



ADVENTURE TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE



Walking the Cotswold Way in England - Part 2

May 13-21, 2023

AT# 23

Trip rating= Moderate to Vigorous

<https://www.outdoors.org/outdoor-activities/difficulty-ratings>



Join us as we begin our exploration of the Cotswolds by walking the southern half of the 102 mile long national trail called the Cotswold Way. (We'll hiked the northern half in 2022!) It traces the escarpment marking the western edge of the Cotswolds, stretching north to south between Chipping Campden and Bath, and taking in Broadway, Winchcombe, and Painswick, among other villages.

The trail has incomparable views across the Severn Vale to the Malvern Hills and takes us through varied scenery: limestone grasslands crossed by drystone walls, beech woodlands, and stone-built villages with ancient churches.



The gentle Cotswolds countryside, designated an Area of Outstanding Natural Beauty (ONB), is threaded with more than 3,000 miles of pleasant walking routes that enables us to appreciate these upland tracts at their best. A gently undulating area of limestone uplands, the Cotswolds are among England's best preserved rural districts, and the quiet but lovely grays and ambers of the stone buildings here are truly unsurpassed. The valleys are lush and rolling, and cozy hamlets appear covered in foliage

from church tower to garden gate.

We fly into London's Heathrow airport and transfer by private charter bus to our base, for the first part of the trip, in Painswick.

We'll travel each day by private charter bus as we explore the area and walk along the Cotswold Way. One day will be devoted to exploring nearby villages.

During the second half of the trip our base will be the cosmopolitan town of Painswick.

Similar to our more northern base of Painswick, we'll have a private coach at our disposal to take us to and from our daily walks on the Cotswold Way. During the course of our trip we'll have the opportunity to walk along the southern half of the trail, as well as visiting a number of cultural sites and quaint villages.

Except for the transfer days, participants will have the option of not walking on any particular day if they so choose even if it is not a designated NON hiking day.

Detailed Itinerary:

Day 1 Sat. 13th May (L, D)

Arrive at Heathrow airport and transfer to Painswick and overnight for 2 nights. Nestling quietly in the famous Cotswold hills, surrounded by some of Gloucestershire's most delightful countryside is the historic wool town of Painswick. Recently featured on BBC television "A Casual Vacancy" by J.K.Rowling. The opening scenes and the shop and other sites can be found by walking around the town. Built of mellow Cotswold stone from the local quarry on Painswick Beacon the town's many beautiful buildings can be seen as you wander around its quaint and narrow streets. Enroute we'll have a tour and lunch at Broughton Castle, which is a moated and fortified manor house near Banbury in North Oxfordshire. Set in parkland and built of the rich local Hornton ironstone. <http://www.broughtoncastle.com/>

Accommodation: Hatton Court Hotel; <https://www.hatton-court.co.uk/>

Day 2 Sun. 14th May (B, D)

Today we start on the southern half of the Cotswold Way. We'll walk from Painswick to Middleyard, 12 miles via Selsey Common and transfer back to our hotel in Painswick.

Accommodation: Hatton Court Hotel; <https://www.hatton-court.co.uk/>

Elevation gain: 1975'

Day 3 Mon. 15th May (B, D)

Today we'll transfer back to Middleyard and walk to Wotton-under-Edge, 13.75 miles and then transfer to Tetbury for a 2 night stay. Wotton-under-Edge is a market town within the Stroud district of Gloucestershire, England. Located near the southern end of the Cotswolds, the Cotswold Way long-distance footpath passes through the town. Tetbury lies on the site of an ancient hill fort, on which an Anglo-Saxon monastery was founded, probably by Ine of Wessex, in 681.

Accommodation: Hare & Hounds Hotel <https://www.cotswold-inns-hotels.co.uk/hare-and-hounds-hotel/>

Elevation gain: 2414

Day 4 Tues. 16th May (B, D)

Today we'll visit Highgrove Gardens for a 2 hour tour and a 1 hour stop for lunch, then walk back to our hotel in Tetbury. Highgrove is the private residence of TRH the Prince of Wales and The Duchess of Cornwall, near Tetbury in Gloucestershire. Since 1980 when the Prince of Wales first arrived at Highgrove, His Royal Highness has devoted much energy to transforming the gardens around the house, which are renowned as some of the most inspiring and innovative in the United Kingdom. <https://www.highgrovegardens.com/visiting-highgrove-gardens/>

Accommodation: Hare & Hounds Hotel <https://www.cotswold-inns-hotels.co.uk/hare-and-hounds-hotel/>

Elevation gain/loss: less than 100'

Day 5 Wed. 17th May (B, D)

Transfer back to Wotton-under-Edge and walk to Old Sodbury, which is a small village in the valley of the River Frome just below and to the west of the Cotswold escarpment, 13 miles. From there we'll transfer to our next base, Wick, for the next 2 nights. Wick forms part of the built up area around Littlehampton.

Accommodation: Tracy Park Hotel <https://www.tracypark.co.uk/>

Elevation gain: 1686'

Day 6 Thur. 18th May (B, D)

Transfer back to Old Sodbury and walk to Cold Ashton, 8 miles. Visit Dyrham Park along the way; <https://www.nationaltrust.org.uk/dyrham-park> This was a film location for the movie Remains of the Day. Dyrham Park is a baroque mansion in an ancient deer park near the village of Dyrham in South Gloucestershire, England. The house is set in 274 acres of gardens and parkland. Transfer back to our Tracy Park Hotel.

Accommodation: Tracy Park Hotel <https://www.tracypark.co.uk/>

Elevation gain: 961'

Day 7 Fri. 19st May (B)

Transfer back to Cold Ashton and walk to Bath, 10 miles and overnight in Bath for 2 nights. Built for pleasure and relaxation, beautiful Bath has been a wellbeing destination since Roman times. The waters are still a big draw, both at the ancient Roman Baths and the thoroughly modern Thermae Bath Spa, which houses the only natural thermal hot springs in Britain you can bathe in. Bath's compact, visitor-friendly center is overflowing with places to eat and drink, plus some of the finest independent shops in Britain, making it the ideal city break.

Accommodation: Premier Inn



https://www.premierinn.com/gb/en/hotels/england/somerset/bath/bath-city-centre.html?cid=GLBC_BATJAM

Elevation gain: 1099'

Day 8 Sat. 20nd May (B, D)

Tour of Stonehenge and Lacock, with free time to explore Bath.

Accommodation: Premier Inn

https://www.premierinn.com/gb/en/hotels/england/somerset/bath/bath-city-centre.html?cid=GLBC_BATJAM

Day 9 Sun 21st May (B)

Early morning transfer back to Heathrow for flights home in late afternoon or evening.



Leaders' right to change itinerary:

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

AMC Adventure Travel trips are led by volunteers on a non-profit basis. Any monies left over after trip expenses are covered will be refunded to the participants. As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We expect you to participate as part of a group and abide by the leaders' decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. Leaders have provided a list in this prospectus of the required gear. In the interests of group safety, trip leaders retain the right to deny participation in any hike if participants are not properly equipped.

SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work



with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, by boat, or on a bike. Aside from any personal medical problems, participants should

be aware of the possibilities of bug bites and possible exposure to Lyme disease, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

RESERVING A PLACE AND PAYMENT SCHEDULE:

The land cost of the trip is \$3550 for AMC members and \$3650 for non members, plus estimated airfare of \$800-1000. To reserve your place, please contact the trip leaders for an application , the AMC Medical Forms and the Acknowledgment & Assumption of Risks & Release and Indemnity Agreement and the COVID release form (or download them from our website at ginetteandannaamctrips.weebly.com), then send these forms to the leader along



with deposit of **\$1500.00** made out to: **Appalachian Mountain Club (AMC)**. Once the trip is a confirmed "go", \$300.00 of this initial \$1500.00 deposit is a non-refundable administration fee. Once we receive your application and other forms and have approved you for the trip, we'll send you additional information on

the trip, including planned hikes, equipment lists, and travel tips. The maximum number of participants is 16, so apply early to reserve your place.

The cost of the trip is based on price quotes given in spring of 2021. Our cost estimates are conservative, and so a trip refund is more likely than a price increase. Note that we will use your deposits to lock in the price quotes as early as possible.

Airfare is not included in the cost of the trip. It is impossible to predict prices a year in advance. For this trip we estimate a range of \$800-1000. Sometimes there are bargains, depending on the airline and when you book, or you may want to use frequent flier miles. You should note that the trip begins on a Friday (the day you leave the USA). You may wish to arrive early and/or stay later to have more time in the area. We will give participants a time and place to meet the group. Please do not make plane reservations until you hear from leaders that the trip is "GO".



Leaders' expectations of participants:

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and

experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in England through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it will be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Tying trip to AMC mission:

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

Required Gear:

Gortex (or equivalent) rain jacket, hat & pants
Wide brimmed hat for sun protection
Sunglasses

Sunscreen

Camelback or bottles sufficient to hold at least 2 liters of water

Personal first aid kit

Fleece or down jacket

Polypro, polyester, nylon or coolmax tops and pants for hiking; NO COTTON!

Trail shoes or boots; NO SNEAKERS or CROSS TRAINERS

Hiking socks

Warm hat and gloves

Electrolyte powder, tablets, gel or "gummy blocks"

Day Pack with padded shoulder and waist straps/belt sufficiently large to carry all of the above items plus your lunch, camera and personal items

AMC Membership

If you would like to join AMC, and save \$100 off the cost of the trip, please visit the website:

[Join AMC](#)

What trip price of \$3550 (AMC member); \$3650 (non AMC member) includes:

Price includes:

- 8 nights overnight accommodations based on shared double occupancy in 3* hotels
- All breakfasts and other meals as stated in itinerary
- All group land transportation
- Local guide for Highgrove Gardens and Stonehenge
- Entrance fee for Stonehenge
- Entrance fee for Highgrove Gardens
- Entrance fee for Dyrham Park
- Tip for bus driver and local guide
- Medical Evacuation Insurance
- AMC Adventure Travel Program fee
- Luggage Tag
- Costs for 2 AMC tour leaders (accommodation, entrance tickets, transfers)

Price does not include:

- Meals not included in itinerary and snacks
- Travel Insurance for lost luggage, trip cancellation, medical expenses, etc
- Flights to/from London, England
- Items of a personal nature
- Expenses for optional activities during "free time"
- Beverages other than tap water at included lunches and dinners
- Housekeeping Tips

AMC POLICY:

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price

also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters.

Cancellation Policy:

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to other participants or the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$300. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead. Should the leaders be able to replace you with another acceptable participant, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

Before Aug 1, 2022, the minimum cancellation fee is \$300.

After Aug 1, 2022, the minimum cancellation fee is \$500

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to *force majeure* [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc.



How air travel is to be handled:

While participant airfare is not included in the trip price, leaders may assist participants in making suitable reservations. Participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are purchased they are your responsibility – **do not make any non-refundable travel plans until told to do so by the leaders.** The leaders will send out a document with a list of suggested flight from your home airport which will work to get you to London in time for the start of the trip.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval (Spring 2021). The final price of the trip will be adjusted in accordance with the best final arrangements we can make. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included. Any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip's financial accounting is complete.

Conditioning and activity/fitness level:

Participants should be comfortable walking up to 6 hours and 13.75 miles per day with elevation gain of up 2414 feet.

Application process or how to apply:

To apply, you must complete and submit the Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form, enclosing a registration deposit of \$1500. You will be considered qualified for the trip when the leaders have determined by conversation with you that you and the trip seem to be a good match. You will be formally accepted, and your check will be deposited.

Deposit checks from wait-listed applicants will not be cashed until we offer them a spot on the trip AND they accept.

Payment Schedule:

Deposit due with application \$1500

Final Payment of \$2000 to 2100 due no later than Jan 15, 2023

Please make payments by check payable to the "**Appalachian Mountain Club**" and mail to:
Ginette Beaudoin
66 Graham Street
Biddeford, ME
04005

Safety:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions.

Risks of trip activities:

Participants should be adequately prepared for cold weather hazards such as wind chill, hypothermia, sun exposure, icy conditions by ensuring they have sun protection and extra layers in their day pack during each day's activities.

YOUR LEADERS:**LEADER: GINETTE BEAUDOIN**

Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She lead an Austrian Alps adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead the same trip with Terry Peters in July 2009 with 19 participants. She has also lead Adventure travel trips to Yosemite National Park, Easter Island, Peru, Minnesota, Tuscany, Dolomites, Spain, Australia and New Zealand for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

ADDRESS: 66 Graham Street, Biddeford, Maine 04005

PHONE: (207) 590-4431

EMAIL ADDRESS: ginette4000@yahoo.com

CO-LEADER: ANNA PANSZCZYK



Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to New Zealand, Australia, Dolomites – Italy, Austria, Azores, Southern and Northern Spain, Croatia, Slovenia, Yosemite National Park, Minnesota, Peru, Easter Island, and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland as well as Kepler Track in

New Zealand. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

ADDRESS: 22 Alfred Rd, Arlington, MA 02474

PHONE: 617-429-2175

EMAIL: annatp12@gmail.com