
Cotswold Way Women's Trek

September 19 - 30, 2024

With Sheri Goodwin of Transformational Trekking



Photo Credit: Adobe Stock

The Cotswold Way National Trail is a long distance walking trail of 102 miles (163.2 km) from the English Market town of Chipping Campden to the Roman city of Bath. The route is steeped in history, passing Neolithic burial chambers, ancient hill forts, Bronze Age round barrows, Roman villas, historic houses in idyllic villages, churches and abbeys. Following the escarpment of the Cotswold hills, the trail offers panoramic views across the Severn Vale (valley) passing through beech woods, open pasture with dry stone walls and picturesque villages with limestone cottages. The entire area that makes up the Cotswolds, (790 sq miles) is protected and known as the largest area of outstanding natural beauty in England. It has been shaped by people for 6000 years.

The Cotswold Way route is very well signposted, with well-maintained paths and trails throughout. Accommodations including B&Bs and small hotels, as well as services and refreshments (including English pubs) are strategically located from start to finish, providing opportunities for a comfortable and relaxing end to a long day's hike.



Cotswold Home



Trail Signage



Photo Credit: Chris & Kelly Gregg

Type of Accommodation



Trail Signage

Daily Walking Distance & Map

Cotswold Way 102-Mile 10-Day Trek

Chipping Campden to Stanton (6 hours)

Stanton to Winchcombe (4.5 hours)

Winchcombe to Dowdeswell (6 hours)

Dowdeswell to Birdlip (5.5 hours)

Birdlip to Painswick (4 hours)

Painswick to King's Stanley (5-6 hours)

King's Stanley to Wotton-Under-Edge (8 hours)

Wotton-Under-Edge to Old Sodbury (7 hours)

Old Sodbury to Cold Ashton (5 hours)

Cold Ashton to Bath (5.5 hours)

Daily Distances:

10.5 miles/16.8 km

7.5 miles/12 km

11 miles/17.7 km

10 miles/16 km

7 miles/11.2 km

11 miles/17.7 km

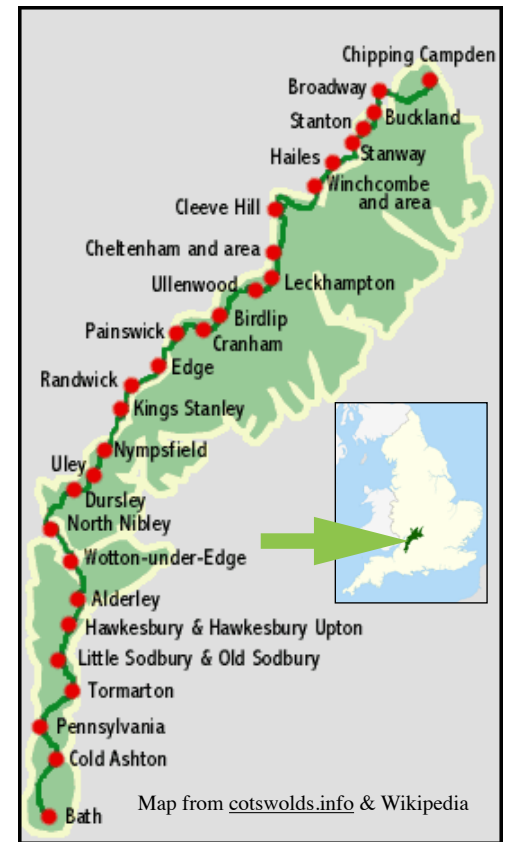
13 miles/20.9 km

13 miles/20.9 km

8.5 miles/13.6 km

10 miles/16 km

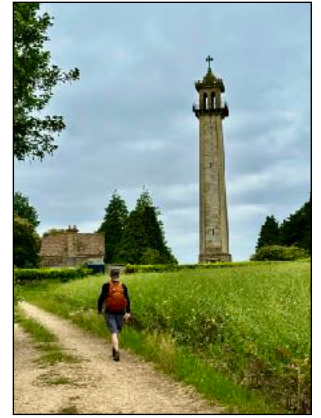
*The hours listed are estimates and they assume an approximate 3 mph or just slightly faster pace on flat areas and 1.5-2.5 mph pace on hillier and more rugged sections. The time estimates also include lunch and breaks on the trail. It is possible that we will finish before the estimated timeframe. It is also possible to finish later than the estimated timeframe. It is important that you can stay flexible and not think that these time-frames are set in stone.



One of the Cotswold Way's expansive views atop the Cotswold escarpment.



Trip Itinerary



DAY 1: MEET THE GROUP IN CHIPPING CAMPDEN & DIVE INTO THE PAST

Our group adventure starts in the beautiful historic market town of Chipping Campden. If you arrive early, be sure to explore the covered market place, almshouses, silversmiths and St. James 'wool' church (one of the finest 'wool' churches in England). The church is evidence of the wealth of local wool merchants during the late medieval period. We will meet at 1PM at our hotel for our first official group meeting. For part of our meeting, to truly dive into the history of the area, we will take advantage of a unique opportunity to visit the nearby Rollright stones (also known as The King Stone and King's Men Stone Circle). Here we can witness some of the earliest and most visible uses of what we now call the Cotswold stone. Cotswold stone is a yellow Oolitic Jurassic Limestone (formed between 206 and 144 million years ago). The Rollright stones are the same type of stone we will see on stone walls, homes, churches and other buildings as we trek through the villages and towns of the Cotswolds. After acknowledging the history of the stones we will have a chance to learn theories and legends about why the Rollright stones are there and come up with our own ideas and ponder the past. After a bit of time to explore this area on our own, we will finish the group meeting by sharing any insights and/or any intentions or goals you have for the trek ahead. After our meeting we will be driven back to our hotel to freshen up for dinner.

Meals - D

DAY 2: CHIPPING CAMPDEN TO STANTON

DISTANCE: 16.8 KM / 10.5 MILES

ASCENT (Estimated): 353 METERS / 1159 FEET

DESCENT (Estimated): 391.4 METERS / 1284 FEET

After breakfast, we will head to the market hall in Chipping Campden, the official start of the Cotswold Way. Following the Cotswold trail signs, we will make our way through the town, and then up and on to the hiking trail along the Cotswolds escarpment, where we can enjoy stunning views from Dover's Hill. This hill is famous for the "Robert Dover Cotswold Olimpick Games," which started around 1612AD. These games were stopped for a period of time but are now a yearly event held the first weekend in June. Our walk continues across the fields to Broadway Tower located on the 2nd highest

point in the Cotswolds. This tower, designed by James Wyatt, to resemble a mock castle, was built for Lady Coventry in 1799. The tower overlooks the village of Broadway and the Severn Vale (valley). After enjoying the views we will head down into the village of Broadway, a village with historic connections with the Arts & Crafts movement and sometimes referred to as the “Jewel of the Cotswolds.” Here, fine houses and Inns, line the ‘broad way.’ From Broadway, we start the climb back up onto the escarpment, and follow wide trails to the Iron Age hill fort of Shenberrow Camp. After exploring this area, we will head down to the idyllic Cotswold village of Stanton.

Transfer ride to our accommodation

Meals - B, D

DAY 3: STANTON to WINCHCOMBE

DISTANCE: 12 KM / 7.5 MILES

ASCENT (Estimated): 239 METERS / 784.8 FEET

DESCENT (Estimated): 274.3 METERS / 899.8 FEET

In the morning we leave Stanton. Our day’s hike starts off flat as we head through the parkland of the Stanway Estate. Here we will view the Jacobean Manor House and Britain’s tallest fountain, shooting 300 feet high. The trail eventually leads into the hamlet of Wood Stanway. The next part of our day’s hike becomes more challenging as we start a steep climb up and onto the escarpment, where we can catch our breath while taking in magnificent views towards the Malvern Hills. Continuing on, we will discover the Iron Age hill fort of Beckbury Camp. After a look around, the path descends to the small village of Hailes. If time allows and the group desires, we can visit the ruins of Hailes Abbey and Hailes Church (£7.50 per person - not included in trip price). We will end our hiking day walking through farmland and into the market town of Winchcombe along Puckpit Lane.

Meals - B, D

DAY 4: WINCHCOMBE to DOWDESWELL

DISTANCE: 17.7 KM / 11 MILES

ASCENT (Estimated): 429 METERS / 1407 FEET

DESCENT (Estimated): 394 METERS / 1292 FEET

Our morning’s hike leaves Winchcombe through the Sudeley Estate (Sudeley Castle and Gardens). We will view the 1443 Sudeley Castle and it’s Gardens from the trail. Soon we begin a steady climb up to the ancient Neolithic long barrow of Belas Knap. Belas Nap is a stone burial chamber covered by huge grassy mounds. After a look around, we descend steeply down through Breakheart Plantation (a tree farm) and past Postlip Hall, (a 15th century Jacobean manor house, with 15 acres of land). Currently, 8 families reside in this manor house. Passing this area we begin our second big climb of the day, this time leading to the Golf Club House at Cleeve Hill. As we head south from Cleeve Hill, we reach the highest part of the entire Trail (330meters/1083ft). Our day’s route continues across Cleeve Common (Common - refers to open land for public use). Cleeve Common is the largest common in the Cotswolds’ Area of Outstanding Natural Beauty (AONB), with extensive views over Cheltenham, the River Severn, the Malvern Hills, and, on a clear day, the Black Mountains of Wales. Next, we cross Bill Smylie’s butterfly reserve and on to some lovely peaceful paths, before starting the descent through Dowdeswell Wood to the reservoir and finally into Dowdeswell.

Transfer ride to our accommodation

Meals - B, D

DAY 5: DOWDESWELL to BIRDLIP

DISTANCE: 16 KM / 10 MILES

ASCENT: 405 METERS / 1,327 FEET

DESCENT: 235 METERS / 769 FEET

Saying goodbye to our accommodation we will make our way through Dowdeswell, and then follow the trail to pass through Lineover Wood known for its large leaved lime trees (also known as Linden trees) and magnificent ancient beech trees. We begin our first climb of the day up to Wistley Plantation and then through farmland. Shortly after, our trail descends, passing close to Seven Springs, a hamlet in the heavily wooded parish of Coberley in the Cotswold district of Gloucestershire. After our lovely downhill we will be well warmed up for our second climb of the day up to Charlton Kings Common. Once reached, we will enjoy the views across Cheltenham and the Severn Vale. The trail continues along the escarpment to Leckhampton Hill – where we will be on the lookout for the Devil's Chimney (peculiar limestone rock formation). Leckhampton Hill and Charlton Kings Common together make up 158 acres of a biological and geological site of special scientific interest and is a wildlife site. After leaving Leckhampton Hill, the Cotswold Way follows quiet paths into Crickley Hill Country Park, part of Gloucestershires Wildlife Trust. This park has excellent viewpoints and information about the archaeological finds that indicate many periods of occupation. More than 1,300 species have been recorded at Crickley Hill, from rare birds, butterflies and reptiles to wildflowers and toadstools. Crickley Hill is recognized as a Site of Special Scientific Interest (SSSI) for its diversity of wildflowers and geology. The Trail then crosses the grassland of Barrow Wake, a Wildlife Trust Nature Reserve containing a round bronze age barrow, before heading into woodland to arrive at Birdlip. After a day of hiking through the natural beauty of this area with its ups and downs, we will again, be ready to put our feet up at our accommodation, the Royal George Hotel!

Meals - B, D

DAY 6: BIRDLIP to PAINSWICK

DISTANCE: 11.2 KM / 7 MILES

ASCENT: 180 METERS / 590 FEET

DESCENT: 325 METERS / 1,066 FEET

Today we end our hike at the half way point of the Cotswold Way, in Painswick. Before we get there, the trail takes us through some magnificent semi-natural beech woodlands and then onto Coopers Hill. Coopers Hill is the site of the annual cheese-rolling event, where very brave participants (from all over the world) race down the very steep 200-yard long hill chasing a wheel of Double Gloucester cheese. This race often results in broken bones and concussions. After checking out this race course, we will continue on our route, which soon emerges onto the common land and golf course of Painswick Beacon, where the ramparts (protective/defensive wall) of an Iron Age hill fort can be clearly seen. Our days journey comes to an end in the picturesque and historic wool town of Painswick. It is also known for its fancy Rococo Garden designed in the 1740s as a fanciful pleasure garden for the owner of Painswick House and his guests, and known for its church of St. Mary's 99 yew trees. It is said that the 100th tree won't grow. With our shorter mileage day we will have time to explore this intriguing town.

Transfer ride to our accommodation

Meals - B, D

DAY 7: PAINSWICK TO KING STANLEY

DISTANCE: 17.7 KM / 11 MILES (could shorten by 2 miles, see description)

ASCENT: 315 METERS / 1,033 FEET

DESCENT: 330 METERS / 1,082 FEET

We have an unusual downhill start to our day (luckily, not as steep as Coopers hill) as we leave Painswick and cross the Wash Brook. Once crossed, our uphill climb for the day begins and takes us up and onto Edge Common – an open area of grassland with views back over Painswick. Our trail heads down again and into woodland emerging at Haresfield Beacon (a geological site of special scientific interest), and an Iron Age hill fort with views of the escarpment and River Severn. The route then descends gently through Standish Woods, to emerge into the Stroud Valleys through grass pastures. Both Haresfield Beacon and the Standish Woods are part of the National Trust. The trail takes us to The Stroudwater Navigation, (a canal that opened in 1779, that links Stroud to the river Severn) where we will head to Kings Stanley. We will have the choice to stop our day at 9-miles in Kings Stanley or to walk 2 more miles for a total of 11 miles to Coaley Peak Car Park to be picked up. We will make this decision as a group. If we continue walking to King Stanley, we will pass through the village of MIDDLEYARD and then climb up and into Penn Wood. At 435 acres, these woods are one of the largest ancient woodlands in the Chilterns Area of Outstanding Natural Beauty (AONB). The Cotswold Way then takes us through the woods on the edge of the escarpment to emerge at Coaley Peak – a picnic area with outstanding views and home to the neolithic Nympsfield long barrow.

Transfer ride to our accommodation

Meals - B, D

DAY 8: KING STANLEY TO WOTTON-UNDER-EDGE

DISTANCE: 20.9 KM / 13 MILES

ASCENT: 495 METERS / 1606 FEET

DESCENT: 545 METERS / 1787 FEET

This morning, we are dropped off at the Coaley Peak Car Park. We will have time to enjoy the outstanding views and the neolithic Nympsfield long barrow. We will then start our days hike passing a quarry that is no longer in use, before following a woodland path that eventually emerges into a valley with Cam Long Down (a very narrow hill that through erosion, detached from the Cotswold escarpment) ahead. The climb up is steep, but we will enjoy the 360° views at the top. The trail then goes down into the valley at Farfield passing through farmland into the market town of Dursley. Leaving Dursley, the Cotswold Way climbs steeply up onto Stinchcombe Hill. The best views here are found by taking the longer route around the perimeter of the hill. The trail then descends through woodland into farmland and follows a trail into the village of North Nibley. From here, we start yet another steep ascent to the 111 foot Tyndall Monument, completed in 1866 in memory of Martyr William Tyndall who's mission was to translate the bible into English. His life unfortunately ended by strangulation and then he was burned at the stake. Our route now levels out across grassland and through woodland leading onto Wotton Hill. At the end of our day we pass trees planted in 1815 to commemorate the Battle of Waterloo, and then finally descend into the town of Wotton-Under-Edge.

Meals - B, D

DAY 9: WOTTON-UNDER-EDGE TO OLD SODBURY

DISTANCE: 20.9 KM / 13 MILES

ASCENT (Estimated): 376 METERS / 1236 FEET

DESCENT (Estimated): 313 METERS / 1027 FEET

After breakfast the trail takes us along a stream and out of Wotton-Under-Edge before climbing back up onto the escarpment. We pass close to the National Trust property of Newark Park (a secluded country estate) and then head to the village of Alderley down a very pleasant sunken woodland trail. From Alderley, we hike through a peaceful valley where we can see remainders of Medieval ridge-and-furrow (an archaeological pattern of ridges and troughs created by a system of ploughing) on either side. When we reach Lower Kilcott, the footpath takes us along a clear millstream. Our gently rising path climbs up to the 100 foot tall Somerset Monument, built in 1846 to commemorate Lord Robert Edward Somerset and then heads towards the village of Hawkesbury Upton. As we walk on, we will pass an ancient drover's pond (main water supply for local grazing animals), and then we head south along Bath Lane towards Horton. Our route climbs yet again to Horton Fort which has expansive views opening out over the Severn Vale. Soon we reach the National Trust property of Horton Court (with a history stretching back to about 1185). After admiring Horton Court, the last trails of the day cross farmland to the villages of Horton and Old Sodbury.

Meals - B, D

DAY 10: OLD SODBURY TO COLD ASHTON

DISTANCE: 13.6 KM / 8.5 MILES

ASCENT (Estimated): 238.4 METERS / 782 FEET

DESCENT (Estimated): 181.7 METERS / 596 FEET

As we leave Old Sodbury we pass through an 18th century landscape park (Dodington Park) with woodlands and a lake designed by Lancelot 'Capability' Brown. Brown was England's leading and most influential landscape designer in the 18th century who described many country estates to have great 'capabilities' for improvement. After the park we will walk through a few fields into the village of Tormarton. Following the trail, we leave Tormarton to the south along the Marshfield Road, then we cross fertile land that eventually will lead us to a path passing around the perimeter wall of Dyrham Park – a 17th century house (mansion) and garden located in an ancient deer park. The last part of our day's hike takes us through Dyrham village, then climbs up through Dyrham Woods and finally continues through farmland into the village of Cold Ashton.

Transfer ride to Accommodations

Meals - B, D

DAY 11: COLD ASHTON TO BATH

DISTANCE: 16 KM / 10 MILES

ASCENT: 225 METERS / 738 FEET

DESCENT: 400 METERS / 1312 FEET

For our final day hike of the Cotswold Way, we will be dropped off in Cold Ashton, and begin our hike where we left off the day before. Leaving Cold Ashton we descend into the picturesque and peaceful valley at Lower Hamswell. Our next climb takes us up to the site of the bloody civil war battle of Lansdown. We will be on the look out for the intriguing field of sculptures by





David Michael Morse, which all stand in a circle next to Lansdown Golf Club. Our trail levels out across the plateau allowing us to recover from our recent climb. During this flatter stretch we pass the promontory hill fort at Little Down and the famous Bath Racecourse. The path then emerges at Prospect Stile (now a kissing gate) with a rather nice view. Here we will catch our first glimpses of Bath from the trail.

The last part of our walk passes through farmland and on into Weston. The Cotswold Way then changes in character, becoming more urban as we get closer to Bath. We end our day at Bath's huge and inspiring abbey church, where a carved stone disc set into the pavement outside the ornate west doors marks the end of the Cotswold Way. We will celebrate our accomplishments at our final group dinner.

Meals - B, D



DAY 12: FINAL BREAKFAST

After breakfast, we say our goodbyes and head home or onto further explorations. We recommend if you have time, to stay an extra day or two and explore Bath.



Your Leader for the Journey:

Sheri Goodwin



Bio

Sheri Goodwin taught Physical Education & Health and coached Cross-Country & Track in the Shoreline School district for 13 years before starting her dream business, Transformational Trekking. She now helps people prepare and train for long distance trekking adventures around the globe. Sheri also leads treks in Scotland, Portugal, Ireland and Peru. Her own trekking adventures have taken her to the continents of North and South America, Europe, and Africa. Sheri's background as a teacher, fitness instructor, personal trainer, coach, and world trekker has given her the knowledge to help others successfully prepare for and enjoy their treks. This will be the first group Sheri takes along the Cotswold Way. **Since this is Sheri's first time on the Cotswold Trail, we will have a local trail guide with us.**

Trip Cost (Prices are for shared accommodations)

- **Cotswold Way (12 days, 11 nights) = \$5375 USD**
- **Early Bird Special until November 6th: \$4995 USD**
Single supplements = \$1050 USD (only 3 available). If we have an odd number for this trip and you are the last to sign up, you may be asked to pay the single supplement cost.
- 12 trekkers including leader, Sheri Goodwin - **only 11 spots available.**



Trip Cost Includes

- All accommodations - 11 nights
- All breakfasts (11)
- All dinners (11)
- Daily luggage transfer to next accommodation during the trek
- All transfers during the trek (12 total), our accommodations are not always close to the trail
- Local daily trail guide
- Leader Sheri Goodwin
- Guide book that includes maps of the journey
- A 26-week (6-month) detailed training guide will be given to you to help you be successful on this trek. This is a well-rounded training program that includes the following:
 - Flexibility & foam rolling
 - Stability and balance work
 - Muscular strength & endurance training that is trek specific
 - Cardiovascular training that is trek specific
 - Proper build up of hiking miles on a variety of surfaces and terrain
 - Hiking with a backpack
- One group training hike for those in the Seattle area. This hike will be part of the 3-day-trek-challenge in the training packet.
- Packing List
- Trip Preparation Packet
- 2-3 group zoom meetings to meet the group members and to go over the:
 - 26-Week (6-Month) Training Program
 - Packing List and Trip Preparation Packet
- Cotswold Way Certificate of Completion!

Cost Does Not Include

- International airfare
- Transportation to Chipping Campden from airport or transportation from Bath to the airport
- Lunches - purchased the night before at a local store, from our hotel, or along the trail
- Travel insurance
- Personal equipment (a suggested list will be emailed to you)
- Other expenses of a personal nature (soft drinks, alcoholic beverages, mineral water, laundry, phone calls, internet, snacks, bars for trail, etc.)
- Tip for English trail guide
- Tickets into attractions

To Book This Trip

1. **Complete Online Reservation & Health Questionnaire Form:** Find this form on Transformational Trekking's Website: <https://transformtrekking.com/group-trek-form/>
2. After you have filled out the form Sheri will contact you and interview you over the phone, or, in some instances, in person, to be sure this trek is the right fit for you. She will also send you the Agreement form, Terms and Conditions form and Covid & Other Illnesses form to sign.
3. **Pay the \$1000 non-refundable deposit to fully reserve your spot on the trip.** Details on how to pay the deposit will be emailed to you after you sign all forms.
4. **Inquire about Travel Insurance:** This should be done at the same time as you pay for the deposit if you have a pre-existing condition that you want insured while on the trek. See below "Medical Emergency/ Evacuation Insurance is Required" for more details.
5. **Final Payment:** Balance payment must be made 12 weeks prior to departure. If you are required to fill out a Physician Form, it is also due 12 weeks prior to departure. When you fill out the reservations form you will find out if you need to complete a Physician Form as well.
6. **Cancellation:** If you wish to cancel, you must notify Transformational Trekking in writing. Cancellations and refunds are subject to the following restrictions:
 - More than 12 weeks prior to departure: deposit is forfeited, the remainder is refunded
 - 12 weeks to 9 weeks prior to departure: 50% of tour cost is subject to refund (not including the deposit)
 - 9 weeks prior to departure: no refunds.
 - While on trek: no refunds for any unused services



***Medical Emergency/Evacuation Insurance is Required.** Due to this trip being an active trekking adventure, you are required to have travel insurance for medical emergency, evacuation, and repatriation. For more details about the insurance that is required, **see #9 of the Terms & Conditions Form**, (this form will be sent to you after filling out the online reservation form). The trip preparation packet, which will be sent to you after you have paid your trip deposit, will also have the details of what type of insurance you will need. **If you have a pre-existing condition that you want insured while on the trek, then you will need to purchase your insurance within 7 - 15 days of your first payment for the trip (your deposit).** The number of days will depend on the insurance company you use. Be sure to ask if pre-existing conditions are covered for the type of insurance that is required. Some insurance companies will require you to purchase trip cancellation/interruption coverage in order to cover pre-existing conditions. Your current health insurance may cover you while you are abroad but be sure it will cover you for adventure travel, as well as for what is required for this trip. **It is also**

highly advised, but not required, to purchase trip interruption / cancellation insurance. This insurance would be the only way to recover money lost for any medical emergency that causes a trip interruption or trip cancellation be that Covid or another reason. **Cancel for any reason insurance** would be your only way to recover money paid if you choose to cancel due to fear of Covid.

*If you would like help choosing the type of insurance you want, Pam Perry, a friend of Sheri's, is an agent for Travelex Insurance. She would be happy to answer questions and help you pick the insurance you need if you want to use Travelex. Her contact information is: pamsbigadventure@gmail.com.



A Bit More About this Trekking Adventure

The Cotswold Way is a challenging yet rewarding

adventure with expansive territorial views, quintessential villages, ancient ruins, and many farm animals along the way. This is not a typical tour of a country where you are bussed from town to town and given history lessons in the towns we visit. Rather it is a 10-day trek, walking from town to town through the Cotswold's of England. The Cotswold Way is a very physical journey, that can also potentially challenge us mentally and emotionally. Treks of this nature tend to teach us something about ourselves and, in this way, are a wonderful gift. Trekking for multiple days in the great outdoors, away from technology and the to-do lists of life, can help us re-connect with ourselves and nature. We might gain powerful insights and clarity about ourselves, that we can take back home and infuse into our lives. Excited yet? I hope so!

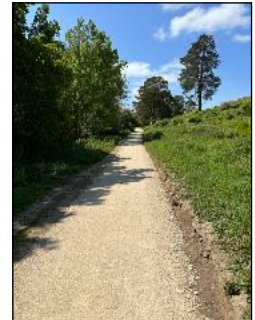
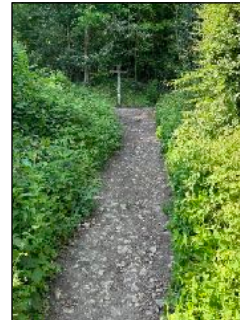


The well marked footpaths are a mixture of comfortable soft dirt,



rocky uneven paths, and grassy fields. This hike traverses farmland, goes through wooded trails, through towns and up to and down from the Cotswold Escarpment. Needless to say, it can be quite hilly, with either rolling type hills, long gradual hills, long steeper hills and short to medium length steeper hills. Hill training is essential for this trek. If there has been a decent amount of rain, some trails can be quite muddy. We will walk through very small villages and towns (asphalt and cobblestone surfaces) to our night's stay and sometimes be picked up from the trail and delivered to our place of stay.

Types of Trail Surfaces . . .



Paces naturally differ within groups, so re-grouping from time to time will be necessary. If at anytime the trail is confusing, we will hold up to ensure we all go the right way. Your leader and trail guide will always be looking to see everyone on the trail, if someone is no longer in their sight, regrouping will occur. With two leaders, there may be times where the group splits, but this will be discussed with the group ahead of time. Your trip leaders will be looking out for everyone while on the trails. Safety of all will be their number one priority as they lead the group. It is imperative that all group members follow the leaders instructions at all times. If they feel the safety of any member of the group is being put in jeopardy due to the behavior of one individual, that individual may be asked to leave the group.

The accommodations (B&B's, small hotels, guest houses) are charming, comfortable, friendly and clean, yet not a 5-star hotel type experience that you might have in a big city. If you require 5-star hotels, this is not the right trip for you. Accommodations are unique with their own history and stories - a great cultural experience. Unless staying at a more modern hotel, each room is different. No one room will be the same. Sometimes you luck out with a room with a view, or the more spacious room or the room with the big tub and sometimes you don't. It is all part of the surprise and fun of these special places. **Breakfasts** are the typical full Scottish/English breakfasts (eggs, sausage, bacon, beans, cooked tomatoes, mushrooms, toast, potato scone, black pudding). Most places also have dry cereals, oatmeal, yogurt, and fresh fruit and sometimes additional pastries. **For dinner**, we will either eat at our accommodation or go into town. The food is quite good and you will have a variety of main dishes to choose from. **For lunches**, we will purchase a lunch at a grocery store when there is one within a short walking distance from our accommodation. If no stores are available, we will be able to purchase a boxed lunch from our B&B/Hotel. You will also be encouraged to bring energy/protein bars from home for snacks on the trail.

Is this the Right Trek for Me?



Walking pace necessary for this trek: This adventure has a handful of 10+ mile days, plus some days with lower mileage that are hilly and therefore strenuous. And the longer days are not without hills. **Due to these longer mileage days and the hillier days on the trail, it is important that you can comfortably maintain a 3-mile per hour pace while walking on flat surfaces. Paces of course will slow down going up hills around 1.50 - 2.5 mile per hour. Pace will depend on steepness of the hills. These paces will help the group arrive to each day's B&B within the estimated time frame.** If you are unsure of your pace, walk on a track for 2-3 miles and see what pace you naturally fall into. Or find a 3 - 5 mile loop or course that is flat and time yourself to see what pace you walk. **Prior to sending in your deposit for this trek**, Sheri will interview you over the phone, or in some

instances in person, to be sure this trek is the right fit for you. It does require training and a decent level of fitness to successfully complete this trek. If you are not yet in shape, this could be the motivation you need to start an exercise program and get in tip top shape so you can successfully hike the Cotswold Way. You will receive a 6-month hikers training program to help you progressively build up your hiking mileage as well as teach you hiking specific strengthening exercises. It will also instruct you on when to start hiking with a backpack and when to increase weight in the backpack as you train. Sheri also offers individual and outdoor group training programs.

Covid Rules for this Trek

Transformational Trekking will do everything we can to provide a safe adventure, but we ask you to realize that you share this responsibility when traveling with a group. To be considered for this 2024 adventure, you must be fully vaccinated at least 14 days prior to the trek start date. Fully vaccinated = the first 2 original shots that came out of either Moderna or Pfizer or the 1 dose of Johnson & Johnson. We will follow England's, US's and TT's rules at the time of travel. To help ensure the health of the group, you will be asked to practice conservative Covid-19 behavior about two weeks prior to our group adventure, as well as to wear your KN95 or N95 mask at the airport and on your flight. Twenty-four hours prior to joining the group, you will need to provide a negative Covid-19 test. Please know that while we are in England, if you catch Covid, the current US rule as of September 2023 is that you self-isolate. This may mean you will need to stay in a different hotel than the group and wait until you no longer have symptoms and no longer test positive (per CDC guidelines), before returning to the group. Prior to sending in your deposit



for this trip you will be asked to read and sign “TT’s Covid-19 & other Contagious Illnesses Requirements for Group Treks,” form. *Requirements are subject to change as Covid and our knowledge of it further evolves.

*Transformational Trekking is registered as a seller-of-travel with the Washington State Department of Licensing. Transformational Trekking’s registration number is: 603135665.



Atop the Cotswold Escarpment



Looking back to Broadway Tower