



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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OXFORDSHIRE TRIPLE CHALLENGE  
UK

Mon 18 Sep - Mon 18 Sep 2017





## In aid of Magpas Air Ambulance and Homeless Action in Barnet

18 Sep - 18 Sep 2017



### 1 DAYS | UK | TOUGH

Trek along the famous Thames Path, cycle along the Thames Ridgeway, and paddle along the magnificent River Thames in this one day multi-activity adventure.

You will be required to provide your own road bike and cycling helmet for this event. (Please notify Charity Challenge if you wish to hire a bike for the event). The hire of kayaks and safety equipment is included in the challenge. All participants can expect a hearty pre-event breakfast, as well as a celebratory buffet at the end.

- One day challenge of cycling, trekking and kayaking
- Exclusive event for BKL employees
- Cycle the rolling hills of Oxfordshire
- Trek along the historic Ridgeway
- Kayak down the mighty river Thames

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Mon 18 Sep*

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#### **The Challenge Day!**

The adventure begins with a full safety briefing at the event venue, then we're off! The first section of our challenge sees us trekking along the iconic and historic Thames Path.

Following our hike, we will then pedal our way over some of the breathtaking Ridgeway, taking in the beautiful sights of some of England's finest countryside.

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

Please note that the precise order in which you complete these activities may vary.

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This event is for employees of BKL only.

## Registration

Pay a registration fee of £35.00 to secure your place on this event.

BKL will pay the remainder of your trip costs (£200.00).

You are encouraged to raise as much as you can for Magpas Air Ambulance and Homeless Action in Barnet.

You are required to organise travel to arrive at the starting point of the itinerary 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 Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- Public liability insurance
- Risk assessment and emergency management planning
- Warm up exercise routines
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Fitness training notes
- 16 and 20 week trek/bike training schedule

### On your challenge

- All challenge management before, during and post event
- A thorough safety briefing before the challenge
- Experienced expedition leaders
- Drinking water
- Kayak hire
- Full back-up support including first-aid qualified staff and first-aid supplies

## What's not included?

### Before you go

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

**On your challenge**

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

**The details****Typical group size**

The typical group size is 20-40 participants

**Travel insurance**

Travel insurance is not required as this event takes place within the UK.

### 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.

### 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

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 between each activity. However, during the challenges such facilities will be limited to the great outdoors!

### Food & Drink

You will be provided with a packed lunch during the day along with snacks during the transition between activities. 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.

### 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 follows off-road 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 40. Depending on the number of people we may need to have separate groups doing the activities at different times.

### 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 packed lunch, snacks during the challenge and a celebration drink at the finish.
- Hire of 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 along rolling bridleways.
- Trek along a section of the historic Ridgeway.
- Kayak along the mighty River Thames.

### 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 Oxfordshire countryside, 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 kayaks is included in the cost of this challenge. Any safety equipment required for the kayaking will be provided, including helmets and life vests.



Bike hire is not included in the cost. If you wish to hire a bike then please contact [andy@charitychallenge.com](mailto:andy@charitychallenge.com)/ The cost of bike hire is £25.

### Bike and Kayak Equipment

**Please NOTE: Bike hire is not INCLUDED in this challenge.**

If you wish to hire a bike then please let us know prior to the challenge by emailing [andy@charitychallenge.com](mailto:andy@charitychallenge.com). the cost of hire is £25 and includes the hire of a helmet.

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. It includes ascents and descents over loose terrain. **Only road bikes or hybrids are suitable for this challenge.**

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

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 incase of any difficulties.

### Level of Difficulty

This is our hugely popular challenge which 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 will be encouraged to take part as a team, helping each other through the challenge.

- Trekking approximately 15km, approx. 3-4 hours.
- Cycling 25km over the rolling hills, approx 3 hours.
- Kayak for 1.5km along the River Thames, approx 1.5 hours.

### Getting there

You should plan to arrive early, around 7am, on the morning of the challenge.

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

### 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.

The challenge itself commences at approximately 8am and you can expect to have completed all 3 activities 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.

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.

### The team event concept

This challenge is designed and run as a team event that will see you working together as a team to help support each other through the day.

Whilst the intention is to push each other as much as possible, the aim of the event is to give everyone the best possible chance of completing each activity.

This event will not be waymarked and marshalled. You will be accompanied by challenge leaders at all times, therefore it is not suitable for people wishing to complete the challenge by themselves.

Throughout the day the group will naturally split into faster and more leisurely paced groups. This will be managed by the group and you will be helped to join a group moving at a pace that you are comfortable with.

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## Any more questions?

Contact us:

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