

# NSPCC



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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NSPCC CHASING THE SUN  
UK

Sat 18 Jun - Sat 18 Jun 2016







## In aid of NSPCC

18 Jun - 18 Jun 2016

# NSPCC

### 1 DAYS | UK | CHALLENGING

This incredible adventure pits you against the spectacular landscapes of the Lake District National Park by bike, kayak and on foot!

Trek to the summit of one of the Lake District's most iconic peaks, the Old Man of Coniston, before testing yourself on the off-road mountain bike trails of Grizedale forest, then kayak across iconic Coniston water.

The hire of all bikes, kayaks and safety equipment is included in the challenge, which includes approximately 12km of cycling, 10km trekking and 1.5km kayaking.

Enthusiastic participants can expect a hearty pre-event breakfast, as well as a celebratory buffet at the end.

- Early morning start after a hearty breakfast
- One day challenge of cycling, trekking and kayaking
- 12km off-road, trail mountain biking in Grizedale forest
- 10km trek to the summit of the Old Man of Coniston
- 1.5km kayak around Coniston Water

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 18 Jun

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#### The Challenge Day!

The adventure begins with breakfast at the John Ruskin school in Coniston at 8am. You will return to this base between each section of the challenge.

After a full safety briefing, we're off! The first section of our challenge sees us take on the iconic Old Man of Coniston. Standing 803m high, this is a significant summit, and a real achievement in itself!

Bike mechanics will then be on hand with suitably-sized mountain bikes for the trails of Grizedale forest.

The kayak challenge takes place on Coniston water. Qualified instructors will offer a full briefing for novices and enthusiasts alike. Then it's time to complete a 1.5km circuit on the lake before finally reaching the finish line, exhausted but elated!

A celebration buffet meal will be available at the finish line, and there's also time for a shower before going our separate ways.

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### NB

#### Additional Accommodation

Why not take some of the pressure off and book yourself in for a couple of nights at the local YHA hostel in Ambleside.

Alternatively, camping at the John Ruskin school will be available to those wishing to camp on Friday and Saturday night.

Please note: If you are returning home by train please make sure you have booked an open ticket, as timings will depend very much on the group's speed and ability. You may also want to consider booking yourself another night at the hostel to avoid travelling/driving home when tired.

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £29.00 when you book*

*Then a balance of £181.00*

*(4 weeks before your challenge)*

*Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £29.00 when you book*

*Raise a minimum of £350.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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### On your challenge

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- All challenge management before, during and post event
- Group first aid supplies

## WHAT'S NOT INCLUDED

### Before you go

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- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

### On your challenge

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- Personal spending money
- Any other specific items listed as not included in your Trip Notes

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 5 weeks before departure (by 14/05/2016), and the remaining 20% within 4 weeks of completing the challenge (by 16/07/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Raising the sponsorship

Thank you for choosing to fundraise for the NSPCC! We're here to support you throughout and have lots of fundraising tips and guidance to share with you. Every mile you run and every penny you raise will help make sure we can still be here for every child – keep up the good work!

### Typical group size

The typical group size is 75 - 200 participants

### Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from the moment you arrived including a breakfast buffet, packed lunch, snacks during the challenge and a celebration buffet dinner at the end.
- Hire of mountain bikes and kayaks is included in the cost.
- The very best Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- Fully qualified mountain biker and kayak leaders who can also provide expert instruction to guide you through each activity.
- Mountain biking in one of the Lake Districts most famous mountain biking area of Grizedale forest.
- Summit the iconic Lake District peak, the Old Man of Conistone, 803m high.
- Kayak on the historic Conistone Water, scene of Donald Campbell and his famous Bluebird.

### Level of Difficulty

The Lake District Adventure Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a multi-activity challenge before. You will not be an expert mountain biker or kayaker, just somebody with a willing sense of adventure.

You can tell your supporters that on your Lake District Adventure Challenge you will be:

- Climbing to the summit of the Old Man of Conistone – 10km, 803m, approx. 3-4 hours.
- Mountain bike 12km through Grizedale Forest, including the lung-pumping ascent of the hill into the forest.
- Kayak for 1.5km around Conistone Water.
- A full day of activity, transferring from one activity to the next with just enough time to refuel.

### Bike and Kayak Equipment

All bike and kayak safety equipment is provided for you on this challenge and is included in the cost.

If you wish to bring your own bike then please let us know prior to the challenge by emailing [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com)

If you choose to bring your own bike then it is your responsibility to make sure that it is suitable for the terrain covered during the cycle section. This section takes you along the mountain bike trails of Grizedale Forest. It includes steep ascents and descents over loose terrain. **Only Mountain Bikes are suitable for this challenge.**

You will be paddling two-person, sit-on-top kayaks that are designed to be extremely stable. You will be sharing the kayak with another participant from your group. Full safety instruction is provided by our qualified leaders and these same leaders will accompany you on the water in case of any difficulties.

### Emergencies

Your challenge leader will have a mobile phone and radios in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk or cycle at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, you will be transferred back to the start point by safety vehicle.

### Safety advice for the NSPCC Chasing the Sun Challenge

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a couple of important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather on the summits of the hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- Always wear the safety equipment provided to you for the biking and kayaking activities.
- We employ qualified instructors for each activity. Please listen carefully to the instructions given.
- This is an all day challenge. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

### Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the challenge, as well as after the hike and again at the end of the day. However, during the challenges such facilities will be limited to the great outdoors!

### Food & Drink

You will be provided with a breakfast buffet when you arrive for the challenge, and a packed lunch during the day along with snacks during the transition between activities. Upon completing your challenge a celebration buffet dinner will be available. You may also wish to bring your own snacks to help power you through the day.

### Accommodation

This is a one day event, and overnight accommodation is not included. If you wish to camp the night before and/or after, camping places are available at the venue at a cost of £15 per pitch per night. Please contact [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com) if you wish to book a camping spot.

### Getting There

You should plan to arrive for 7am on the morning of the challenge. The location of the base for this challenge is at the John Ruskin school in Coniston.

### Challenge Timings

Your day begins with an early breakfast, and time to prepare for the challenge ahead. The challenge itself commences with the group taking on the iconic Lake District peak, the Old Man of Coniston, standing at over 800m high, and where you will be provided with spectacular views of the area.

Next, the group will undertake an exciting mountain biking trail through the Grizedale forest, which will be sure to get your heart pumping. You will then finish the day with a kayak challenge through a 1.5km circuit along the lake. You should expect to complete this challenge by early evening.

Please note that depending on the number of people taking part in this challenge it may be necessary for some groups to complete the challenge in a different order of activities.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the Lake District National Park and the Grizedale Forestry Commission office to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support 'Fix the Fells' who maintain the excellent footpaths we will be walking on. Fix the Fells have an excellent website that provides information on their fantastic work and allows you to donate to them directly. Their website can be viewed [here](#). We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, and go out for a meal in one of the excellent local pubs after the challenge? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For extra information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the other projects that we currently support.

### Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated. The terrain on this challenge varies throughout and can be rough at times, so be prepared! The path on the trek is steep and uneven whilst the biking section follows off-road forest trails and as such can be uneven.

### Climate



As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will run UK challenges between April and October, and although the summer months of June-August should be, in general, warmer, sunnier and more stable in terms of the weather conditions, we all know that this isn't always the case. Please check the weather forecasts up to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

### Leadership

We employ experienced and fully qualified challenge leaders to accompany and lead you. Our leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group and will be carrying full safety equipment and mountain first aid kits with them at all times. They will also be in constant radio communication with the vehicle drivers and 'base camp' throughout the challenge. Qualified mountain bike leaders and kayak instructors are also employed to guarantee that you are very well looked after at all times and have access to expert advice.

### Group Size

Our maximum group size for this challenge is 200. For the purpose of this itinerary the group will be split into separate teams to complete each the challenge. If you wish to make sure that you are in the same team as someone please let us know at the time of booking. Depending on the number of people we may need to have separate groups doing the activities at different times.

### Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

### Money

During the challenge there will be no opportunity to purchase snacks. You may still wish to take some money with you but we would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

### Training

This challenge will have you biking, kayaking and hiking across the glorious and exciting Lake District, therefore requiring a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking and cycling. If

you do not have the luxury of living near the hills, then the stairs at home (or an office block) are a great place to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge. There is no substitute for walking in the hills so try if possible to get out on a weekend and train in an area with steep hills. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it. Also see your Charity Challenge Fitness Training notes.

Your training should also include some cycle training, preferably including some hills. The biking section of this challenge takes place on off-road trails, but you should gear your training to being comfortable on a bike and have experience of cycling up hills.

For the kayaking, no prior experience is necessary, although if you have the opportunity to go to a local kayaking club then this would help you when you arrive for the challenge. Kayaking requires good upper body strength, so if possible doing some exercises or light weights to build your strength would be advantageous.

### Clothing and Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, you may wish to change kit between each activity. You will be able to leave any extra equipment in the support van. Waterproof and well-worn in boots will be indispensable for the trek. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Trainers are not suitable. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that jeans should not be worn on this challenge. A full kit list for this challenge can be found [here](#). Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

The hire of bikes and kayaks is included in the cost of this challenge. Any safety equipment required for the biking and the kayaking will be provided, including helmets and life vests.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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