

HOW  
**ACTION FOR  
CHILDREN**  
WORKS

**HAYS** Recruiting experts  
worldwide



TRIP NOTES

**BELIEVE  
ACHIEVE  
INSPIRE**

**OXFORDSHIRE TREK AND KAYAK  
CHALLENGE - CANX  
UK**

Sat 26 May - Sat 26 May 2018





## In aid of Action for Children

26 May - 26 May 2018



### 1 DAYS | UK | TOUGH

Join your fellow challengers join together as a team to complete this fantastic challenge, all in the name of charity!

Trek along the famous Thames Path and Ridgeway national trails, then kayak along the mighty River Thames.

The hire of kayaks and safety equipment is included in the challenge. All participants can expect a hearty packed lunch, as well as full support throughout the day.

- Exciting one day challenge of trekking and kayaking
- Trek along the Thames footpath and the historic Ridgeway national trails
- Kayak down the mighty river Thames

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 26 May

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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 kayaking down the famous 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 transitioning onto the trek.

Your trekking route will see you challenged by two of the UK's most famous national trails, the Thames footpath and the Ridgeway. The scenery will help to drive you on until you reach the finish line, tired but elated!

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

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### SELF FUNDER

Pay a registration fee of **£40.00** when you book.

Then a balance of **£151.00**  
(5 weeks before your challenge).

Aim to raise **£500.00** for Action for Children.

The full cost of this challenge is **£191.00**. You will be required to pay the registration fee of **£40.00** at the time of booking and the final balance of **£151.00** which is due 5 weeks before departure (21/04/2018). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for Action for Children. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by Action for Children.

### 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 Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- 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

- Packed lunch and drinks
- Drinks and snacks available throughout the day
- Qualified mountain leaders and kayak instructors
- All equipment hire including open top kayaks and life jackets.
- 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

**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. You have up until 3 months after the challenge to send the funds to the charity

**TYPICAL GROUP SIZE**

The typical group size is 20 - 50 participants

## Group Size

Our maximum group size for this challenge is 50. Depending on the number of people we may need to have separate groups doing the activities at different times.

## 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 the 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 can vary enormously during the course of your challenge. 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 kayaking section.
- We employ qualified instructors and leaders for each activity. Please listen carefully to the instructions given.
- You will be accompanied on the water at all times whilst undertaking the kayak section.
- 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 and can be wet and boggy.

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

### 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 kayak instructors who can also provide expert instruction to guide you through this activity.
- Trek along a section of the historic Ridgeway national trail and the Thames path.
- 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.

#### 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.

## Training

This challenge will have you kayaking and trekking 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.

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 of kayaks is included in the cost of this challenge. Any safety equipment required for the kayaking will be provided, including helmets and life vests. You do not need any specific clothing for the kayak section, so swimming costumes are not required. We recommend that people complete this section in the same clothes that they will use for the trek to reduce the amount of time spent changing. You may wish to bring a spare change of clothes, just in case!

## Kayak Equipment

Please NOTE: Kayak hire is INCLUDED in 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 instructors and these same leaders will accompany you on the water in case of any difficulties.

### Level of Difficulty

This challenge 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 to an expert kayaker or trekker, 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 20km, approx. 5 -6 hours.
- Kayak for 1.5km along the River Thames, approx 2 hours.

### Getting there

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

The event will be based in the village of Cholsey, just south of Oxford.

You should plan to arrive early for a 10am start, on the morning of the challenge.

### Challenge Timings

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

Your day will begin with registration, followed by a full safety briefing to prepare you for the challenge ahead.

The challenge itself commences at approximately 10am and you can expect to have completed both 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.

The trekking route will not be waymarked or 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 as a race.

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.

# CH>RITY CH>LLENGE

**Any more questions?**

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