



TRIP NOTES

---

# BELIEVE ACHIEVE INSPIRE

---

**MIND HIKE OVERSEAS:  
TRANSYLVANIA  
ROMANIA**

Tue 16 Jul - Sun 21 Jul 2019





## In aid of Mind

16 Jul - 21 Jul 2019



### 6 DAYS | ROMANIA | CHALLENGING

Since ancient times, the territory of today's Romania has been a borderland of European civilization, strongly influencing its culture and its people who are an exotic mix of Oriental, Slavic and Occidental. Trekking through small mountain villages, we will get to know the locals and their culture, while tackling the rugged wilderness and the region's impressive mountain ranges. The itinerary also travels out to the King's Rock National Park, which was home to the Carpathian Large Carnivore Project, a conservation programme to protect and monitor the local populations of wolves, lynx and bears. And, of course, you cannot leave Transylvania without the obligatory visit to the castle of Romania's most famous son, Count Dracula.

- Traverse the Transylvanian Alps on this 60km trek through Romania
- Explore Count Dracula's eerie castle
- Climb over 2,200 metres above sea level
- Stay at a local guesthouse
- Visit the King's Rock National Park, home to wolves, lynx and bears

**YOUR CHALLENGE DAY BY DAY****DAY 1 Tue 16 Jul****International departure from London**

After months of training, the big day finally arrives as you meet your fellow trekkers and your Mind Charity Rep at London Heathrow airport. Upon arrival in Romania, you will be greeted by the local Charity Challenge crew for the three-hour bus transfer to the medieval city of Brasov. Take in the impressive Romanian countryside as you head for the village of Bran, where you will have your first team dinner. (Please note that today's lunch is not included).

Overnight: camping

---

**DAY 2 Wed 17 Jul****Trek in Moieciu pastoral area (approximately 5-7 hours)**

Let's trek! You'll start the day by heading off into the Bran-Rucar Corridor, nestled in the hilly region between Bucegi and Piatra Craiului Massifs. The route takes in some of Romania's richest pastoral areas, dotted with shepherds' huts. The uninterrupted views of the most spectacular massifs in the Southern Carpathians will spur you on before returning to the campsite for dinner.

Overnight: camping

---

**DAY 3 Thu 18 Jul****Bucegi Massif (approximately 7 – 8 hours)**

Expect to be challenged as you head towards the western wall of the Bucegi massif. Today's route begins in picturesque Gutanu, as you climb a steep ridge of more than 2,000m. It's onwards and upwards to the day's highest peak – Varful Batrana (2,189m). After a picnic, the route descends from Strunga Saddle to the village of Moieciu de Sus before heading back to the campsite to relax and enjoy dinner.

Overnight: camping

---

**DAY 4 Fri 19 Jul****Dracula's Castle (approximately 4 – 5 hours)**

Originally built in the 14th century, Dracula's Bran Castle was renovated in the 19th Century by the Romanian royal family. From here you'll trek towards Magura, stopping for a picnic lunch on a ridge which overlooks the pretty village. The trek descends through meadows, grazing lands and pine forests.

Overnight: camping

---

**DAY 5 Sat 20 Jul****Postavaru Massif (approximately 5-6 hours)**

This morning you will start your final day of trekking from the Poiana Brasov ski resort, perched on a shoulder of the picturesque Postavaru Massif. After an initial climb the path follows a long-wooded ridge with views over the surrounding mountains. Stopping for a picnic lunch, you'll continue your descent all the way to the centre of Brasov crossing the medieval centre, one of the best preserved in Romania, to your accommodation.

Once you've completed your incredible challenge, you will have time to freshen up ahead of your celebratory dinner where you can mark your amazing achievements!

Overnight: hotel

---

**DAY 6 Sun 21 Jul**

---

**Depart for UK**

Proud of having conquered the Transylvanian Alps, you'll be transferred back to Bucharest for lunch (time permitting) and then board your flight back to the UK. Saying goodbye to new found friends and trekking partners will be tough, so be sure to exchange contact details before parting ways.

---

**NB**

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

## HOW TO FUND YOUR CHALLENGE

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

The costs below are per person.

SELF FUNDER	MINIMUM SPONSORSHIP	FLEXI
-	-	-
<i>Pay a registration fee of £275.00 when you book</i>	<i>Registration fee of £275.00 when you book</i>	<i>Registration fee of £275.00 when you book</i>
<i>Then a balance of £978.00 (8 weeks before your challenge)</i>	<i>Raise a minimum of £1995.00 for your charity.</i>	<i>Then £275.00 towards challenge costs (8 weeks before your challenge)</i>
<i>Raise as much as you can for your charity.</i>		<i>Raise a minimum of £1435.00 for your charity.</i>

## WHAT'S INCLUDED

### Before you go

- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoohire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules

### On your challenge

- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- All internal transfers
- A Charity Challenge T-Shirt
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- Entrance fees to national parks or other places of interest visited on the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)

## WHAT'S NOT INCLUDED

### Before you go

- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own

### On your challenge

- Tips
- Departure Tax (if applicable)

policy details)

#### 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 07/05/2019), and the remaining 20% within 4 weeks of completing the challenge (by 18/08/2019). 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.

##### Raising the sponsorship

Thank you so much for choosing to fundraise for Mind. We really appreciate your support. Should you need any further assistance or help with your fundraising then please contact the team at [community@mind.org.uk](mailto:community@mind.org.uk) and we will endeavour to get back to you as soon as we can!

##### Typical group size

The typical group size is 30 - 50 participants

##### Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 30 participants. We can run this trip with 25-29 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

## Optional extras

Extensions at end of trip\*  
Single room supplements\*  
Business class upgrades\*  
(\*subject to availability)

## Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

### Level of Difficulty

The Trek Transylvania is graded as “challenging” that will test you both mentally and physically. You should not undertake this challenge without significant training.

You can tell your supporters that on your Trek Transylvania you will be:

- Trekking for around 5-8 hours per day.
- Reaching peaks of 2400m.
- Conquering the Transylvanian Alps.
- Camping for four nights.

### Typical day

You will wake early in time for breakfast and then make a packed lunch for the day ahead. Hiking will start around 0830hrs. The number of hours spent hiking will depend on the weather conditions (which are extremely unpredictable) and the size and ability of the group. There will be plenty of refreshment stops, and visits to places of natural beauty and interest. In the evening you will arrive at pensions/chalet where you will have dinner.

### Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand 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 activity itself. Your welfare is paramount!

In terms of your Trek Transylvania, there are a couple of important points that you should be aware of:

- The altitude in the Transylvanian Alps.
- Varied terrain

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

## Flights

You will be flying from London to Bucharest. The flight will take approx 3 hours. The airline and routing will be confirmed two months prior to departure. Your flight tickets will be e-mailed to you before departure.

If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance).

## Visa

A full passport is required with six months to run from the end of the challenge, but no visa is necessary for British Citizens.

## Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQ's page](#).

## Vaccinations & Medicines

For up to date vaccination information please check the Travel Health Pro page: [https://travelhealthpro.org.uk/country/185/romania#Vaccine\\_recommendations](https://travelhealthpro.org.uk/country/185/romania#Vaccine_recommendations)

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such it may be useful to take a copy of your itinerary with you.

## Medication

- carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- a letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-

existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at  
<https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

## Climate & Terrain

### Climate

Early mornings will feel chilly at first, but warm up considerably as soon as the sun rises. Whilst we have chosen the best seasons for trekking, rain and cloud, and even hail, cannot be ruled out. Night skies are usually clear and starry. As soon as the sun sets, the temperature drops radically and may drop below zero degrees. On the mountain, you will be trekking in very clear air and will need strong UV protection in particular for your skin & eyes.

### Terrain

The terrain will be varied throughout the trek, from high pastures to mountain ascents on rocky paths.

## Training

A good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be OK “as long as they train regularly over a period of a few months” leading up to the challenge. Although this is a short European trek, don’t be mistaken into thinking it is not challenging as it is! The days are long, and the terrain difficult, including some areas where ropes have been added to help trekkers whilst scrambling. No climbing kit is needed nor technical training, however good physical condition and faith in your own strength are essential.

In your Charity Challenge account you will find more comprehensive Fitness Training Notes. You can also look to join one of our [training weekends](#).

## Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

### Luggage allowance & valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt). During the challenge your bags will be transported by vehicle. You will not have to carry your main pack.

Whilst we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

### Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak English. They will ultimately be responsible for the running of the itinerary and the safety of your group.

### What happens if I fall ill, can't keep up or there is an emergency?

The event is not run as a race and there is always a large discrepancy in people's walking ability. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find somebody is unable to walk at all, then we can transport him or her from one location to the next with the help of our staff. Throughout the challenge, back-up support will be close by.

### Group Size

Group size will be 30-40 participants.

### Clothing & Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. 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, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg injuries or niggles. A full kit list for this challenge can be found [here](#), once you book you will have access to kit discounts with our partners Outdoohire, Cotswold Outdoor and Cycle Surgery.

### Do we need to take our own sleeping bags/ mats?

Yes, you will need to bring your own sleeping bag and sleeping mat. Please see the [Kit List](#) for full details.

## Accommodation & Toilets

### Accommodation

During the challenge, you will be camping. Tents will sleep two people. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

On the last night of the challenge, you will be staying in a local hotel in Brasov (twin share).

### Toilets

You will have clean toilets and basic showers and washing facilities in camp. Toilet paper is provided; however, you should also bring your own supply for during the day whilst in the mountains.

## Food & Drink

The food will be very filling and nutritious. Breakfast will consist of eggs, ham, cheese, jam or honey and tea/coffee. Lunches are picnics with meat, cheese, fresh vegetables and fruit, chocolate or cookies. Dinner will be three courses: soup followed by a main course and desert. Plenty of drinking water will be available to keep you hydrated. You may want to bring some extra snacks, such as tracker bars, nutrigrains, dried fruits etc. You can buy extra food or alcohol at the pensions/chalet if you wish. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

## Money

**Currency:** Romanian Leu. For up to date currency exchange, go to [www.xe.com](http://www.xe.com).

**Cash:** There are ATMs available at the airport and Brasov.

**Credit cards:** ATMs are generally OK. Credit cards and travellers cheques are reliable. Visa, MasterCard and American Express are the most widely accepted and may be used at cash points. In smaller towns, banks do not necessarily have cash points.

**Travellers cheques:** Preferably in US dollars or Euros, Travellers' Cheques can be cashed in large banks, some hotels and selected exchange offices but most of them charge considerable commissions. Do not count on cashing cheques outside Bucharest. For travel around the country it is a good idea to carry cash. Small stores and restaurants might accept U.S. Dollars in small denominations (\$1, 5, 10 and 20) but the exchange rate offered will not be the best. Street handicraft vendors prefer Romanian currency.

**Spending money:** You will not need a large amount of money during this trip. You can't always change your pounds into Romanian Leu (ROL) in the UK, you may have to change it upon arrival. Credit cards are widely accepted and there are ATMs in Bucharest airport and in Brasov (on the first day). To help you budget, prices in Romania are as follows: 70p per beer in a restaurant, 50p per beer in a shop, 70p per glass of soft drink, £5-10 per bottle of wine in a restaurant. Approximately £100 should be sufficient but please take more if you plan to extend your stay or shop a lot!

**Tips:** Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. GBP£5 per participant per trekking day and this should be given to the challenge

leader at the end of the challenge who will distribute it amongst the local support team. In bars and restaurants tips are very common and are about 10% of the total bill.

#### Phone and WiFi

You will have a good phone reception. On trekking days, there will be some phone signal at some points.

You will not have access to electrical sockets during your stay in the campsite. We recommend you bring some USB chargers in order to charge your digital devices.

#### Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency, all guides and leaders are maintaining contact via radio, and the backup vehicle will not be far away. If somebody is unable to walk at all, then the guides will arrange evacuation to a vehicle.



“

A fantastic but tough challenge. A rewarding experience with fantastic scenery and made all the better for meeting such great friends along the way.

Wendy Hawthorn

“

This was an exhausting yet amazing challenge. Scenery was stunning, insight into the life of locals was fascinating and as a group we felt so proud of what we had achieved at the end of each day.

Lynne Brown

“

I had a fantastic time in Romania - the scenery was stunning and the people lovely.

Rachael Gurney

# CH>RITY CH>ALLENGE

**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)  
[www.charitychallenge.com](http://www.charitychallenge.com)

[facebook.com/charitychallenge](http://facebook.com/charitychallenge)  
[twitter.com/charitychall](http://twitter.com/charitychall)

