



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

MIND HIKE 2016 - OFFA'S DYKE
TRAIL
UK

Fri 01 Jul - Sun 03 Jul 2016





In aid of Mind

01 Jul - 03 Jul 2016



3 DAYS | UK | EXTREME

Join Mind for a unique 24 hour trekking challenge that will test every ounce of you both physically and mentally whilst engaging in a genuine team event that will require incredible teamwork to achieve your goal.

The challenge will see two teams walking 40 miles along the historic Offa's Dyke National Trail that winds along the stunning countryside of the England – Wales' border.

One team will trek from the South whilst the other begins from the North. The challenge is to cover the distance within a 24 hour period, trekking through the day and night, reaching the finish line in time to celebrate with your fellow challengers.

This is a difficult challenge and should not be taken lightly. The terrain is extremely varied involving long distances and little sleep.

You'll need to set yourself a goal to get fit and build up stamina and endurance training in the months building up to this event.

- 24 Hour trekking adventure to challenge yourself physically and mentally
- Venture along Offa's Dyke National trail, criss-crossing the Anglo-Welsh border
- Unique team event. Encouraging everyone to stick together to help each other through.
- Finish in style in the grounds of stunning Chirk Castle
- Enjoy the achievement with a celebratory brunch after the trek

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 01 Jul

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Arrival and Briefing

We will arrive in the evening at our hotel in Wrexham. After checking-in we will meet our team in time for an introduction and briefing about the event. After this it's time for an early night before the challenge begins.

DAY 2 Sat 02 Jul

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Day 2: The Challenge begins!

After an early start the two teams will go their separate ways. The Southern team will transfer to the start of their trek near Bishop's Castle. The North team will head to their start point near Prestatyn. Our challenge is to make it to the finish by 7am the following morning, a full 24 hours away!

Each team will have in front of them 40 miles of stunning English and Welsh countryside as both routes follow the historic 8th Century dyke (a hand-built bank and ditch) constructed by King Offa of the ancient Anglo-Saxon kingdom of Mercia.

Our path will frequently go along still visible sections of this dyke as we criss-cross the border between England and Wales. The full National Trail crosses back and forth no less than 20 times.

Both routes will have spectacular scenery along the way, from riverside meadows to rolling hills, and from famous canal aqueducts to the Clywydian Range of mountains.

The terrain sees us tackle well walked canal footpaths, remote tracks, country lanes and even the ancient dyke itself all making up for a diverse and challenging route.

Not only will the terrain be there to challenge us, but as the sun sets on a full day of trekking we will only just be getting started!

Our challenge continues through the night where we will need every ounce of team spirit to get us through.

We will be fully supported throughout the challenge by qualified leaders and a fantastic support team who will be supplying us with much needed drinks, hot meals and plenty of encouragement throughout the day and night.

DAY 3 Sun 03 Jul

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Day 3: Challenge finish!

We will finish at the fantastic setting of Chirk Castle where we will celebrate our achievements before transferring back to the hotel for a well-earned rest. Our adventure doesn't end here though as at lunchtime both teams will meet up to celebrate, share stories and enjoy a fantastic celebration lunch/brunch.

This really is a unique team event like no other. 24 hours of trekking with fantastic people all working together whilst raising money for such a fantastic cause.

The Two Routes:

North Team: Prestatyn to Chirk Castle.

South Team: Bishop's Castle to Chirk Castle.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £85.00 when you book

Raise a minimum of £850.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Warm up exercise routines
- Risk assessment and emergency management planning
- Public liability insurance
- 16 and 20 week trek/bike training schedule

On your challenge

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- All challenge management before, during and post event
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and 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 10 weeks before departure (by 22/04/2016), and the remaining 20% within 4 weeks of completing the challenge (by 31/07/2016). 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 so much for choosing to fundraise for Mind. We really appreciate your support. Should you need any further assistance or help with your fundraising then please contact the team at community@mind.org.uk and we will endeavour to get back to you as soon as we can!

Typical group size

The typical group size is 40 - 80 participants

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes 24 hours of hiking, with tough ascents and descents, with the added challenge of walking in the dark. The route is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within 12hrs. If we find that you are unable to trek at all, then we will arrange for you to be collected and taken back to the hostel.

Safety advice for the Mind Hike 2016 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.
- Trekking at night is by its nature a hazardous activity. A powerful, good quality headtorch is absolutely vital.
- Due to extra risks posed by trekking at night we always use a higher ratio of Mountain leaders to maximise safety. It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather at night can be very different to during the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 24 hours is a long time to be out on a trek, especially overnight. Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.

Toilets

There will be bathroom facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

Food & Drink

Meals while on the challenge include breakfast on the morning of the challenge, and then a packed lunch and snacks during the trek as well as dinner in the evening. We strongly encourage you to bring additional sweets and snacks if desired. Upon completion of the challenge a celebration brunch will be provided back in Wrexham. Please note that dinner on the Friday evening before the challenge is not included. The drinking of alcohol the night before is strongly discouraged for your own health and safety during this tough challenge.

Accommodation

For the challenge you will be sleeping in same-sex, twin rooms. If you would like to request to share a room with somebody then please let us know at least 1 month prior to the challenge. If you would like to book any pre-or-post accommodation either before or after the challenge, there are several options in the area. We can give you some recommendations if you would like to contact us on challenges@charitychallenge.com.

Getting there

Accommodation, and the location of the celebration brunch on Sunday, will be in the town of Wrexham. The accommodation will be in the Premier Inn Wrexham Town Centre. [Click here for directions](#). Wrexham General train station is located 400m from the hotel. Parking is available at the hotel but is limited. Please consider using public transport when possible.

Challenge Timings

Your challenge begins on the evening before the walk, and you should arrive at the Premier Inn Wrexham Town Centre for approximately 7pm in the evening. You will then meet the leaders, as well as the rest of your challenge team, and then it will be time for your evening briefing. It is vital that everyone attend this safety briefing. Please note that dinner on the Friday night before the challenge is not included.

On the day of the trek itself, you will have a very early start for your hearty breakfast before the two teams depart to their separate start points at approx. 7.00am. You will be walking for 24 hours, which makes your trek a very long day and night. You can expect to arrive back at the hostel at around 7.00am on Sunday morning. Delays can happen, and the return time will all depend on the speed of your group, so please do try and book flexible return arrangements.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers of the Offa's Dyke National Trail 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 the 'Offa's Dyke National Trail' who maintain the excellent footpaths we will be walking on. For more information about the National Trail, and to donate to them yourself, [click 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.

Why book with Charity Challenge

- Everything included from the moment you arrive. We include everything from hotel accommodation, your evening meal when you arrive, transfers to the start of the trek and back again and plenty of food and snacks whilst on the trek and then the opportunity to rest at the hotel upon completing the challenge before a celebration brunch.
- The very best Mountain 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.
- Ethical consideration. For every participant we donate money to the 'Offa's Dyke National Trail' in order to protect the beautiful route that we use. We also try wherever possible to use local suppliers, which helps us to put money back into the local area.
- The highest quality night-time charity challenge experience on the market!

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. As this challenge takes place at night the temperature can often reach freezing point, even in the height of summer. 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 mountain expedition leaders to accompany and lead you. The mountain 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. They will be carrying full safety equipment and mountain first aid kits with them at all times.

Group Size

Our minimum group size for this challenge is 10 and the maximum is 40 per team. There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

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 trek there will be limited opportunities to purchase some extra snacks as we pass through villages (please do not rely on shops being open as it is not always possible to guarantee this). Therefore you may wish to take some money with you on the trek. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Training

The Mind Hike Challenge is an endurance trekking event over 24 hours, therefore requiring a good to high level of fitness. The ideal training for this challenge is, naturally, walking in the outdoors. However, if you do not have the luxury of living near the great outdoors, then the stairs at home (or an office block) are a great place to start. Try building in a walk to work if possible, or perhaps at lunch. 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 outdoors, over similar terrain that you will face on the challenge, so try if possible to get out on a weekend and train in an appropriate area. It can be a great way to discover nearby places that you never knew existed! If it is possible for you to practice walking at night with your headtorch then this is also useful. 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 challenge, the more you will get out of it. The hardest part of this challenge to train for is the fact that you will need to walk for 24 hours. Whilst it is not expected that you will have practiced this we would recommend that you be comfortable with long days of walking for at least 10 hours, plus you should be comfortable walking for consecutive days. It is a good idea to have a training weekend where you perhaps walk for 8 hours on one day and then another walk the following day. Also see your Charity Challenge Fitness Training notes.

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, a good quality headtorch with spare batteries is vital. A headtorch is much better than a handheld torch as it allows you to keep your hands free. If you do not wish to buy an expensive headtorch just for this challenge then very good quality ones can be hired for the weekend from our partners at Outdoor Hire. Waterproof and well-worn in boots will be indispensable. 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. Sports trainers are not suitable. As this is a nighttime challenge the temperatures will be significantly colder. Enough warm layers are vital as are hats and gloves. If possible, try to bring two pairs of gloves and two hats as these can very often get wet. 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.

Level of Difficulty

The Mind Hike challenge is graded as extreme. This is the perfect challenge for participants who are of an adventurous spirit and having taking on a previous trekking challenge and are now looking to push themselves to their limits. You can tell your supporters that on your Mind Hike you will be:

- Trekking for 24 hours continuously.
- Covering 40 miles of undulating terrain, with the added challenge of walking through the night!
- Ascending a total of approx 2500m in a single day. That's almost the same as climbing Ben Nevis, the UK's highest mountain, twice!
- Trekking as part of a team, supporting each and every team member to get through the challenge.

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Any more questions?

Contact us:

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