

MAN FOR WOMEN HIKE

A 100 mile hike around the Isle of Man to help Save Lives in Childbirth

This 100 mile hike over the span of seven days will prove not only as a challenge of a lifetime, but also a beautiful adventure.

On the 4th-12th May 2019, join us on this spectacular adventure to ensure all women and their babies can access the safe and appropriate care they need.



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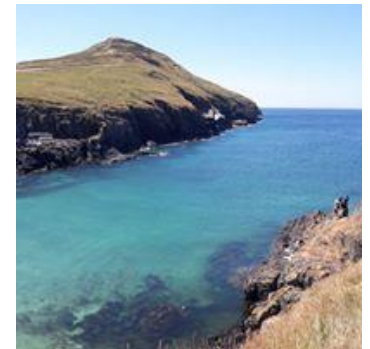
"Shrouded by mystery, a sea-bound kingdom with its own captivating story to tell. With a rich history, that echoes through the ages. A melting pot of character and taste, where true heroes exist and sea monsters bask in the shallows." Visit Isle of Man

The beautiful Isle of Man is home to dramatic landscapes, spectacular cliff top views, plenty of bird and plant life, seals, and fascinating heritage. A hikers paradise, our 100 mile trek around the entire island enables you to walk completely around a nation, and is one of our biggest fundraising adventures yet.



If you are an experienced hiker, walker or explorer, or even a novice, we'd love to have you on this voyage!

This pack should contain all the information you need, however if you have any questions, please do not hesitate to contact us at fundraising@maternityworldwide.org or on 01273 234033.



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A little bit about us

Maternity Worldwide helps women and girls in developing countries to access the high quality maternal healthcare they need to be able to give birth safely through the development of integrated maternal health programmes.

Maternity Worldwide is a UK registered charity (1111504) and was established in 2002 by a group of health professionals frustrated by the lack of maternity care and facilities in developing countries. In the last 15 years Maternity Worldwide has saved the lives of thousands of women during pregnancy and childbirth and has worked in 11 developing countries.

Every day across the world **800** women die in pregnancy and childbirth, that is **289,000** women annually

99%
of maternal
deaths occur in
developing
countries

Sub-Saharan Africa
accounts for **62%** of
global maternal deaths



Life time risk of maternal mortality:

Ethiopia
1 in 52

Malawi
1 in 34

Uganda
1 in 44

WHO 2013

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Our programmes



Since 2002 Maternity Worldwide has worked in 11 developing countries. We currently have 3 integrated maternal programmes;

Malawi

We are working in the Zomba District of Malawi to improve maternal and newborn health through women's groups, health promotion and income generation programmes in 80 villages and training staff at local health centres.

Uganda

We are improving healthcare in a rural area of Hoima District by completing and equipping a health centre, improving the referral process to the nearest Comprehensive Emergency Obstetric Care Centre and providing health promotion and income generation programmes through women's groups.

Ethiopia

Since our first programme began in West Wollega in 2002, we have continued to provide an integrated approach to improving maternal health including equipping the maternity ward of Gimbie Adventist Hospital, training midwives and skilled birth attendants, creating women's groups and income generation programmes, providing motorbike ambulances and building waiting homes next to health facilities.



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Provisional Itinerary

Please note this is a provisional itinerary and subject to change. A final itinerary will be issued before the trip.

	Date	Activity	Distance
Day 1	4 th May	Arrive	
Day 2	5 th May	Hike from Douglas to Castletown	16.34 miles
Day 3	6 th May	Hike from Castletown to Point Erin	13.6 miles
Day 4	7 th May	Hike from Port Erin to Peel	15.5 miles
Day 5	8 th May	Hike from Peel to Jurby	15.09 miles
Day 6	9 th May	Hike from Jurby to Ramsey	14.91 miles
Day 7	10 th May	Hike from Ramsey to Laxey	15.78 miles
Day 8	11 th May	Hike from Laxey to Douglas	9.38 miles
Day 9	12 th May	Depart	



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Day 1: Saturday 4th May- Arrive

Make your own way to the hotel in Douglas, Isle of Man.

Day 2: Sunday 5th May- Hike from Douglas to Castletown

Your first day of hiking, you will begin your 100 mile trek around this gorgeous island. Starting from Douglas, you will walk over 16 miles along the old coast road, stunning bays, and one of the richest archaeological landscapes on the Isle of Man.

Day 3: Monday 6th May- Hike from Castletown to Port Erin

Passing areas of historic battles, you will hike 13 miles along what may possibly be one of the best coastal walks in the British Isles! Complete with sandy bays, cinematic views, and sheer cliffs, you will encounter historic villages and wonderful wildlife; including marine.



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Day 4: Tuesday 7th May- Hike from Port Erin to Peel

Beginning with a walk around Port Erin Bay, today you will walk 15.5 miles. Along the way you will meet the stunning views of the Calf of Man, as well as one of the Island's most stunning beaches, Niarbyl, where mesmerising sunsets can often be seen. You will explore the magical footpaths of Glen Maye, stunning waterfalls and rivers, and finally Peel Castle before finishing the walk at Fenella Beach.

Day 5: Wednesday 8th May- Hike from Peel to Jurby

On this 15 mile hike along the coastline and part of Sartfield beach, you will encounter the red sandstones of Peel Headlands, and some of the old railroad.

Day 6: Thursday 9th May- Hike from Jurby to Ramsey

On this 15 mile stretch you will walk along the shingle beach. Rich in birdlife, you will also encounter the prominent lighthouse at the Point of Ayre, the most northerly tip of the Isle of Man. Along the coastal footpath, offering some of the best coastal walks in the British Isles. Be accompanied by species of birds and the occasional seal, whilst on route, as well as taking in the spectacular views the Island has to offer.



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Day 7: Friday 10th May- Hike from Ramsey to Laxey

At nearly 16 miles, today's walk will present you with break-taking views spanning to the Lake District and North Cumbria ; from a bustling harbour town to the peaceful coastal cliffs of Maughold Brooghs, you will explore shingle coves, fishing harbours and farm track paths.

Day 8: Saturday 11th May- Hike from Laxey to Douglas

Today, you will explore the picturesque Reserve with its abundance of wildlife and coastal scenery. As you continue, you will pass Lonan Church, with the only 10th century decorated cross in its original positioning, before following the path into Groudle Glen, where a woodland wizard awaits.

Day 9: Sunday 12th May- Return Home

Make own way back home to rest your legs!



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Costs and Fundraising

In order to ensure the sponsorship money you raise can be put to the best charitable use we ask participants to cover their direct costs for taking part in the trip.

Included in the costs are your accommodation in a hotel for 8 nights, breakfasts, packed lunches, provision of experienced tour guide and transport around the island.

Registration fee: £150

Balance (instalment due by 1st April 2019): £380

Total cost: £530

Fundraising target: £800

Your final fundraising will be due 2 months after you return (12th July 2019). We can provide support with this. We also recommend fundraising via a JustGiving page- we also support you with this.

**Please note this is a subsidised cost*

The money you raise could provide...

- £1 - Antibiotics to prevent infection after childbirth
- £15 - A safe birth for a mother
- £50 - An emergency caesarean delivery
- £80 - One month of midwifery training
- £100 - Community health promotion sessions on maternal and newborn health
- £120 - A bicycle so a health care worker can reach mothers in remote villages
- £600 - Oxygen concentrator to help save a mother or baby's life
- £1,400 - The salary of a midwife for 6 months



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Frequently asked questions...

Will I have to carry my stuff when walking?

No. Since you will be staying at the same hotel every night, your luggage will stay there. You will however need to hike with a day bag, which may include things such as sun protection, water, snacks, etc.

How many people will take part in the hike?

There are 12 spaces for people to take part in the hike. We will also be accompanied by an experienced tour guide.

What are the facilities like?

The hotel you will be staying in is 3 stars, and the accommodation consists of a two-person shared room.

Do I need travel insurance?

Yes. You need to arrange a personal travel insurance policy that includes sufficient funding for all necessary treatment, transfer, and accommodation. The policy must also cover you to take part in a fundraising activity for a charity (this is especially important if your insurance is through your bank account). You will be asked to provide proof of your insurance some time before travel. Maternity Worldwide is not responsible for your insurance and will not take responsibility for damage or loss of goods, or injury or accident to self.



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Frequently asked questions...

How safe is this trip?

Leading you throughout this hike is experienced tour guide, Andrew from Go-mann adventures, who is very familiar with the Isle of Man landscape. The team will always be together while hiking. If an individual wishes to take a rest day, that is of course advisable!

What isn't included in the price of the hike?

Whilst the £530 covers the hotel for 8 nights, breakfasts, packed lunches, a tour guide and travel round the island, the price does not include dinners, personal snacks, travel insurance and travel to and from the Isle of Man.

How do I get there?

People are responsible for their own travel to the Isle of Man on the 4th May and to the hotel. You can get flights for a reasonable price or ferries. Top Tip: For the cheapest price on travel, we advise you book in advance! Our information pack for those who sign up will have more information on this.

What should I take?

You will need suitable hiking clothing for 8 days. This includes appropriate hiking shoes and waterproof clothing. Sun protection is also advised. A comprehensive kit list will be provided by Go-Mann adventures before the walk.

What happens if I can't raise the minimum £500 sponsorship money?

Don't panic! We will provide you with lots of support and tips. If you are struggling to meet your target please contact us as soon as possible. You can make up the shortfall yourself, if this is not possible unfortunately you may no longer be eligible to participate in the bike ride since places are subsidised by Maternity Worldwide so we have to ensure, as a charity, that the event will raise money for our charitable programmes and objectives. If you have any questions about the costs please do contact us.



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Ok, I'm in, what do I do now?

Firstly, we're delighted you have decided to join us on this incredible challenge, you will have the experience of a life time and meet some amazing people!

Step one: Read the conditions of entry and sign up here:
<https://www.maternityworldwide.org/news/man-for-women-fundraising-hike/>

Step two: Start training, fundraising and getting excited about your trip!

Step three: Pay the remaining £380 for the trip and also book your travel and travel insurance. We will send you your final information pack with a detailed itinerary, packing list and further information.

Step four: Off we go to the wondrous Isle of Man!

