In aid of NSPCC
15 Sep - 15 Sep 2018

NSPCC

1 DAYS | UK | TOUGH

Join NSPCC to complete this fantastic challenge, all in the name of charity!

You may enter as a team or an individual and conquer this fantastic multi-activity challenge in the picturesque Oxfordshire countryside.

Trek and cycle around the famous trails of the Thames Path and the historic Ridgeway, then paddle along the mighty River Thames.

There are two route options available so there's bound to be a route that's just right for you. You can choose from Classic or Extreme routes.

Classic - 15km hike, 25km bike and 1.2km kayak

Extreme - 20km hike, 30km bike and 3km kayak

The hire of bikes, 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.
YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 15 Sep

- The Challenge Day!

The adventure begins with a full safety briefing and breakfast at the event venue in Chosley Oxfordshire. The event venue will be your base between each section of the challenge allowing you to get changed if you wish.

The first section of your challenge sees you trekking along the iconic and historic Ridgeway.

On completing your trekking leg, you will then be fitted with your bike before pedalling across the rolling hills of Oxfordshire.

The last leg of your challenge takes place on the River Thames in double kayaks. Qualified instructors will offer a full briefing for novices and enthusiasts alike. Then it's time to complete your paddling circuit on the river before finally reaching the finish line, totally elated with completing such a great challenge all in one day!

A buffet meal will be available on completion of your challenge together with some celebratory fizz.

Please note that the order in which you complete these activities may vary.
HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

**SELF FUNDER**
- Pay a registration fee of £39.00 when you book
- Then a balance of £196.00 (5 weeks before your challenge)
- Raise as much as you can for your charity.

**MINIMUM SPONSORSHIP**
- Registration fee of £39.00 when you book
- Raise a minimum of £400.00 for your charity.

WHAT’S INCLUDED

**Before you go**
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Public liability insurance
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules

**On your challenge**
- Three meals a day (unless otherwise stated in the itinerary)
- Drinks and snacks available throughout the day
- Qualified mountain leaders, cycling leaders & mechanics and kayak instructors
- All equipment hire including mountain bikes, helmets, open top kayaks and life jackets. You are welcome to bring your own mountain bike and helmet if you wish
- An English speaking first aid trained challenge leader and full local support team
- Group first aid supplies
- 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
- Celebratory drink at the finish line

WHAT’S NOT INCLUDED

**Before you go**
- Travel to and from the challenge start/finish point

**On your challenge**
- Accommodation during the challenge
- Personal spending money
### 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 07/07/2018), and the remaining 20% within 4 weeks of completing the challenge (by 13/10/2018). 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.

**Prices include all known air taxes**
We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

**Typical group size**
The typical group size is 100 - 149 participants.
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 provided 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.

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.

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.

Getting there

This event is based in the village of Cholsey, south of Oxford.
You should plan to arrive early, around 7.30am, on the morning of the challenge.

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

**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 been to an expert mountain biker or kayaker, just somebody with a willing sense of adventure.

You will be encourage 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.

**Bike and Kayak Equipment**

*Please NOTE: Bike hire and kayak hire is included in the cost of this challenge.*

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 and on roads. **Road bikes and 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.

**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/ The cost of bike hire is £25.

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.

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.

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.

Group Size

Our maximum group size for this challenge is 150. Depending on the number of people we may need to have separate groups doing the activities at different times.

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.

**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.

**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.

**Accommodation**

This is a one day event, and overnight accommodation is not included.

**Food & Drink**

You will be provided with a buffet breakfast when you arrive for the Adventure Challenge. You will also receive a packed lunch during the day along with snacks and hot drinks during the transition between activities. Upon completing your challenge a well-deserved celebration buffet dinner will be available.

You may wish to bring your own favourite snacks and energy drinks 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 between each activity. 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.
- 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.

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.
Any more questions?

Contact us:

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