Your event fee goes towards the cost of putting on the event so every penny you raise in sponsorship enables the BHF to continue our life-saving work. Here’s how the money you raise can help the fight against heart disease.

**£10 - Educate children about the heart**
£10 could cover the cost of a Big Heart Book teaching resource aimed at 4 - 7 year olds. This giant A2 sized book meets the Health education curriculum of each UK country, and the stand alone design makes it perfect to use at the front of the class.

**£30 - Heartstart UK training pack**
Our Heartstart UK scheme teaches members of the public what to do in a life-threatening emergency. £30 could fund a Heartstart training pack to teach people these vital skills.

**£160 - Teaching life-saving skills in schools**
£160 could cover the cost of ‘supply cover’, allowing teachers the time away from classes to be trained as Heartstart instructors, able to teach vital emergency life support skills to their pupils.

**£250 - Provide a hand held ECG machine**
£250 could cover the cost of a hand held ECG machine. These machines are designed for patients to use at home to monitor their hearts. When they experience a cardiac event this machine will record the heart’s rhythm which a doctor can later study and use it to help diagnose the patient’s condition.

**£1,800 - Help Diagnose Heart Disease**
£1,800 could cover the cost of an ECG machine for a GP surgery, hospital wards or a community clinic. These machines produce a graph tracing of the electrical changes during a heartbeat and can reveal damage to the heart muscle or irregular heart-beats making it one of the most useful diagnostic tools when examining the heart’s function. The BHF provides funding for these machines, which can be used across multi-disciplinary settings.

---

**Hadrian’s Wall hike map**

**Route stats:** 9 miles with 350 metres of climbing

**Emergency number:** 07763 526936 / 07715 484578

**Event start:** Housesteads visitor centre, Post code: NE47 6NN

**NOTE:** Walkers should head to the Housesteads visitor centre where they can park their car. Buses will then take you to the start of the walk at Walltown Craggs where you will walk back to the finish at Housesteads and your vehicles.

**NOTE:** Please note that whilst walking the route, the Wall is not always visible. When it is present, the height of the wall can vary greatly, from head height down to ankle height.
Route profile

Walltown Craggs
GR: NY 668/659
First aid, water, and toilets.
GR: NY 712/665

Cut off time here: 2.30pm
GR: NY 790/675

Water, toilets and first aid.

 Marshal point 1

Toilets

Marshal point 2

Hike Finish / Car Drop Off

Housesteads Visitor Centre
GR: NY 792/683
Parking, cafe, toilets & first aid

Hike Start

Ordnance Survey © Crown Copyright 2014.
All rights reserved. Licence number 100044568