



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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JDRF THAMES RIDGEWAY TRAIL  
CHALLENGE  
UK

Sat 19 May - Sat 19 May 2018





## In aid of Breakthrough T1D

19 May - 19 May 2018



### 1 DAYS | UK | TOUGH

This exclusive trail challenge for JDRF will take you along two of the UK's most spectacular National Trails, the Thames footpath and The Ridgeway. Starting and finishing in the village of Cholsey, this spectacular trekking route will take you along a stunning section of the River Thames, through quaint Oxfordshire villages and then a spectacular section of the prehistoric Ridgeway, "Britain's oldest road".

You will join your fellow trekkers and be accompanied every step of the way by one of our trek leaders. This is a great way to meet other JDRF supporters, and to help each other to complete this epic challenge.

At the time of booking you will be able to select to join either the classic 20km, or extreme 40km trek distance.

- Choose between the classic 20km or extreme 40km route!
- Trek along the iconic River Thames and the Ridgeway National Trails
- Fully accompanied by trek leaders every step of the way
- A stunning route through spectacular scenery just 1 hour from London

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 19 May

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#### Challenge Day!

You will receive a warm welcome from the JDRF team when you arrive at the registration point. After taking in a little bit of breakfast and a hot drink it will be time for you to meet your trek leaders and your fellow trekkers in your group. Your trek leader will run through a full safety briefing and then it will be time to begin!

Following the mighty River Thames south you will pass the gorgeous villages of Goring and Streatley before turning away from the river and heading into the Chiltern hills, a designated area of outstanding natural beauty. here the terrain will become increasingly undulating which will be sure to start to test us.

After passing numerous idyllic Oxfordshire country houses and estates we will reach The Ridgeway, a prehistoric route that has claim to be Britain's oldest road. Our section is particularly spectacular as the 'ridge' is very clearly defined.

The final stretch of the route takes us back along the River Thames to where we began the day.

Here we will be greeted with a celebratory glass of fizz and a medal to mark our achievement.

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## 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 £30.00 when you book

Then a balance of £135.00 (5 weeks before your challenge)

Raise as much as you can for your charity.

### MINIMUM SPONSORSHIP

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Registration fee of £30.00 when you book

Raise a minimum of £270.00 for your charity.

### FLEXI

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Registration fee of £30.00 when you book

Then £40.00 towards challenge costs (5 weeks before your challenge)

Raise a minimum of £190.00 for your charity.

## WHAT'S INCLUDED

### Before you go

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- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules

### On your challenge

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- 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

### On your challenge

-

- Accommodation during the challenge

## 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 7 weeks before departure (by 31/03/2018), and the remaining 20% within 4 weeks of completing the challenge (by 16/06/2018). 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.

### Typical group size

The typical group size is 75 - 150 participants

## 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 Thames footpath and The Ridgeway 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 National Trail's who maintain the excellent footpaths we will be walking on. Both the Thames footpath and The Ridgeway National Trail's have a excellent website that provides information on their fantastic work and allows you to donate to them directly. Their websites can be viewed here:

[Thames Path National Trail](#)

[The Ridgeway National Trail](#)

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? Charity Challenge can particularly recommend some of the watering holes of nearby Goring and Streatley! Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. Please visit the [Experience Oxfordshire website](#) for accommodation options and other ideas of places to visit in the local area.

## How is this event managed?

This event is an exclusive event for JDRF. We have recognised that JDRF are a unique charity and that many of their supporters have incredible stories to tell. The aim of this event is for it not only to be a fantastic physical and mental challenge, but for it to also be an opportunity for you to meet other supporters of JDRF and to share the experience together.

To facilitate this the challenge will be run as a led walk. When you registered you and your friends will be allocated a trek leader to begin the trek with. Each trek leader will have about 10 people walking with them. If you wish to walk a little bit faster or slower then that is absolutely fine. The trek leaders will facilitate this throughout the day.

We would encourage everyone to help each other to complete this challenge together.

**Please note that this is not a marshalled event. We will not be signposting the route.**

## How much of the River Thames do we follow?

This event is being marketed as the 'JDRF Thames Trail Challenge' but please be aware that your trekking route does not exclusively follow the river. We follow the river between the towns of Wallingford and Streatley before turning away from the river to join the the Ridgeway footpath.

## 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.
- This event includes short sections along country 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. We would encourage to bring some of your own snacks to ensure that you can keep your energy levels up throughout the trek.

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.

The [Experience Oxfordshire website](#) has a full list of local accommodation options.

## Getting there

The registration point will be in the village of Cholsey, about 30 minutes drive from Oxford. The start and finish point will

be at the Cholsey Great Hall.

We will send across all driving details, plus the address of the registration point, at no later than 1 month prior to departure.

Cholsey also has a train station that is on the mainline from London Paddington.

### Challenge Timings

Your challenge timings will depend upon which distance you select. Please also note that final event timings will be sent to you 1 month before the challenge date. the timings listed below should be used as guide.

#### Classic - Half marathon

Registration will take place at 8am, and the trek will begin at 8.30am.

We expect the final people to arrive back at the finish at around 3-5pm.

#### Extreme - Full marathon

Registration will take place at 7am, and the trek will begin at 7.30am.

We expect the final people to arrive back at the finish at around 4-6pm.

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.

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.

### 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 to celebrate at the end.

- The very best trek leaders to support you every step of the way.
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- Support vehicle to assist you with any problems on the route.



The usual high quality Charity Challenge event experience!

### Terrain

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

### Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Although the early summer months 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.

### 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 travel cost

### Training

The JDRF Thames Trail Challenge is a long, sustained event of up to 12 hours and covering uneven terrain with sections of ascents and descents. Therefore it requires a good level of fitness.

The ideal training for this challenge is, naturally, walking 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 shoes with good grip. Sports trainers are not suitable.

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.

### Difficulty

The JDRF Thames Trail Challenge is graded as tough.

This is the perfect challenge for participants who are of an adventurous spirit and an open mind.

#### Classic - 20km route

For those people taking their first steps into the world of charity trekking events then the half marathon distance is the perfect entry level distance.

#### Extreme - 40km distance

For those people who have taken part in other trekking challenges and now wish to test themselves in a slightly more extreme environment then the full marathon distance is a great test of your endurance.

Whichever distance you choose you can tell your supporters that on your JDRF Thames Trail Challenge you will be:

- Taking on the varied, undulating terrain of Oxfordshire and part of the Chiltern hills.
- Ascending over 700m across the whole route (full marathon route).

# CH>RITY CH>LLENGE

**Any more questions?**

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