

together
for
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lives

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TRIP NOTES

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CHALLENGE FOR TOGETHER FOR
SHORT LIVES
UK

Fri 15 Sep - Fri 15 Sep 2017





In aid of Together for Short Lives

15 Sep - 15 Sep 2017



1 DAYS | UK | CHALLENGING

Classic or Extreme Routes!

Jump in the saddle and tackle the 60 mile or 40 mile cycling challenge along The Ridgeway

If bikes aren't for you then you can lace up your walking boots and trek 12 miles along the Thames Pathway.

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

- The ultimate one day trek or cycling challenge in Oxfordshire
- Follow the greatest river in England as you trek along the Thames Path
- Or tackle the undulating cycling route through secluded valleys and woodland along The Ridgeway
- Choose a distance to suit you: Classic or Extreme
- Raising vital funds for Together for Short Lives

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 15 Sep*

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The Challenge Day

The adventure begins with breakfast at the event venue on the banks of the Thames.

The cyclists will either take on the 40 or 60 mile epic loop of the Oxfordshire countryside. Bike mechanics and support vehicles will be on hand for all participants.

After a full safety briefing, we're off! The trekkers will challenge themselves trekking along the iconic and historic Ridgeway for 12 miles.

The aim is for everyone to finish back at the event venue at the same time to receive a well deserved medal and glass of champagne.

A celebration buffet meal will be available at the finish line.

MINIMUM SPONSORSHIP

Registration fee of **£25.00** when you book.

If trekking 12 miles you should raise a minimum of **£125.00** for Together for Short Lives.

If cycling 40 miles raise a minimum of **£150.00** for Together for Short Lives.

If cycling 60 miles raise a minimum of **£200.00** for Together for Short Lives.

Up to £200 per staff member will be matched by **Clyde and Co.**

WHAT'S INCLUDED?

BEFORE YOU GO

Public liability insurance

Access to training weekends (optional and at additional expense)

Fitness training notes

Fundraising advice

Risk assessment and emergency management planning

ON YOUR CHALLENGE

Internal road transfers as per the itinerary

Drinking water on challenge day

All ground staff including guides, drivers and chefs.

Full back-up support including first-aid qualified staff and first-aid supplies

All challenge management before, during and post event

Group first aid supplies

Hot buffet at the end of your challenge

Packed lunch and drinks

Drinks and snacks available throughout the day

Hot breakfast before the challenge

Qualified mountain leaders, cycling leaders & mechanics

THE DETAILS

FUNDRAISING DEADLINES

All sponsorship will be managed through the Follow the Sun [JustGiving Page](#) , please follow this [link](#) to find out how to set up a page. At least 50% of the minimum sponsorship required must be sent to the charity 6 weeks before departure (by 31/07/2017), 75% within 2 weeks of the challenge (by 01/09/2017). 100% of the fundraising must be reached by the challenge date (15/09/2017). Anything raised beyond your target will go to Together for Short Lives

Bike Equipment

Please note: If you require bike hire for this challenge then information about how to arrange this will be sent out 1 month before the challenge. the cost of this bike hire will be covered by Clyde & Co.

If you bring your own bike then it is your responsibility to make sure that it is suitable for the terrain covered during the cycle section. Both cycling routes are on roads and country lanes to which either a road bike or hybrid bike are best suited. Whilst you can use a mountain bike, we would not recommend this.

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.

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 are also employed to guarantee that you are very well looked after at all times and have access to expert advice.

Challenge Timings

You will be sent precise timings and locations 1 month prior to the start of this challenge.

Your day will begin with an early breakfast, and time to prepare for the challenge ahead.

Here you will be split into your different groups depending on the difficulty level you have selected.

The challenge itself commences between approximately 8am – 9.00am (depending on your chosen activity) and you can expect to have completed your section by 6pm. However, please make sure you have flexible return options as things can over run and we can't be held responsible for any missed trains etc.

Getting there

You should plan to arrive early, between 7.30am and 8.30am (depending on your chosen activity), on the morning of the challenge.

Exact locations, timings and instructions will be sent 1 month prior to the challenge date.

Food and 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.

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!

Safety Advice

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.
- 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.
- 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.

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.

Accommodation

Accommodation will be provided for those traveling from offices North of Oxford. Please email Clydeandcommunity@Clydeco.com if you wish to find out more.

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 uneven whilst the biking section can be uneven, we cannot guarantee that the route will be entirely on tarmac.

Clothing and Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. 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.

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Any more questions?

Contact us:

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