



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

JDRF HADRIAN'S WALL TRAIL
CHALLENGE
UK

Sat 03 Jun - Sat 03 Jun 2017

A weathered wooden arrow-shaped sign pointing to the right, mounted on a wooden post. The sign has the words 'Wall Path' carved into it in a simple, sans-serif font. The background shows a green field and trees under a bright sky.

Wall Path



In aid of Breakthrough T1D

03 Jun - 03 Jun 2017



1 DAYS | UK | TOUGH

Starting near Lanercost Priory, this 26.2 mile route closely follows the world famous Hadrian's Wall. You will test your stamina as you climb the hills of Northumberland's National Park. Fully marshalled with checkpoints along the route, you will experience the historical wonder of Hadrian's Wall with the stunning landscape that the north has to offer.

- Walk, jog or run 26.2 miles along the historical Hadrian's Wall
- Fully marshalled event with Support Leaders and checkpoints
- Route closely follows the famous world heritage site
- Test your endurance with the undulating terrain of Northumberland National Park
- An off-road marathon - a truly epic challenge!

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 03 Jun

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DAY ONE

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on a marathon distance event through Hadrian's Wall country. Set against the historic backdrop of Hadrian's Wall you will put mind and body through the ultimate test, as you tackle this serious endurance challenge. Running or walking, this route is a serious undertaking.

After registration we will transfer you out to the start point near Lanercost Priory. From here you will begin to make your way back to Hexham, running or walking (or both) through the Northumberland National Park.

During the challenge you will be required to follow our waymarked route and to be self-sufficient between the checkpoints. Our support leaders will be available along the way if you have any difficulties.

The route begins by following the remains of the wall closely as we wind up and down the rolling hills of this dramatic landscape. At certain sections we follow small country lanes as we traverse the countryside. As fatigue starts to take hold we begin the slow descent into Hexham and the finish line.

Not for the faint hearted, this is a tough endurance challenge and should not be undertaken lightly, however the sense of achievement is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable running or walking similar distances.

Self funder

Pay a registration fee of £37.50 when you book.

Then a balance of £157.50
(5 weeks before your challenge).

Raise as much as you can for JDRF.

Minimum sponsorship

Registration fee of £37.50 when you book.

Raise a minimum of £450.00 for JDRF.

[Click here](#) for a more detailed explanation of the options available.

Self funder option

The full cost of this challenge is £195.00. You will be required to pay the registration fee of £37.50 at the time of booking and the final balance of £157.50 which is due 5 weeks before departure (15/04/2017). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for JDRF. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by JDRF

Minimum sponsorship option

You will be required to pay the registration fee of £37.50 at the time of booking and raise a minimum amount of sponsorship, £450.00 for JDRF. You should send your sponsorship money to JDRF as you raise it. If you have raised the necessary funds, JDRF will then pay the balance of your expedition costs (which will not exceed 35% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

This is a ground only challenge

This challenge is ground only. This means you will need to organise travel to arrive at the starting point of the itinerary in the host country and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

What's included?

Before you go

- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores in the UK
- Access to your own password protected account

What's not included?

Before you go

On your challenge

- Accommodation

The details

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. 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.

- Risk assessment and emergency management planning
- Fitness training notes
- Sponsorship forms (online and hard copy)
- A-Z of fundraising ideas
- Fundraising advice
- Travel to and from the challenge start/finish point

On your challenge

- Drinks and snacks available throughout the day
- Hot breakfast buffet
- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking or running, with tough ascents and descents. The route is on good paths and roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

Safety

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 shoes have good grip. Trainers are not appropriate as they lack grip.
- The weather can change in the course of the day. Please make sure you carry an additional warm layer, waterproof jacket.
- If you are taking part in the running event please make sure that you adhere to the runners kit list and that you are able to support yourself in case of an accident.
- This event includes short sections along cuntry roads. Please take care along these sections and keep to the sides of the roads in single file.
- This is a long distance, endurance event. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Toilets

There will be toilet 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

A simple breakfast will be available at registration, however we would encourage you to see this as an added breakfast and to make sure that you have had a full breakfast before arriving. Lunch will be available at each checkpoint in the form of a packed lunch and pasta salads. Food will also be available at the finish point. The drinking of alcohol

the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

Accommodation

No accommodation is provided for this challenge. We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local communities. In Hexham there are some excellent accommodation options to suit all budgets. Please visit visitnorthumberland.com for more suggestions and to book somewhere.

Alternatively, Newcastle is only a 30 minute drive from Hexham.

Getting there

The registration point will be in the village of Humshaugh, about 30 minutes drive from Newcastle Upon Tyne. We will send across all driving details, plus the address of the registration point, at no later than 1 month prior to departure.

Challenge Timings

Your challenge begins early in the morning and you will need to arrive at the registration point for 6.00am in order to maximise the time available to complete the challenge (precise arrival times and instructions will be sent out 1 month prior to the challenge) When you arrive you will be able to register and then enjoy a breakfast snack whilst meeting your support team and listening to the safety briefing.

After registration you will be transferred to the start of the route for a 7.30am start. Please note that this transfer takes approximately 45 minutes so please arrive at registration promptly.

We expect the final people to arrive back at the finish at around 20.00. Delays can happen, and the return time will all depend on the speed that you walk, so please do try and book flexible return arrangements. At each checkpoint we will be imposing cut-off times so that we can safely manage the event At the finish there will be food available before you depart.

How much of Hadrian's wall will we see on this route?

We are sensitive that this event takes place in a World Heritage site and that Hadrian's Wall faces ever increasing pressure from visitors and events, such as this JDRF challenge. With any running event there are particular pressures on the landscape caused by having large numbers of runners.

With this in mind our route follows the wall closely, without always following the actual remains of the wall. The route touches base with the wall at various points, and the sense that you are passing through this historic landscape will not be lost.

The Hadrian's Wall trail officer has asked us to pass on the following information regarding the sections where we will be walking alongside the wall:

- Please do not walk on the remains of the wall itself.
- Please walk or run two or three abreast, rather than in a single line. This helps to reduce the amount of footpath erosion that occurs.

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 Hadrian's Wall National Trail to make sure that we minimise our impact on the local environment. On this challenge in particular we are sensitive that we are passing through a World Heritage site. 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 'Hadrian's Wall National Trail' who maintain the excellent footpaths we will be walking on. Hadrian's Wall National Trail 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](#) section.

Why book with Charity Challenge?

Everything included from the moment you arrive. Free car parking, breakfast buffet, lunch and snacks at checkpoints throughout the day and then a glass of champagne and food to celebrate at the end.

- Chip timing package to record your time.
- Fully routemarked event.
- High quality waterproof maps and electronic route details provided.
- Support Leaders roaming the entire route to help and support you.
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- The usual high quality Charity Challenge event experience!

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.

How will I follow the route?

The route will be fully waymarked with very easy to follow route markings. On top of this you will also be provided with a high quality, waterproof Ordnance Survey map of the route. We will also provide written route directions in an electronic form alongside pdf copies of the route and gpx files for those wishing to use GPS technology.

Additional to this, the route will also be monitored by our Support Leaders and all participants will be required to sign in at each checkpoint.

We employ experienced and fully qualified mountain leaders to work as Support Leaders. The mountain leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be carrying full safety equipment and mountain first aid kits with them at all 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 are limited opportunities to spend any money. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Training

The JDRF Hadrian's Wall Trail Challenge is a long, sustained event of up to 12 hours and covering remote terrain with steep ascents and descents. Therefore it requires a good level of fitness. The ideal training for this challenge is, naturally, walking and running along similar terrain. However, if you do not have the luxury of living near the great outdoors, then the gym or running/walking in your local area are good places to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up. Remember to use the clothes, equipment and especially the shoes that you will be wearing on the challenge in order to get them worn in.

The more you exercise before the challenge, the more you will get out of it. 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, waterproof and well-worn in boots or trail shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use either boots or trail running shoes with good grip. Sports trainers are not suitable.

A full kit list for this challenge can be found [here](#) and this outlines the different kit required for those looking to trek during the challenge and those looking to run.

Once you book you will have access to kit discounts with our partners The Outdoor Shop,

Outdoor Hire and Cotswold Outdoor.

Difficulty

The JDRF Hadrian's Wall Trail Challenge is graded as extreme. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who have taken part in other trekking and running challenges and now wish to test themselves in a slightly more extreme environment. You can tell your supporters that on your JDRF Hadrian's Wall Trail Challenge you will be:

- Covering a marathon distance of 26.2 miles.
- Taking on the varied, undulating terrain of the Hadrian's Wall country and the Northumberland National Park.
- Ascending over 700m across the whole route.

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

facebook.com/charitychallenge

twitter.com/charitychall

