

## Speakers & entertainment schedule

### The SWOF Adventure Tent

#### Friday 8 September

12.30pm	Space Detectives	So you want to be an astronaut?
4.30pm	Russell Smith	Festival intro and talk
5.30pm	Nick Butter	Running the world
6.30pm	Jamie McDonald	Anyone can be a superhero
7.45pm	Space Detectives	Aboard the ISS, plus stargazing

#### Saturday 9 September

10am	Jasper Winn	Slow adventures
11am	Nick Hanks	Cheddar Gorge explained
12pm	Zoe Homes	#OneHourOutside
1pm	OS Leisure	#GetOutside champions Q&A
2pm	Martin Curtis	Jurassic Coast adventures
3pm	Jana Harrison	Gears for fears
4pm	Phoebe Smith	Extreme sleeps
5pm	Anna McNuff	Dream. Dare. Do.
6pm	Sean Conway	First, furthest & fastest
7.30pm	Space Detectives	In the night sky / stargazing

#### Sunday 10 September

10am	OS Leisure	Orienteering with #GetOutside Champs
11am	Andrew White	Walks Around Britain
12pm	Jasper Winn	Exploring Britain's Waterways
1pm	Fiona Quinn	Cycling LEGOG
2pm	Wyl Menmuir	In Dark Places (book reading)
3pm	Simon Akeroyd	The adventurous gardener
4pm	Matthew Oates	The naturalist life
5pm	Nick Hanks	Cheddar guidebook launch and SWOF 2018 announcement

#### Don't miss...

##### Space detectives

Space Ambassador and Lunar Mission One Education Team member Jo Richardson will be here all weekend, with local astronomers, conducting tours of the night sky.

## Outdoor activities

### Build your own adventure

Small-group activities will be taking place right across the weekend, led by highly qualified, locally based outdoor guides. Transport to and from all activities from the festival site is included in the price.

Book in advance to secure a place by visiting [nationaltrust.org.uk/SWOF](http://nationaltrust.org.uk/SWOF), or go to the Information Tent in the Festival Hub to sign up during the weekend. Places are limited, and minimum numbers are required.

### Rock

#### Caving & climbing

Explore the world-famous climbing crags and labyrinthine underworld of the Mendips, both in the gorge and Burrington Combe. Guided trips running Saturday and Sunday.

#### Water

##### Kayaking, canoeing, stand-up paddleboarding & sailing

Get on the water in the sensational surrounds of Cheddar Reservoir. Instruction sessions running Saturday and Sunday.

#### Target shooting

Hone your sharp shooting skills at Mendip Outdoors range in Churchill. Instruction sessions running Saturday and Sunday.

#### Snowsports

##### Skiing & snowboarding

Learn to carve turns at the Mendips Snowsport Centre in Churchill. Instruction sessions running Saturday and Sunday.

#### Trail

##### Free guided walks

Join wildlife experts and local walkers for a range of guided hikes around the gorge and the surrounding Area of Outstanding Natural Beauty.

## Speakers & entertainment schedule

### Music on the main stage

Once the sun dips there will be live music to enjoy at SWOF, including Bristol-based funk/ska/reggae seven-piece Crinkle Cuts.

#### Friday 8 September

8.15pm	Adam Scriven
9.30pm	Rodney Branigan

#### Saturday 9 September

6pm	Tamsin Quin
7pm	Sam Dowden
9.30pm	Crinkle Cuts

#### Sunday 10 September

1.30pm	Tamsin Quin
3pm	Kid Convenient

### Fireside Story Circle

#### Friday 8 September

1-6pm	NT 50 things	Wildlife craft
6.30pm	Time and Tide Tales	Story telling sessions

#### Saturday 9 September

9am	NT rangers	Camp-fire cooking
10.30am	Time & Tide Tales	Story writing session
11.30am	Various	Bush craft sessions
2pm	Anna McNuff & Phoebe Smith	Women and adventure
4pm	Dr Kym Martindale	Climbing, caving & cycling poetry
5pm	Time and Tide Tales	Story telling sessions
7.30pm	Wyl Menmuir	In Dark Places (book launch & reading)

#### Sunday 10 September

9am	NT rangers	Camp-fire cooking
10.30am	Matthew Oates	Chasing butterflies
11.30am	Various	Bush Craft sessions
1.30pm	Simon Akeroyd	Meet the good gardener
2.30pm	Jen & Sim Benson	Family adventures
4pm	Andrew White	Walks around Britain



## Speakers & entertainment schedule

### BMC Skills Camp

#### Friday 8 September

1pm	Nick Butter	Running the world
2pm	BMC access team	Climbing in Cheddar Gorge
3pm	Mountain Training team	Skills for the hills
4pm	BMC Medics	Crag, hill & mountain medicine
5pm	BMC films	Selection of adventure films

#### Saturday 9 September

9am	Adrian Boots	Food foraging talk and walk
10am	David Bond	Introducing <i>Project Wild Thing</i> plus Q&A
12.30pm	Adrian Boots	Food foraging talk and walk
1.30pm	Mountain Training team	Skills for the hills
2.30pm	BMC access team	Climbing in Cheddar Gorge
3.30pm	Sim Benson	Trail-running skills clinic and run
4pm	BMC Medics	Crag, hill & mountain medicine
5pm	Christine Grosart	Cave diving
6pm	BMC films	Selection of adventure films
7.15pm	Matt Helliker	Introducing <i>Citadel</i> plus Q&A

#### Sunday 10 September

9am	BMC films	Selection of adventure films
11am	Matt Helliker	Introducing <i>Moonflower</i> plus Q&A
2pm	Mary-Ann Ochata	Mountaineering for dummies
3pm	BMC access team	Climbing in Cheddar Gorge
4pm	Mountain Training team	Skills for the hills
5pm	BMC Medics	Crag, hill & mountain medicine

#### Don't miss...

##### Join a free guided run with an expert

Saturday, 3.30pm, Sim Benson – co-author of *Wild Running*, routes editor and gear tester for *Trail Running* magazine, columnists for *Running* magazine and an Ordnance Survey #GetOutside Champion – will lead a free guided run from the BMC Skills Camp.

## Sporting challenges

### Trail Running

**Canicross**  
Run with your dog, 7pm Friday 8 September, 6km or 10km  
**Nightrun**  
Friday 8 September, 8pm  
6km or 10km

**Fun runs**  
Sunday 10 September, starting from 9am  
1km & 3km

**Trail races**  
Sunday 10 September, starting from 9am,  
6km, 10km, half and full marathon.

### Mountain biking

Saturday 9 September, starting 10am.  
Take on the Mendip Murmuration, a mountain-bike sportive, with 50km and 32km options.



### Duathlon

Friday 8 September, starting 4.30pm. Intro level trail-running and mountain-biking challenges with individual and team categories. Free to festival goers.

### Road cycling

Check the festival website for news about guided rides over the weekend.

## Walk-up experiences

### Give it a go

Throughout the weekend a range of exciting experiences will be on offer across the festival site, all suitable for children and adults.

**Tree climbing**  
Reach new heights and see Cheddar from the perspective of the local squirrels.

**Archery active**  
Imagine archery and paintball combined... (Yes, you get a face mask.)



**Axe & knife throwing**  
Test your knife and tomahawk tossing skills.

**Yoga**  
Learn how to relax and get supple in a picturesque outdoor setting atop Cheddar Gorge.

**Frisbee golf**  
Challenge a friend to a round of frisbee golf, a sport that tests your power and precision skills.

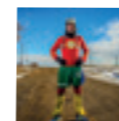
## Speakers

Entry to all talks is free and there's a huge line-up of outdoor talent at SWOF 2017, including this lot (see schedule & website for more details):



**Sean Conway**  
Extreme endurance athlete Sean has cycled, run and swum from

Land's End to John O'Groats, and completed an Ultra Triathlon around the UK, cycling 3,350 miles, running 800 miles and swimming from Brighton to Lulworth Cove. Saturday, SWOF Adventure Tent.



**Jamie McDonald**  
After overcoming serious illness, Jamie has become a world record-holding adventurer, bestselling author, motivational speaker and founder of the Superhero Foundation. Friday, SWOF Adventure Tent.



**Anna McNuff**  
Former GB rower, full-time endurance athlete, adventurer and mischief-maker, Anna has cycled 11,000 miles across the US, run New Zealand's 3,057km Te Araroa trail, legged it along the Jurassic Coast dressed as a dinosaur. Since last year's SWOF, Anna has bikepacked the length of the Andes. Saturday, SWOF Adventure Tent.



**Matt Helliker**  
Pro-climber and IFMGA mountain guide, Matt grew up on the Mendips,

where he found his passion for adventure. Now an internationally renowned climber, he has completed some of the world's hardest routes in Scotland, Alaska, the Alps and the Himalaya. Saturday & Sunday, BMC Skills Base.



**Mary-Ann Ochata**  
TV presenter, broadcaster, anthropologist and author, Mary-Ann is a hill-walking and navigation ambassador for The BMC and Ordnance Survey. Sunday, BMC Skills Base.



**Wyl Menmuir**  
Long-listed for the Man Booker Prize for his debut novel, *The Many*, Wyl is live launching his new book, *In Dark Places*, a work of fiction inspired by Cheddar's caves, at SWOF. Saturday, Fireside Storytelling Circle.



## Welcome to the 2017 South West Outdoor Festival

National Trust

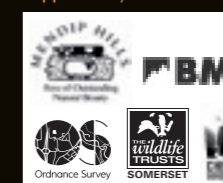


### Friday 8 – Sunday 10 September 2017

In partnership with



Supported by



Taking place in, on and around Somerset's Cheddar Gorge, amid the magical Mendip Hills, an official Area of Outstanding Natural Beauty

Camping & day entry | trail running & mountain biking challenges | climbing & caving | canoeing & kayaking | family friendly & small-group outdoor adventures | star gazing & food foraging | inspirational speakers & live music | fine food & drink

#SWOF [nationaltrust.org.uk/SWOF](http://nationaltrust.org.uk/SWOF)

## Free adventures, entertainment & experiences

### Free for all

Whether you're camping or here for a day, festival entry includes all sorts of guided adventures, interactive learning experiences and entertainment (speakers, films and live music).

#### National Trust

Walk a slackline, build a bivvy, master the ancient art of dry stone-wall building and make bug hotels with rangers – or pick up a racket, kick a ball, lob a frizbee and enjoy a range of other fresh-air activities at the NT Active Outdoors Area.

#### Cotswold Outdoor knowledge centre

Visit the Cotswold Outdoor Knowledge Centre for expert adventure advice, and to enter competitions to win some fabulous outdoor kit. All skill sessions and demonstrations are free.

**Bike clinic** – get a free bike service before hitting the trails, courtesy of Cytech-qualified mechanics from Cotswold Outdoor's sister brand, Cycle Surgery.

**Footwear clinic** – specialists will analyse your feet and provide advice about hiking boots, and Runners Need staff will advise those taking part in running activities.

**Other experts** – meet the snow sports & climbing gurus from Snow+Rock'

**Gear tech** – learn how outdoor clothing really works during demonstrations showing GORE-TEX fabric in action.

**Backpack clinic** – Discover how to pack your bag before going hiking.

#### Go Slow Zone

Chill out in the festival Slow Zone, hear stories and listen to book readings, learn to bake bread and cook up a storm on an open fire, discover how to whittle sticks into tools and things of beauty, enjoy bush craft sessions, and more.

#### Guided walks

Join Cheddar Walking Group for the following FREE guided walks:

- Yeo Valley via Black Down, 4 miles, intermediate, leaving Friday 1pm
- Cheddar Gorge Walk, 5 miles, intermediate, leaving Saturday 10am and Sunday 2pm
- Priddy Village via the West Mendip Way, 5 miles, intermediate, leaving Saturday 2pm and Sunday 10am

Also taking place over the weekend are walks led by Somerset Wildlife Trust rangers.



- First aid point
- Toilets
- Showers
- Water bowser
- Kitchen

- Footpath to mini bus point
- Mini bus point
- Gate
- Steps
- Archery active
- Axe throwing
- Frisbee golf tee 1

- 1 Relish Running
- 2 Channel Events
- 3 The SWOF Adventure Tent
- 4 National Trust Active Outdoors
- 5 Mendip Outdoor Pursuits
- 6 The BMC Skills Camp
- 7 Mendip Hills AONB
- 8 Cotswold Outdoor Knowledge Centre
- 9 Somerset Wildlife Trust
- 10 Ordnance Survey
- 11 The Cheddar Ale Tent
- 12 Wilcox Cider Bar
- 13 The Little Taquero Mexican and Central American food
- 14 The Somerset Smokehouse
- 15 The Badass Burger Company
- 16 Yeo Valley Dairy Ice creams
- 17 Little Van Rouge Coffees, crêpes and more
- 18 Off The Hoof Fine food & wool products from Fernhill Farm
- 19 Stone Artisan Woodfired Pizza
- 20 Lalita's South Indian vegan food

If you would like this information in an alternative format, please call us on 01823 451587 or email [northsomerset@nationaltrust.org.uk](mailto:northsomerset@nationaltrust.org.uk)

Please note this map is a visual guide only. Events, activities, entertainment and attractions are subject to change or cancellation at the discretion of festival organisers, please check the chalk board at the festival Information & booking centre daily for notices. Schedule accurate at time of printing. National Trust and the South West Outdoor Festival are not responsible for any change in the schedule of events brought about by independent acts and suppliers. Photography: Steve Haywood, Chris Lacey, SeaDog Productions, Adam Hoskins, Paul Petch and Zoe Valerien. Other photography: Thanks to Crinkle Cuts, Adam Scriven and BCYC. Map: Doodlebug Creative © National Trust 2017. The National Trust is a registered charity no. 205846.