

Do you provide any training prior to the event?

We do not provide training prior to The Dorset Walk, but we recommend that you practice walking long distances prior to attending.

What should I bring?

You will need to carry the essentials on the kit list, which will provide enough protection for all weathers and conditions.

Are there any tents provided?

No, tents are not provided. However, we do have spare tents in case of an emergency.

Are there any additional costs?

There are no hidden costs. The money we recommend that you bring will be for service stops travelling to and from Dorset, for dinner in Swanage and any snacks that you wish to purchase along the way.

Is there a emergency contact number provided for participants whilst walking?

All participants will be given an emergency number prior to The Dorset Walk.

F.A.Q'S

EVERYTHING YOU NEED TO KNOW

How many people can share a tent with?

Check how many your tent sleeps and that will be the maximum that you can share a tent with. All tents must consist of the same gender.

Will there be other people staying at the campsite?

Yes, there will be other people staying at the campsite and sharing the facilities. It is for this reason that everyone must be in their tents by 22:00 of an evening.

When is the deadline to hand in the sponsorship money?

We aim to have all the sponsorship money in by the end of September. Therefore, the sooner you can hand in your sponsorship money, the better!

Are there any plugs to charge up electronic devices?

There will be a very limited number of electrical plugs to charge up your electrical devices. If you have a portable charger, we advise you to use this instead.

Will there be a first aid kit available whilst walking?

There will be a first aid kit available whilst walking. We do also have a support vehicle that follows us using the nearest road for any medical issues. However, it would be a great idea to bring a basic first aid kit with you just in case!