

Walk on the Wild Side!

The walk will begin at Osterley Lock and follow the Grand Union Canal which links London to Birmingham, where we could see water birds, swans, and ducks. Walking



along the River Brent we will arrive in Fitzherbert walk, named after Luke Fitzherbert, who campaigned during the 1971's for the creation of the Brent River Park; it includes the river itself and individual parks.

We will reach the Hanwell Bridge and the impressive Wharncliffe Viaduct, built in 1838 by Isambard Kingdom to carry the Great Western Railway from London to Bristol. Along the River Brent, we will pass by several parks, green areas and sport grounds for golf and football. We will stop over at Brent Lodge Park for lunch and have the chance to loose our selves in the Millennium maze.

The walk will continue to Greenford town centre and then to Paradise Fields Wetlands, a site today managed primary for nature conservation; it is a haven for wildlife.

We will also see Horsenden Hill which provides one of the finest natural viewpoints in London and which is a popular kite flying spot.



One of Britain's foremost public schools will also be on the way, Harrow School, a boy's school established by a local farmer in 1572 and which grew over the years.



There will be some gentle slopes to make the walk slightly challenging, but majority of the walk will be on flat ground. You are advised to wear sensible walking shoes, which you don't mind getting dirty.

As the weather is fairly unpredictable in the UK, you are advised to wear a few layers, which you can remove as you go along, rather than wearing one bulky layer. It is also advisable to bring along waterproofs in case we are faced with a few showers.

You will need to bring along with you a backpack, a packed lunch and lots of fluids. You may consider packing sun block and sunglasses.

Remember you will be walking with your backpack all day long, so only bring along the necessary items.

You are required to be responsible on the walk. FalMay and Women's Aid do not take responsibility for any loss or damage to your property. You are advised to leave valuables at home and not carry large sums of money with you.



Preparing for the walk

You need to start training for the walk as soon as possible. Start off by taking gentle walks in the park or to the shops and then build up to 2hrs then 3hrs and so on, up to 6 hours. Wear the boots that you will be wearing on the walk, so you can get use to them. Try walking up gentle slopes and on natural ground as well as manmade paths. This will give you the feel of walking on different surfaces and will get your leg muscle use to walking on the day.

If you are on medication or have any health concerns, then please see you GP prior to the walk.

Fundraising

Use your sponsorship form to get as many sponsors as you can, ask your work colleagues, friends and family and even your neighbours. If you are at college or university ask you peers and tutors. You are required to raise a minimum sponsor of £50.

All proceedings will go to Women's AID; FalMay will not take any commissions from the money you have raised.

On completion of the walk, you are required to collect your sponsor money and submit it to FalMay by 17th August 2008. Please make all cheques payable to FalMay and don't forget to include your sponsorship form with the money.

On the day of the walk.

We will all meet outside Boston Manor station promptly at 9.30am and then make our way down to the Starting Point. Our walk will take us 10 miles up around and up to Harrow on the Hill, we aim to complete by 4pm.

There will be two groups, one which will be walking at a faster pace and one at a slower pace; you can choose which one is suitable for you. We will be stopping for lunch, frequent breaks and to take some pictures for Facebook.

We will end the day with a celebratory drink at Windermere Pub near South Kenton Station to celebrate the end of our walk.

If you have any questions then please contact us on **07903 823253** or email us on info@falmay.com.

Good luck with the training!

Please do your bit for the environment and do not print this information unless it is absolutely necessary!