

Women Who Walk Glyndŵr's Way

August
2017



Join us, walking in community on Glyndŵr's Way, a peaceful National Trail meandering through the open moorland, rolling farmland, woodland and forest of mid-Wales

A unique sponsored challenge for women. Raising money to provide adventure therapy for people recovering from addiction at Focus12 drug and alcohol treatment centre.

Walking 100 miles over 7 days, with support crew, staying at a high quality hostel and a selection of pre-arranged campsites in some of the most beautiful landscapes Mid Wales has to offer.

FOCUS¹²

Price includes travel between Norwich and Wales (other pick up points can be arranged), delicious food and accommodation, communal camping equipment and full support crew to transport belongings between sites.

A reasonable level of fitness will be required and the trip will involve walking 8+ hours per day over steep terrain.

"I feel privileged to have walked with you all, I think the bonds that we formed through the act of walking together across the land can't really be described in words..."

Women Who Walk participant
2016



**ASCEND
ADVENTURE**

Dates: Saturday 5th August- Sunday 13th August 2017

Cost: £250 (plus £200 minimum sponsorship)

Maximum group size: 10 women

Please phone or email Mel to book your place or with questions

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