

SAUNTON SANDS HOTEL

SOURCE SPA AND WELLNESS

★★★★

OCTOBER WALKING BREAK

BRAUNTON
BURROWS KIT LIST

“Our aim is to make this walk as inclusive as we can make it for our guests. We shall be out on the Burrows for only a couple of hours, and so there won't be the need for too much kit to worry about. That said, due to the exposed nature of the Burrows – with no real shelter from the elements – I do recommend a few things to take on board, to make your participation as comfortable as possible.”

1. THINK FEET

Hiking boots will be ideal, though a running-style trainer or any comfortable protective shoe will be great as well as there is always the chance of stepping through prickly grasses, as well as other potential hazards.

2. LAYER UP

For comfort, it is always a good idea to think layers, which can easily be added to, or stowed away according to the walking conditions.

Of course, the weather conditions should dictate what type and how many of the clothing layers you wear on the day. It's wise to wear loose fitting garments on the warmer, sunny days – ideally made with materials that can block harmful UV. A light fleece or a rain jacket could be the order of the day if there is a bit of rain shower coming in from the sea.



3. PROTECT YOUR SKIN

The UV index is lower in October but it can also be very sunny in autumn. Before meeting up in the morning, it is strongly advised you apply sun cream, or a skin cream with UV protection included in it. Please remember there is no real shade or shelter on the Burrows, so we just need to remember to do the sensible thing when spending a bit of time on them.



4. DRINKING IS GOOD

Staying hydrated is very important if you are going to be walking in the open for a couple of hours. Headaches, nausea, dizziness, and a bad mood can all be symptoms of dehydration. Aim to be fully hydrated before we meet up in the morning (the easiest way of checking this is your clear wee test!) and do bring some water with you.



MORE THINGS TO THINK ABOUT:

- Sunglasses to protect eyes from glare from the sea and sand
- A sun hat or peaked cap to reduce sun glare
- Walking sticks are a great aid to balance and give assurance over uneven surfaces.
- Bring a camera or your camera phone as I promise you will walk through some cracking dune and seascapes. You have got to capture the moment!