



FRESHWALKS



prevent  
breast  
cancer

# FROM KINDER SCOUT TO KATHMANDU

**Freshwalks is delighted to support our friends at Prevent Breast Cancer by providing a dedicated training programme of guided walks ahead of the Everest Base Camp trek in November 2019.**

You are of course welcome on any of our walks but for a specific series of 6-8 dedicated routes from April to September, we'll be **donating 50% of the ticket price** back to the charity. We've carefully selected some routes that will gradually build up fitness to a goal of being able to take on full day hikes around 20km in distance involving significant ascents.

The initial routes (in the column opposite) planned for **April to June** range from 11km to 13km - do include some decent uphill gradients - and will each take 3-4 hours to complete. If you are starting from scratch, we'd suggest building up walking on the level from 5km to 10km across February and March. This can be done from your own front door and it might be a good idea to break in any new boots at the same time.

This base level of physical exercise should prepare you adequately for the initial Marple route which involves a small dose of uphill walking to kick this programme off.

You'll note the walks opposite are all on Wednesdays, taking advantage of lighter evenings, but we'll also be announcing some Friday daytime dates and giving the Prevent Breast Cancer team at least two months notice as new routes are announced.

From **July to September**, our plan will be to step distances up into the 15km to 20km distance bracket - walks that typically involve 5-6 hours walking time.

We'll then be organising a complimentary private final training walk in **October** ahead of the big trek. More details on this date and route in due course but it will be 20km+ and involve plenty of climbing on some tough terrain.

**Our other live and current walks are listed [here](#).**

Please contact Michael Di Paola on [Michael@freshwalks.co.uk](mailto:Michael@freshwalks.co.uk) with any questions.

## April to June walks

### Marple Locks to Mellor Cross

Date: Wednesday 24 April (5pm-8.30pm)  
Distance: 11.5km  
Grade: Moderate  
Max Elevation: 327m

Our first evening walk of 2019 will see us head out from Marple Station along the Peak Forest Canal towards Strines. We'll then climb up to Mellor Cross before dropping back down to Marple via the River Goyt, heading past the Roman Lakes. **Buy tickets [here](#)**

### Edale to Kinder Scout via Grindsbrook Clough

Date: Wednesday 22 May (4.30pm-8pm)  
Distance: 12km  
Grade: Medium  
Max Elevation: 620m

A walk that heads up Grindsbrook Clough including some light scrambling towards the Kinder plateau. We'll then head along the edge of Kinder Scout to Edale Rocks where we'll descend back into Edale via Jacob's Ladder ahead of sunset. **Buy tickets [here](#)**

### Glossop Circular via Higher Shelf Stones

Date: Wednesday 19 June (4.30pm-8pm)  
Distance: 12km  
Grade: Medium  
Max Elevation: 620m

The plan is to head up the steep Lightside towards the brooding plateau of Bleaklow and its tough moorland terrain. We'll then head south towards Higher Shelf Stones for an evening picnic before descending back into Old Glossop via James's Thorn just ahead of sunset. **Buy tickets [here](#)**