



**CHALLENGE OF A LIFETIME**

*Dracula's  
Transylvanian Trail*

**30<sup>th</sup> June - 7<sup>th</sup> July 2012**

**COMPLETE YOUR CHALLENGE OF A LIFETIME AND  
HELP OTHERS TO FACE THEIR PERSONAL  
CHALLENGES**



# *Dracula's Transylvanian Trail 2012*

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# DRACULA'S TRANSYLVANIAN CHALLENGE

8 days / 7 nights

Depart: London to Bucharest

Return: Bucharest to London



## INTRODUCTION

Some people assume that Transylvania is an invention of Bram Stoker, ripened by blood thirsty Hollywood directors. However the "land beyond the forest", as the Latin name translates, is the most romantic and inspiring province in Romania. Its reputation as being a place of vampires and mystery is reinforced by its medieval heritage.

Our five day trek will take us up through the Bucegi Mountains to the highest elevation, Omu Peak (2507m) where you will find naturally carved rock formations such as the mysterious Romanian Sphinx and have the privilege to stop overnight in the country's highest mountain hut. Descending then to the world famous Bran Castle, more commonly known as Dracula's Castle. Enjoy the final two days trekking through the Piatra Craiului National Park. The Piatra Craiului Ridge, meaning 'Rock of the King' being considered one of the most beautiful sights in the Carpathian Mountains.



**Day 1 (Sat): London - Bucharest**  
Fly London to Bucharest. On arrival, transfer to a central hotel for the night.

**(Meals included: Dinner)**

**Day 2 (Sun): Bucharest - Sinaia**  
Transfer to Sinaia (approx 2 hrs drive), from where we start our trek in the Bucegi Mountains. You will trek across the Bucegi Plateau towards your mountain hut in the heart of the massif. Overnight at Padina Hut. *Trekking time approx 7 hours.*

**(Meals included: Breakfast, Lunch & Dinner)**



**Day 3 (Mon): Omu Peak**

After breakfast we start our climb up to Omu Peak. This is a difficult day which will involve an uphill ascent all the way, passing the Romanian Sphinx (2216m), a rock formation that looks like the profile of a human face. Your hard day trekking will be rewarded by spending the night in the country's highest mountain hut, Omu Hut, at 2507m. The hut is basic, with dormitory style rooms, gas heating and an outside toilet (no running water).

*Trekking time approx 8 hours*

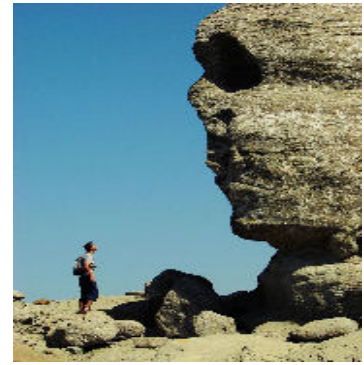
**(Meals included: Breakfast, Lunch & Dinner)**

**Day 4 (Tue): Bran Castle**

Today we descend to Bran (Dracula's) Castle. Discover the quiet side of the Bucegi Massif as we hike to Bran, enjoying a different perspective of the mountain. Stay overnight in a local guesthouse (with access to main luggage).

*Trekking time approx 6 hours*

**(Meals included: Breakfast, Lunch & Dinner)**



**Day 5 (Wed): Piatra Craiului National Park**

A short transfer this morning brings us to Zarnesti for 2 days of trekking in the spectacular Piatra Craiului National Park. Today we face a steep climb up to 2000m, where the mountain ridge forms a spine with vertical drops on both sides. Descend to Curmatura Hut for overnight stay.

*Trekking time approx 9 hours*

**(Meals included: Breakfast, Lunch & Dinner)**



**Day 6 (Thu): Curmatura -Brasov**

Our final day of trekking brings us back to Zarnesti, walking through a beautiful forest and a deep gorge. Later this afternoon we rejoin the vehicle to drive to Brasov, a beautifully preserved Baroque town (approx 2 hours).

*Trekking time approx 6 hours*

**(Meals included: Breakfast, Lunch & Dinner)**



**Day 7 (Fri): Brasov**

Enjoy a walking tour of the town this morning before some free time in the afternoon. A farewell dinner tonight.

(Meals included: Breakfast & Dinner)

**Day 8 (Sat): Bucharest - London**

Return to Bucharest Airport (approx 3 hours) for the return flight to London.

(Meals included: Breakfast)

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**GENERAL INFORMATION****Tour Cost**

The tour cost includes flights (including taxes and surcharges), accommodation in 3 star hotels in Bucharest and Brasov, mountain huts on trek and all meals specified in the itinerary. It also includes transport from Compton Hospice to and from the airport.

The tour cost does not include travel insurance, inoculations, visa fees, gratuities, personal expense and any meals not on the itinerary.

There is full support with local guides as well as a Different Travel leader

We recommend that you take approximately £150 for personal expenditure as you will need to purchase any drinks you require and lunch in Brasov.

At the end of the trip we collect tips for the local crew, so please leave some money (£20-£30) aside for this. You will be advised further by your tour leader.

**Flights**

Group flights usually leave from London and are booked through Different Travel Ltd ATOL 6706.

**Passport, Visa & Vaccinations**

A valid ten-year passport with 6 months remaining is essential. You will not need any other visa's.

We usually recommend that you have had a Tetanus injection in the last 10 years, Hepatitis A, Typhoid and Polio, however it is essential that you consult your GP for personal medical advice.

**Insurance**

Insurance is required for this trip. For further details contact Campbell Irvine direct on 020 7937 6981 and request a quote for a 'Different Travel Company' policy or refer to their website <http://www.campbellirvine.com/>

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Itinerary is subject to change

# Compton Hospice Transylvanian Challenge

## Saturday 30th June 2012 - Saturday 7<sup>th</sup> July 2012

### About Romania



Romania is one of Europe's newest members. It is situated in south-eastern Europe, bordering the Black Sea, between Bulgaria, Ukraine, Hungary, Moldova and Serbia.

The reputation created by Bram Stokers tale of Dracula as being a place with vampires and mystery, is reinforced by its medieval heritage. But there is much more to Romania than tales of monsters and demons. With miles of sandy beaches, mountains, wildlife, ancient monuments, natural spas, castles, fortresses and medieval towns, Romania has it all.

The mighty Danube River and Bran Castle are just two of the many tourist draws of Romania. Travelling through Romania you will come across rolling green hills with horse-drawn buggies crossing the paths, often crammed with sheep or haystacks being transported from one side of the country to the other. There are seven churches listed on UNESCO's 1993 world heritage site list, and another is waiting to be added. There are excellent opportunities for hiking in Romania, in the Transylvanian Mountain Range (also known as the Carpathian Range) which curls across central Romania.

Romania has a population of 22 million and the economic potential is driven by industry in electric machinery and equipment, textiles and footwear, light machinery and auto assembly and much more. Romania's economy is growing with the increasing expansion and development of tourism since becoming a member of the European Union.

#### Bucegi Mountains

The Bucegi mountain range is located in central Romania south of the large city Braşov. The highest elevation, Omu Peak (2505m), is on the Bucegi Plateau which is where you can find fascinating rock formations that have been carved by the wind and rain; a famous example is the Sphinx.



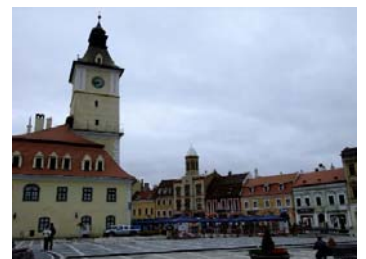
#### Piatra Craiului

Located in the southern Carpathians, this ridge is considered one of the most beautiful sights in the Carpathians. In Romanian 'Piatra Craiului' means 'Rock of the King' and this National Park certainly has plenty of sights fit for a king! There are many species of butterfly, reptile and birds along with a healthy population of wolves, brown bears and even some lynx! Piatra Craiului is located fairly close to the town Zărneşti.



#### Brasov

Brasov is one of the largest cities of Romania. The old city was founded by the Teutonic Knights in 1211 and it is one of the best preserved cities in all of Europe. It is the capital city of Brasov County, in central Romania, in Transylvania, at the foot of the Carpathian Mountains. Brasov makes a fabulous base for exploring the surrounding countryside where the air is clean and the people friendly.



## BEFORE YOU GO: A - Z OF INFORMATION ON ROMANIA

A is for Arrival. As a European country, British citizens do not require visas. You should ensure that your passport is in date for the duration of your stay. Visitors of other nationalities, or other categories of British passport holder, i.e. BN(O)s and BOCs should check the visa and entry requirements with the Consulate General of the Romanian Embassy in London.

B is for Begging. You might encounter people begging in Romania although this is rarely obtrusive.

C is for Communications. The country code from UK to Romania is +40. The country has 4 mobile phone networks with coverage across most of the country and so, with the exception of very remote areas, it is quite likely that your mobile phone will work. Remember your charger and to switch to the international roaming option with your phone provider. Internet and e-mail and cyber cafes have sprung up in major towns and cities and can cost around £0.50p/ hour or less, however the internet connections can be very slow.

D is for Day pack. Throughout the trek your day pack is your responsibility. What's more, you will carry your own so please don't make it too heavy. We recommend a 30 litre pack which will contain everything you need for the trek including waterproofs, fleece, sun hat, gloves, warm hat, sun cream, 3 litre water bottle and packed lunch. Anything you don't need for the trek can be left in the vehicle to meet you again.

D is for Dehydration. You must ensure you drink enough water per day (at least 2 litres) but there is always the chance that you may become dehydrated anyway. We recommend bringing some rehydration solution (such as Dioralyte, Nuun tablets or SIS Go Electrolyte) to avoid or quickly treat dehydration.

D is also for Dietary Requirements. The majority of special diets, such as vegetarian, vegan, gluten-free, etc, can be catered for. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible.

D is for Discount. We have a link with [Nomad Travel and Outdoors](#) who is providing a 10% discount off kit for this trip either online or in-store. The code is DIFTRAV. Check out their website for a list of stores.

E is for Etiquette. Always endeavour to be polite and respectful and take your lead from the local people around you in terms of what is acceptable or not. If you show respect then it will be reciprocated. Most Romanians love to chat their country, its politics, problems and history. Don't be surprised if they ask you very direct questions about your views on religion and homosexuality. Be diplomatic in response.

E is also for Expenses. Laundry, drinks, personal spending money, personal equipment, souvenirs and tips.

F is for Food. Romanian food is distinct yet familiar to most people, being a mixture of Austrian and French flavours, but it has some unique elements. Romanian traditional foods heavily feature meat, however vegans and vegetarians can be catered for - please let us know in advance. Cabbage rolls, sausages, and stews (like tocanita) are popular main dishes. Muschi poiana consists of mushroom and bacon-stuffed beef in a puree of vegetables and tomato sauce. You can also sample traditional Romanian fish dishes, like the salty, grilled carp called saramura. Traditional Romanian desserts may resemble baklava. Other pastries may best be described as danishes (pastries with cheese filling). Crepes with various fillings and toppings may also be on the typical Romanian dessert menu.

F is also for Fitness. This tour is classified as moderate to challenging and a good general level of fitness is required. You should start a programme of body conditioning 6 months before your departure including walking, cardiovascular workouts and work to improve both your stamina and your ability to walk up and down gradients. It is recommended that you train wearing the rucksack that you will be trekking with. DTC has the right to refuse anyone who they feel is not fit enough for the challenge.

H is for Health. As with all visits within the European Union, you should remember to take a European Health Insurance Card (EHIC) formerly E111 card, which entitles you to emergency medical treatment on the same terms as Romanian nationals. Please note that the EHIC is not a substitute for medical and travel insurance. You will still need travel insurance which covers you for medical repatriation, on-going medical treatment or treatment of a non-urgent nature. You are advised to seek medical advice before travelling and to ensure that all appropriate vaccinations are up to date. For further information contact your GP or visit <http://www.fitfortravel.scot.nhs.uk>.

I is for Insurance. Different Travel will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognised by participants. Thus, we highly recommend the purchase of short-term travel insurance for our expeditions. Travel Insurance is a cost effective way to protect yourself and your equipment in the event of problems due to cancelled trips, delays, medical problems, baggage loss or damage. Medical insurance is an absolute necessity. Ensure you inform the insurance company concerned of your intention to trek in Poland as some policies have a different rate for treks.

L is for Language. Romanian is the national language and you will win friends quickly by trying a few words, especially in the more remote villages you will be visiting. Here are a few useful phrases & numbers in Romanian.

Hello	<u>Salut / Bună ziua</u>			
How are you?	Ce mai faceti?			
I'm fine, thank you.	Sunt bine, multumesc.			
Yes	Da			
No	Nu			
Thank you	<u>Mersi / Multumesc</u>			
Please	Va rog			
Good morning	<u>Bună ziua</u>			
Good evening	<u>Bună seara</u>			
Good night	<u>Noapte bună</u>			
Goodbye	<u>La revedere</u>			
I don't understand	Nu înțeleg			
Cheers	Noroc			
1- unu	2- doi	3- trei	4- patru	5- cinci
6- sase	7- sapte	8- opt	9- noua	10- zece

M is for Money.

The national currency of Romania is the *leu* (RON). The leu is divided into 100 *bani* (singular *ban*). Banknotes come in denominations of 1, 5, 10, 50, 100, 200, and 500 lei denominations. Most small towns have at least one or two ATMs and a bank office, with large cities having hundreds of ATMs and bank offices. Accepted credit/debit cards are: Mastercard, Visa, American Express (in some places - although this is rapidly expanding because of a very aggressive campaign by American Express) and Diners Club (usually only in hotels, and even then expect stares and incredulity that such a card even exists). There are currently approximately 5.01 RON to the pound (correct at time of writing).

R is for Religion. Romania is a predominantly Eastern Orthodox nation (approximately 87% of the population). There are also small populations of other faiths including Catholic, and Muslim.

S is for Safety and Scams. Prominent scams in the country include increased prices for tourists in restaurants; taxis that charge extortionate fares; and men dressed as policemen asking to see your passport and then running off with it. Do not hand over your passport in public. Pick-pocketing can happen if you're not careful in public squares or jam-packed buses. Photography is allowed everywhere, except where signs mention otherwise. However, always ask permission before taking photographs of people, or if you are unsure about whether it is allowed. Women travellers are unlikely to be harassed by Romanian men, however both Romanian men and women are very tactile and so you may be prodded more than you would like.

S is also for Sleeping.

You will be sleeping in mountain huts on the trek in mostly dormitory style accommodation. There are mattresses, pillows and blankets provided but it is recommended that you bring a thermal or silk sleeping bag liner for some extra warmth, comfort and increased level of hygiene. A silk liner is ideal as it is lightweight and keeps you warm if it's cool, and keeps you cool if it's hot. If you generally get very cold at night, consider a thermal liner or even a lightweight sleeping bag.

W is for Washing.

On the trek, there is cold water to wash with or streams to bathe in, but no showers.

W is for Water. At mountain huts there is tap water available. We always recommend taking at least 2 litres of water per person per day - especially if it is a warm or sunny day. At mountain huts you will get hot tea/ hot chocolate/ coffee/ beer/ hot wine. The water in the mountains is mostly spring water, but we recommend that you purify the water anyway. Biox Aqua drops or tablets are highly recommended and one of the most effective types of purification available. They are also the only type of purification that does not make the water taste of chemicals.

You may, however, wish to bring some powdered fruit juice or squash with you during the climb to make the water more palatable and encourage you to drink.

Your own 2 litre water bottle is essential, and we recommend a CamelBak or Platypus Hoser style water bladder which works in conjunction with most modern day packs to allow you to drink water on the move. It is also highly recommended to take a second one or two-litre water bottle.

W is for Weather. There may still be some snow on the ground during the trek through the mountains, and waterproof clothing (jacket and trousers) is vital as it may rain or even snow. Similarly it could be very hot so it is important to use the layering system for clothing.

The snow patches are mainly on the northern slopes. Romania has a climate that is transitional between temperate and continental. In Bucharest, the temperature ranges -3°C / 26.6°F in January and 23°C / 73.4°F in July. Rainfall, although adequate throughout the country, decreases from west to east and from mountains to plains.

## Packing List

Essentials	Hygiene	Sleeping	
		All bedding will be provided	
Ruck sack / Day sack	Wash bag	Ear plugs	
Larger holdall for main luggage	Personal toiletries	Eye mask	
Tickets (or e-tickets)	Toothbrush & Toothpaste	Sleeping bag liner (optional)	
Passport & copy	Razors/ shaving foam		
Money (Romanian Lei)	Shower gel/travel wash		
Glasses/contact lenses (& spares)	Shampoo (e.g. Lush shampoo bars)		
	Travel towel (lightweight)	<b>Other</b>	
<b>Eating and Drinking</b>	Sanitary towels/tampons	Spare boot laces	
	Antiseptic Hand sanitizer	Sunglasses (pref polarized)	
2-3 litre water bottle/bladder	Small talc/foot powder	LED head torch	
Energy snacks (dried fruit etc)	Wet Wipes	Spare batteries for torch	
Powdered fruit juice	Toilet roll & nappy bags	Daypack (approx 20-25L)	
Water purification tablets		Daypack waterproof cover	
	<b>First Aid Kit</b>	Sunblock/cream (high SPF)	
<b>Clothing</b>		After sun (or Aloe Vera gel)	
	Any prescription medicine	Waterproof Trek bag - med	
Walking boots (well worn in)	Painkillers	Small sewing kit	
Trainers (for camp/hotel)	Anti-histamine cream/tablets	Plastic bags	
Underwear	Imodium (loperamide)		
Socks (inc non-cotton tech socks)	Rehydration mixture	<b>Optional</b>	
T-shirts/casual shirts x 2-3	Antifungal cream/powder		
Base layer trousers (long johns)	Antiseptic cream/powder	Camera & charger	
Base layer top x 2 (long & short sl)	Indigestion tablets	Video camera & charger	
Trekking/convertible trousers x 2	Decongestant	Spare batteries/mem stick	
Micro fleece/ Fleece	Throat lozenges	Mobile phone & charger	
Long sleeved sweater/mid layer	Calamine lotion	MP3 Player/walkman	
Shorts	Insect repellent containing 50% DEET	Binoculars	
Breathable waterproof jacket	Plasters/compeed/blister spray	Diary/notepad & pen	
Breathable waterproof trousers	Lip balm with SPF protection	Dry bags	
Warm hat & scarf/buff	Scissors/tweezers	Gaiters	
Sun hat	Muscle rub	Trekking poles	
Thermal gloves		Books/playing cards	
Swimwear		Adaptor - two round pins (Euro)	
Casual clothing for time in Brasov		Small travel wash kit for trekking	

It is VITAL to pack light as you will be carrying your own pack containing the items you need during the trek. You will need to carry sufficient clothes, wash kit, energy bars etc for the first 3 days trekking. You will have access to your main luggage on the evening of day 4 and then you will not see it again until you reach Brasov.

Please contact Lexi from Different Travel if you have any concerns about this, or any questions about any of the items listed: call 07583 024 062 or email [info@different-travel.com](mailto:info@different-travel.com)

## [More information about the items on the packing list](#)

**Lightweight hiking boots - hard sole:** The trail goes over rocks and whatever boots are used, a good sole is necessary or you will get sore feet. Vibram soles are a very good choice. Hiking boots are essential. The important part is that you have good foot and ankle support and comfortable soles and well broken in footwear! **Do not** bring boots you have never worn before. You should wear your boots on the plane to avoid them getting lost/delayed if there is a problem with your luggage.

**Gaiters:** To protect your boots and trousers from mud, water and snow when walking, trekking and hiking.

**Trainers / sneakers:** Good for evenings / during your time in Brasov.

**Socks:** 5-6 pairs (plus 2 or 3 pairs of technical walking socks); Non-cotton socks that provide comfort and minimal movement. When wet, cotton can cause blistering more quickly than a wool or synthetic.

**Spare laces:** Your boots are useless with no laces!

**Trekking trousers/pants:** 2 lightweight pairs, possibly convertible ones to allow for a variety of weather conditions

**Waterproof over trousers:** Keeps your trousers dry in the rain and can protect you slightly from the wind

**Underwear:** A pair for each day

**Base layer trousers (Long Johns):** As you ascend, the temperatures will reduce, particularly at night; base layer trousers are wicking and breathable and will help keep you dry and warm.

**Shorts:** Ideally trousers that convert to shorts (which will keep your luggage light) or a lightweight and loose pair (not too skimpy).

**Base layer shirts (1 short sleeve, 1 long sleeve):** It is essential that these are synthetic (non cotton), wicking and breathable to keep you comfortable, dry and warm (or cool). If you choose cotton, it will absorb sweat, get heavy, get cold and reduce your body temperature leading to an increased risk of hypothermia.

**T-shirts and/or casual shirts:** 2-3 lightweight shirts/t-shirts; one of each is recommended—synthetic is great for drying quickly and keeping you warmer on damp days. Synthetic shirts are easy to wash and dry each evening whereas cotton takes time to dry.

**Fleece jacket and warm jumper:** 1 lightweight fleece and a thin long sleeved sweater will keep you warm in the evenings and can be used to layer during the days if the temperature drops.

**Windproof/waterproof jacket:** Fairly long length (covering your hips) with a hood.

**Lightweight warm jacket:** This could be a thicker windproof fleece or a lightly padded thin jacket which you can use to keep warm in the evenings in the mountain huts after the hiking.

**Thermal gloves:** It can get very cold in the mountains and in the evenings.

**Sunhat or cap:** To prevent sunburn and reduce the sun's glare.

**Sunglasses:** Preferably polarised to reduce glare from snow.

**Warm Hat:** It can get very cold in the mountains and in the evenings.

**Earplugs:** Especially if you are not the one snoring!

**Daypack:** Around 30 litres capacity with a hip belt and chest strap.

**Torch / Flashlight and batteries:** LED head torches are extremely useful and wind up LED torches are very cheap and effective.

**Water bottles 2 Litre (x2):** One Camelbak or Platypus Hoser water bladder is recommended plus an additional water bottle.

**Sleeping bag liner (for the huts):** Silk or thermal is recommended (depending on how cold you get at night).

**Small Towel:** An ultra absorbent travel towel is very useful as it absorbs 10 times its weight in water and dries very fast. It also packs down very small and light. TravelProof Travel Towel is recommended.

**Trekking poles:** Optional - please visit a trekking/outdoors store to find out if you are comfortable using them.

**Camera, film, batteries:** There are some beautiful views.

**Penknife (remember to put all sharp objects in hold baggage):** Optional

**Small padlock (to lock the trek bag)**

## Trek Training Guide

Although walking is something most people do every day, it is advisable to train for a trek. You should start training several months before the event, and the attached programme will help you to do this. It is designed for a person of average fitness. Even if you walk regularly and have a good level of fitness, you will still need to train for this type of long-distance walking, though you may find that it will not take you as long to reach the stages shown. If you do not walk often and have only a basic level of fitness you should allow more time.

### Why Walk?

- It strengthens your heart, reducing the risk of heart attack and stroke.
- It improves circulation, breathing and endocrine functions.
- It tones muscles and strengthens bones, reducing the risk of osteoporosis.
- It reduces blood fat and cholesterol.
- It burns calories and helps you manage your weight.
- It boosts mental performance and improves psychological well-being.
- It enables you to solve problems, manage stress and reduce anxiety.

### Walking Techniques - ways to avoid injury and discomfort

- Touch the ground heel first, roll forward through the arch, over the ball of your foot to your toes, which push off to start another step. This reduces the risk of shin splints and tendon pulls.
- Walk with your head up and eyes focused ahead.
- Keep your shoulders level, pulled back and down, lift your chest.
- Contract your abdominal muscles, pressing them towards your spine.
- Carry your arms at 90° angles and pump them forward and back, rather than side to side.

The faster you move, the better your cardiovascular workout. But try to keep an even stride and maintain a steady pace. To walk faster....

- Accelerate your arm movements.
- Take smaller, quicker steps.
- To prevent lower back pain avoid leaning forward and arching your back.

### Shoes

Choose a comfortable pair of walking shoes designed for the specific activity of walking. It should have a reasonably high ankle and a stiff heel counter to give lateral support. The midsole should be firm yet comfortable. It is worth investing in a good pair of trekking or hiking boots, and appropriate socks. New boots must be worn in. Wear them around the house, on the way to work, etc, and then on longer trips. Once they have conformed to the shape of your feet there is less likelihood of getting blisters.

### Feet first!

There are some common foot problems which are very easy to treat and avoid:

- To avoid blisters keep your feet dry and wear socks made with fibres which draw moisture away from your skin - steer clear of pure cotton. Don't lace your shoes too tightly or too loosely. The irritation from the pinching and rubbing may cause blisters.
- Aching arches are usually caused by pounding when you walk. Make sure you touch the ground with your heel first and pushing off with your toe. Arch supports may help.
- Blackened toenails are caused by the big toe hitting the front of your shoe. Keep your toenails neatly trimmed. Make sure that if one of your feet is slightly larger than the other, as most are, that your boots fit the larger one.

## Long-distance Walking: 16-week Training Programme

Week 1 - 6: 2 x 30mins walks. 1 x 2 hour walk. Full stretch after each walk.

### Week 7 & 8:

Sat or Sun: 4 hour walk and stretch  
Mon: Rest Day  
Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.  
Weds: Rest Day  
Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.  
Fri: Rest Day

### Week 9:

Sat AND Sun: 4 hour walk and stretch. (Walk both days if possible).  
Mon: Rest Day  
Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.  
Weds: Rest Day  
Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.  
Fri: Rest Day

### Week 10 & 11:

Sat or Sun: 6 hour walk and stretch  
Mon: Rest Day  
Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.  
Weds: Rest Day  
Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.  
Fri: Rest Day

### Week 12:

Sat AND Sun: 6 hour walk and stretch. (Walk both days if possible).  
Mon: Rest Day  
Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.  
Weds: Rest Day  
Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.  
Fri: Rest Day

### Week 13 & 14:

Sat or Sun: 8 hour walk and stretch  
Mon: Rest Day  
Tues: 1 hour walk, stretch, exercise circuit x 5, stretch  
Weds: Rest Day  
Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.  
Fri: Rest Day

### Week 15:

Sat AND Sun: 8 hour walk and stretch. (Walk both days if possible).  
Mon: Rest Day  
Tues: 1 hour walk, stretch, exercise circuit x 5, stretch.  
Weds: Rest Day  
Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.  
Fri: Rest Day

## Week 16:

Sat or Sun:	4 hour walk and stretch
Mon:	Rest Day
Tues:	1 hour walk, stretch, exercise circuit x 3, stretch
Weds:	Rest Day
Thurs:	1 hour walk, stretch, exercise circuit x 3, stretch
Fri:	Rest Day

### Programme Notes

The 16 week programme is a rough training guide. Obviously with work, family and fundraising commitments you may not always be able to achieve what we have set out for you. However in order to get close to achieving the training it is very important to organise your time properly. There are plenty of ways to ensure that you maximise your training, even if you feel you have no time outside work.

- You must organise your week to make time to get out to do some training.
- Get up an hour earlier and go out for a quick walk with some stretching in the morning before work while it is still light.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week.
- Swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably, but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.
- It is important at weekends to get into some hilly country to experience walking on different surfaces and to experience the hills and of course the weather. You should of course wear the boots and rucksack you will take on the trek.
- You should make the time to walk some consecutive long days: an isolated Sunday walk does not have the same effect as two consecutive days. Nothing will prepare you for the trek better than actually walking. Even if you're only doing an hour around the park or streets **put your rucksack and boots on**, you may look silly but it's worth it.

You may not stick to the training guide exactly but you need to keep it in mind and to do regular exercise every week according to the guide. You will enjoy this challenge far more if you are physically fit.

### Training Tips

After the first six weeks you need to gain endurance by walking long slow distances. Pick one day per week as your long walk to gain endurance. Choose two evenings or mornings as your shorter walks with the Circuit Exercises to help build specific muscles groups. Remember to stretch after ever walk, it is also essential to stretch after about ten minutes of walking once you've warmed up a bit. Make sure you plan adequate rest/recovery days as part of the training.

Of course nothing is better than walking. However if you play squash, tennis, badminton or go to the gym, cycle or swim for an hour or two, then this will also help with your general fitness. Adding this to your programme instead of one of the short days or on one of the rest days would be fine. Make sure you stretch properly after each session.

## Basic Stretch Programme

### 1 - Calves:

Stand approximately 1 metre away from wall with one leg straight and heel on floor. Lean forward and slowly push hips towards wall. Should feel a slow pull in calf muscle. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

### 2 - Hamstrings:

Stand with feet 1 metre apart. With legs straight and hands behind back slowly bend forward at the hips keeping back straight and head up. Should feel a slow pull in muscles at the back of legs. Hold for 10 secs, stand up and lean slightly backwards, repeat 3 times. Should feel pull but no pain.

### 3 - Quads:

Standing with feet together, bring left foot up and put left hand on lower shin by ankle and pull behind bottom. Keep back straight and head up. May need to balance with right hand on wall. Should feel slow pull down front of leg. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

### 4 - Groin:

Stand with feet 1 metre apart and both feet pointing forward. Keeping back straight and head up slowly lunge down to right side feeling pull on inside of left leg. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

### 5 - Hips:

Stand with feet shoulder width apart and hands on hips. Keeping head still rotate hips round clockwise 10 times and anti clockwise 10 times. Repeat three times.

### 6 - Torso:

Stand with feet shoulder width apart and hands on head. Keep feet pointing forward but twist body as far as is comfortable, hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 10 times.

### 7 - Shoulder:

Stand with feet shoulder width apart. Start with hands by hips and keeping arms straight slowly swing arms round backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.

### 8 - Standing stretch:

Stand with feet together. Place hands together and reach as high as you can, hold for 10 secs, relax. Repeat 3 times.

*N.B. You should only stretch warmed up muscles. Don't stretch too far, all you should feel is a slow pull, never any pain. Never bounce, always stretch slowly. People with old injuries or bad backs should be especially careful whilst exercising and stretching.*

## Exercise Circuit

The exercises are designed to strengthen specific muscle groups. It is important to just use your own body weight in the early weeks. In the latter weeks, small weights can be added to the ankles or putting on your rucksack can also help build strength. The idea of the circuit is to complete each exercise then move onto the next.

Once all exercises are completed, (i.e. one circuit), you then go round the circuit again 3, 4, or 5 times as shown in the programme. You can also increase the number of repetitions for each exercise from 20 to 30/40 or 50 depending on how strong you're feeling. It is essential you stretch before and after the session to keep the muscle loose and long, not tight and short.

### **1 - Calf Raises:**

Stand with feet together, arm length away from wall. Have fingers just touching wall for balance. Raise yourself slowly onto tip toes and then slowly lower. Repeat 20 times.

### **2 - Squats:**

Stand with feet shoulder width apart. Hands on hips. Keep back straight and head up whilst you slowly lower yourself so knees are bent 90 degrees. Then stand up so knees are locked straight. Repeat 20 times.

### **3 - Step ups:**

Using bottom step of staircase or low bench, start with left foot on step and right foot on floor. Stand up straight on left leg bringing right foot up to next step above and then lower back down to floor. Repeat 20 times. Change leg and repeat.

### **4 - Leg extensions:**

Sit on high sofa/bed/bench with backs of knees just on the edge and feet hanging down. Lean back with hands behind you for support. Keeping back of knee on seat, slowly lift left foot up so leg becomes straight and lower down again. Repeat 20 times. Change leg and repeat.

### **5 - Leg Raises:**

Lie front down on mat or soft floor with hands under chin. Keeping left leg straight slowly raise six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.

## FOOD & DIET

What you eat when you start to train will impact on your walking and energy levels. Initially while the training is at a low weekly mileage it would be best to concentrate on eating in a regular pattern and trying to reduce your daily intake of saturated fats. This includes less fried foods and dairy products as these will counter any training you start to do.

As your mileage increases it would be worth trying to ensure that at least one meal a day is high in carbohydrate; this is the product that once stored in your system will give you energy. Carbohydrate is found mainly in the form of potatoes, bread, pasta and rice and so is easy to base any meal around. Combined with this increased intake of carbohydrate must also be a good mixture of vitamins and minerals found in fruit and vegetables. The fruit in particular is an ideal food for walkers because it is high in fructose which also provides walking energy as it is more easily absorbed from the stomach for use than other sugars (such as insulin obtained through eating chocolate). Bananas are usually the preferred energy provider for walkers especially when needing to maintain energy out on a walk.

Meat and fish provide some essential micro proteins which help muscle development. If you plan to be really healthy it is best to eat fish and white meats such as chicken; if you are going to eat red meats you should cut as much fat off as possible and cook it in a healthy way such as grilling. If you are a vegetarian this is not a major point of concern: you will have probably established a balanced diet already, so you may only find yourself looking for food stuffs that give you more energy.

There are many energy bars available on the market now such as power bars or cliff bars, which are a concentrated source of energy providing elements to help you maintain your walking should you start to wane. These do work but are much more expensive than bananas or other forms of fruit.

Fluids are another area in which you will have to increase your intake as you will start to lose more from your system by sweating and other exercise related matters. This is simply combated by drinking a lot more (water, not alcohol!). You can also increase your energy levels through the intake of isotonic drinks or concentrated fruit juices, some people find these work very well and the psychological effect by itself is often enough to make them worthwhile. If you intend to use these on the challenge it is a good idea to get your body used to them while training.

Basically if you are careful with your diet, trying to eat more healthily and ensuring you eat plenty of carbohydrate before and after long walks, you will be fine. You may well find yourself enjoying eating more as the guilt disappears because you know you have exercised!



# *Dracula's Transylvanian Trail*

30<sup>th</sup> June to 7<sup>th</sup> July 2012

# Registration Forms



# *Dracula's Transylvanian Challenge 2012*

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# Compton Hospice Dracula's Transylvanian Challenge 30<sup>th</sup> June to 7<sup>th</sup> July 2012

Name .....

I wish to register for a place on the Compton Hospice Transylvania Challenge 2012.

Please find enclosed:

1. Completed registration form
2. Completed medical questionnaire
3. A photocopy of passport
4. A copy of your insurance policy (if you haven't used Campbell Irvine's 'Different Travel' Policy)
5. £250 non refundable deposit. (To be made by cheque payable to Compton Hospice or by entering card details below)

Payment of £250 deposit by VISA  MASTERCARD

(please tick appropriate card type, please note we can not accept any other types of card)

Name on Card \_\_\_\_\_ Card No. \_\_\_\_\_

Start Date \_\_\_\_\_ Expiry Date \_\_\_\_\_ Security Code \_\_\_\_\_ Last 3 digits on back

Billing Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

I agree that I will pay Compton Hospice a total of £2450 no later than 3 months after returning from the Transylvania Challenge 2012. This is broken down as follows:

£250 deposit (enclosed)

£1000 to be paid 12 weeks prior to departure (by 06/04/12)

£1200 Balance to be paid no later than 3 months after return (by 05/10/12).

Compton Hospice confirms that money can be paid in at any time and in any amount up to the above mentioned timelines. A receipt can be issued for all monies received.

### DECLARATION

**\*\* I accept the terms and conditions overleaf. I understand that single and group photographs may be taken of me at Compton events and I am happy for any photographs to be used for Compton Hospice marketing and future publications\*\***

Signed..... Date.....

We would like to keep you informed of future fundraising events. Please tick this box if you want to be added to our mailing list.

## Terms and Conditions

### **1. Overseas challenge agreement**

This terms and conditions set out below will form the basis of the your relationship with Compton Hospice. Please read it carefully as it sets out your respective rights and obligations. All bookings are subject to the following terms and conditions.

### **2. Who organises the trip?**

Different Travel is the organiser of the trip on behalf of Compton Hospice.

### **3. Itinerary and timetable**

Sometimes situations are out of human control, so Compton Hospice and Different Travel reserve the right to change the itinerary, times and locations should the need arise.

### **4. What is the payment timetable?**

- 4.1 You must pay the non refundable deposit at time of booking.
- 4.2 The tour cost payment must be paid at least 12 weeks prior to departure.
- 4.3 The remaining sponsorship money must be paid within 3 months after the trip.

All payment prices are shown on the Compton Hospice registration form overleaf.

### **5. What happens if I do not pay on time?**

If Compton Hospice do not receive all payments in full and on time you place on the trip may no longer be guaranteed. Compton Hospice will endeavour to give you advice on how to reach your payments but if it is deemed that you are not able to continue Compton Hospice will treat your place as a participant cancellation.

### **6. Cancellation schedule**

- 6.1 Cancellation by you can be made up to 4 months before departure with loss of deposit only, however, sponsor money already paid to us we will require a written refund request from the donor accompanied by proof of the donation.
- 6.2 Cancellation by you within 4 months of travel - full payment is required

We reserve the right to cancel the trip at any time leading up to date of departure. It is very rare that this will happen, however if it does then we will offer you an alternative 'Open Challenge', if this is not acceptable we will refund your deposit and sponsorship money on written request from the donors.

### **7. Do I need travel insurance?**

Travel insurance, including cover for baggage, is mandatory for all participants. It is your responsibility to ensure that you have adequate cover for the duration of the trip and if it is found that you do not have sufficient cover you may not be permitted to continue, with no right of refund.

All participants are personally responsible for informing insurance companies of any pre-existing conditions

If you take out Different Travel's specially arranged insurance with Campbell Irvine it is your responsibility to ensure that you receive all documentation. Any claims should be dealt directly with Campbell Irvine.

Should you wish to source your own insurance you are responsible for ensuring that you have adequate cover for the duration of the trip. You must also ensure that there are no exclusion clauses limiting protection for the type of activities included in the tour. It is your responsibility to provide Compton Hospice with a copy of your policy.



# Different Travel Registration Form

Please complete **all** sections of this form in block capitals

## Compton Hospice Transylvanian Challenge 30<sup>th</sup> June - 7<sup>th</sup> July 2012

### 1. Personal Details

Title ..... Forename ..... Surname .....

Name by which you like to be called .....

Address .....

County ..... Postcode .....

Date of birth ..... Occupation .....

Home Tel ..... Work Tel .....

Mobile ..... Email .....

Please circle

Gender M / F

T-Shirt Size S M L XL

### 2. Dietary Requirements

Do you have any special dietary requirements / food allergies? Y / N

Vegetarian ..... Vegan .....

Vegan ..... Nut Allergy .....

Other .....

### 3. Passport Details

Name as it appears on passport .....

Date of Birth ..... Passport No .....

Place of Birth ..... Nationality .....

Issue Date ..... Expiry Date .....

Place of Issue ..... Occupation .....

Marital Status ..... **Please note that your passport must be valid until six months after the end of the event.**

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#### 4. Next of Kin / Emergency Contact

Please give details of the person you would like us to contact in case of an emergency. This should not be someone who will be on the challenge with you.

Name ..... Relationship .....

Address .....

Postcode ..... Daytime Tel.....

Evening Tel ..... Mobile Tel .....

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#### 5. Travel insurance Details

Name of your Travel insurance Provider .....

Travel insurance Policy No .....

Insurance 24hr Emergency Contact No .....

**\*\* Important - If you are not using our insurance provider, please attach a copy of your insurance policy\*\***

Campbell Irvine policies have been specifically designed to cover unique trips. They offer a comprehensive volunteer travel insurance policy which provides the necessary cover by Campbell Irvine and is underwritten by AXA Insurance (UK) PLC. 24-hour Worldwide Emergency Medical Service is supplied, and you are automatically covered for activities such as manual work, trekking, extreme sports and - should you want to - even bungee jumping! For further details contact Campbell Irvine direct on 020 7937 6981 and request a quote for a 'Different Travel Company' policy or refer to their website <http://www.campbellirvine.com/>.

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#### 6. Accommodation

Accommodation will be shared and can consist of twin-bedded or multi-bedded, single and/or mixed gender rooms/tents. Please let us know if there is somebody else on the trip you would like to share with. We will try to accommodate your request, however it is not guaranteed. **Share with** .....

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#### 7. Declaration and Registration

I confirm that all of the information provided by me on this form is to the best of my knowledge true and correct. I understand that if any of the information provided by me on the form is found to be false, I risk losing my place on the challenge.

I understand that medical insurance is required for this event and that it is my responsibility to ensure that I have adequate medical insurance cover for this event.

I understand that single and group photos may be taken of me during the challenge and I am happy for any photographs to be used for Compton Hospice marketing and future publications.

Signed..... Date.....

# Different Travel LTD MEDICAL QUESTIONNAIRE

**Compton Hospice Transylvanian Trek 30 June – 7 July 2012**

(In confidence when complete)

It is for your own safety that we find out as much as possible about your medical history, to ensure that you can cope with the rigours of the trek. Your answers will be treated in the strictest confidence and will not necessarily adversely affect your chance to take part. Any decisions will be made in consultation with you. The information you supply will only be disclosed to Different Travel Ltd, Compton Hospice and medical staff employed by the tour operator for the event. It is one of the conditions of your registration that you give full and accurate details.

**Please complete clearly in BLOCK CAPITALS**

**A. PERSONAL DETAILS**

NAME: ..... TRIP DEPARTURE DATE: .....  
 DATE OF BIRTH: ..... AGE WHEN ON TRIP: .....  
 HEIGHT: ..... WEIGHT: .....  
 TEL NO (HOME) ..... TEL NO (WORK) .....

**B. MEDICAL HISTORY**

1. Do you suffer, or have you ever suffered from:- (please circle)

1/ Raised blood pressure?	YES/NO
2/ Heart or circulatory disease?	YES/NO
3/ Epilepsy and/or fainting attacks?	YES/NO
4/ Psychiatric/mental illness/depression?	YES/NO
5/ Chest or lung disease?	YES/NO
6/ Vertigo?	YES/NO
7/ Diabetes?	YES/NO
8/ Joint or back injuries/problems?	YES/NO
9/ Allergies (Hay fever, dietary, chemicals, drugs etc)?	YES/NO
10/ Asthma, bronchitis, and/or shortness of breath?	YES/NO
11/ Digestive or bowel disorders?	YES/NO
12/ Cerebral disease?(e.g. stroke, head injuries etc)	YES/NO
13/ Fractures, tendon, ligament/cartilage damage?	YES/NO
14/ Surgical operations?	YES/NO
15/ Haematological or blood disorders?	YES/NO
16/ Metabolic or endocrinal disorders?	YES/NO
17/ Are you Pregnant?	YES/NO
18/ Physical disability or other disabilities?	YES/NO
19/ Carrier of infectious diseases?	YES/NO
20/ Obesity?	
21/ Migraine?	YES/NO
22/ Hospitalised in last 2 years?	YES/NO
23/ Registered disabled?	YES/NO
24/ Any illness or conditions not already mentioned?	YES/NO

2. If you have answered yes to any questions above, please give further details below or on a separate sheet:.....

3. Do you regularly and/or currently use any form of medication? If so please give details below:

4. Do you have any specific dietary requirements? If so, please give details below:

**5. Have you ever suffered from asthma? If so,**

- a) When was the last time you needed hospital treatment? .....
- b) When was the last time you needed steroid tablets? .....
- c) What medication/inhalers do you use? .....

**IMPORTANT – PLEASE READ CAREFULLY BEFORE SIGNING**

- In the event of an accident or illness whilst on the trip, I hereby give permission for Different Travel Ltd. to initiate medical treatment and to inform my next of kin/emergency contact (as detailed on my application form) if appropriate.
- To the best of my knowledge I confirm that my mental and physical health and fitness is good and that the information I have provided in this questionnaire is a true and accurate description of my medical history and current condition. I understand that by giving false information I endanger both my own safety and that of others on the trip. I agree to take with me sufficient supplies of medication needed for my current medical condition and for any condition which I have had previously which may reasonably be expected to re-occur.
- I agree that Different Travel Ltd. or medical staff employed by them may approach my GP to verify the information on this form and attain some further details as they think necessary and that my GP may release such information to them.
- I understand that Compton Hospice or Different Travel Ltd. cannot accept any liability or expenses resulting from any illness, injury or other untoward occurrence arising from any undisclosed medical condition (other than to the extent that death or personal injury arises as a result of its negligence). **I also understand that failure to disclose a pre-existing medical condition could invalidate my travel insurance and that I am responsible for declaring any pre-existing medical conditions directly to my insurance company prior to departure.**
- I confirm that I will immediately inform Different Travel Ltd. of any change to the information I have provided on this medical questionnaire.

**SIGNED:** ..... **DATE:** .....

**RETURNING THIS MEDICAL FORM IS PART OF YOUR REGISTRATION.**

***This section only needs to be completed if you are over 65 OR have answered ‘YES’ to any of the questions on the medical form:-***

**MEDICAL FORM TO BE COMPLETED BY THE FAMILY DOCTOR/PHYSICIAN WHO HAS ACCESS TO THE PATIENT’S MEDICAL HISTORY.**

The person named overleaf will be participating in a charity fundraising trek of 8 days duration, during which time he/she will be subject to basic camping and living conditions and carrying a rucksack weighing 10-15kg. The demands in more detail will involve trekking and working for up to 8-10 hours per day for 6 days over some rough terrain and will possibly involve extremes of temperatures and climate. Participants will be staying in mountain huts. Some food may be cooked on gas burners. Different Travel Ltd will provide a tour leader for each trip to give immediate first aid and ensure high hygiene standards are taught and maintained. The event may be a considerable distance from any hospital back up.

With the above information, if there is any matter of which you feel that Different Travel Ltd should be aware, please supply details on a separate sheet. If you require any further details please call Different Travel Ltd on 07850 435135.

**I have read the above paragraph and agree that the participant’s medical details are correct. In my opinion this patient is currently fit and healthy both mentally and physically, and able to participate in the event.**

Doctor’s Signature: ..... Date: .....

Doctor’s Name (Block Capitals Please) .....

Address: .....

**DOCTORS STAMP &**

**GMC NUMBER**