



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SENSE RIDGEWALK
UK

Sat 22 Jun - Sun 23 Jun 2019





In aid of Sense

22 Jun - 23 Jun 2019



2 DAYS | UK | EXTREME

The RidgeWalk is one of the toughest and most demanding hiking events in the UK. Push yourself further and support each other as you tackle 52-miles of undulating terrain along the impressive Thames RidgeWay.

Thanks to the money that you raise for Sense, they can continue supporting children and adults who are deafblind or living with complex disabilities.

52 miles is a challenge for almost anyone... and Sense show that - with the right amount of support - we can all achieve amazing things.

- Tackle 52 miles of Oxfordshire's incredible RidgeWay
- Push yourself physically, emotionally and mentally in this demanding challenge
- Raise life changing funds for Sense
- Trek together as a team, with full support from qualified expedition leaders
- Celebrate with a hot brunch at the finish line!

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 22 Jun

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Registration and challenge start

Arrive at the start where you'll get yourself registered and ready to go. Before you set off there will be a full safety briefing from the challenge leaders to ensure all the participants are fully prepared. After that, you'll be cheered across the start line as you set off on your challenge. We'll make sure you're supported throughout the event; from snacks and drinks at checkpoints to give you energy boosts, to cheer points along the way to give you morale boosts. You'll also get a delicious hot meal around the half-way point before continuing your trek.

DAY 2 Sun 23 Jun

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Challenge complete

After trekking through the night you'll receive a RidgeWalk heroes welcome as you cross the finish line, where you'll be able to put your feet up with a well-deserved hot breakfast and cuppa.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £49.00 when you book

Raise a minimum of £395.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Discount on personal equipment from Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- Access to UK based training weekends (optional and at additional expense)
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Fitness training notes
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

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- Drinking water on challenge days
- Hot breakfast at the end of your challenge
- Drinks and snacks available throughout the day
- Group first aid supplies
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Clothing and equipment listed on your Kit List

On your challenge

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- Breakfast before the challenge
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

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 04/05/2019), and the remaining 20% within 4 weeks of completing the challenge (by 21/07/2019). 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.

Raising the sponsorship

Sense is here to offer personalised support to help people communicate and experience the world. For everyone living with complex disabilities. For everyone who is deafblind. We believe that no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential.

Our experts offer support that's tailored to the individual needs of each person, whether that's at our centres, through our holidays and short breaks, or in people's own homes. In addition to practical support, we also provide information to families, and campaign for the rights of people with complex disabilities to take part in life.

Typical group size

The typical group size is 150 - 299 participants

Why register with Charity Challenge?

Charity Challenge is one of the leading tour operators for challenge events in the UK and overseas.

- Everything is included from the moment you arrive. Unlike other operators, Charity Challenge includes fully qualified expedition leaders to accompany you throughout the challenge, food, snacks and drinking water, first aid support and finish line celebrations.
- Charity Challenge's Mountain Leaders are fully qualified, highly experienced, knowledgeable and fun. They will do everything possible to help you complete the challenge and have a great time doing it.
- Charity Challenge prides itself in its sector-leading responsible tourism policy. The route is designed to minimise the negative impact the footprints might have and to maximise the positive impacts.

Level of Difficulty

The Sense RidgeWalk challenge is graded as **extreme**. This is the perfect challenge for participants who are of an adventurous spirit and are looking to push themselves to their physical and emotional limits.

You can tell your supporters that on the RidgeWalk you will be:

- Trekking for 24 hours continuously
- Covering undulating terrain, with the added challenge of walking through the night!
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Clothing and equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and a very uncomfortable one.

For the RidgeWalk, a good quality headtorch with spare batteries is vital. A headtorch is much better than a handheld torch as it allows you to keep your hands free. If you do not wish to buy an expensive headtorch just for this challenge then very good quality ones can be hired for the weekend from our partners at Outdoor Hire.

Waterproof and well-worn in boots will be indispensable. The terrain might be uneven at times, 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. Sports trainers are not advised.

As this is a night-time challenge, the temperatures will be significantly colder. Enough warm layers are vital as are hats and gloves. If possible, try to bring two pairs of gloves and two hats as these can very often get wet.

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.

Training

Sense's RidgeWalk is an endurance trekking event over 24 hours, therefore requiring a good to high level of fitness. The ideal training for this challenge is, naturally, walking in the outdoors. However, if you do not have the luxury of living near the great outdoors, then the stairs at home (or an office block or car park) are a great place to start. Try building in a walk to work if possible, or perhaps at lunch. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 3-4 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 outdoors, over similar terrain that you will face on the challenge, so try if possible to get out on a weekend and train in an appropriate area. It can be a great way to discover nearby places that you never knew existed! If it is possible for you to practice walking at night with your headtorch then this is also useful. 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 challenge, the more you will get out of it.

The hardest part of this challenge to train for is the fact that you will need to walk for 24 hours. Whilst it is not expected that you will have practiced this we would recommend that you be comfortable with long days of walking for at least 10 hours, plus you should be comfortable walking for consecutive days. It is a good idea to have a training weekend where you perhaps walk for 8 hours on one day and then another walk the following day.

Also see your Participant Account Area for Fitness Training notes.

Money

During the trek there will be limited opportunities to purchase some extra snacks as we pass through villages (please do not rely on shops being open as it is not always possible to guarantee this). Therefore you may wish to take some money with you on the trek. 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

The event will have 200-350 participants, setting off in waves and with dedicated expedition leaders throughout.

The aim of this challenge is to work together with your leaders and fellow participants to help each other through the 24 hours. This is a great opportunity to meet other inspirational people like yourselves and to draw strength from each other.

There will be one leader per approximately 12-18 participants.

Expedition Leaders

Charity Challenge works with experienced and fully qualified trek leaders who all hold Mountain Leader qualifications. The leaders are first aid qualified and have extensive experience in leading challenges throughout Britain and overseas.

The Expedition Leaders will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and first aid kits with them at all times.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes 24 hours of hiking, with some ascents and descents throughout the trek, with the added challenge of walking in the dark. The route is predominantly on good paths, but it's the variation of footpaths 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! Whilst June should be, in general, slightly warmer and drier, we all know that this isn't always the case. As this challenge takes place at night the temperature can often reach close to zero, even in the height of summer. 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.

Toilets

There will be bathroom facilities at the start and finish of the challenge; however during the challenge such opportunities will be limited to the great outdoors!

Safety Advice for the RidgeWalk

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 undulating. Please make sure that your walking boots/footwear has good grip.
- Trekking at night is by its nature a hazardous activity. A powerful, good quality headtorch is absolutely vital.

- Due to extra risks posed by trekking at night, we always use a higher ratio of leaders to maximise safety. It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather at night can be very different to during the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 24 hours is a long time to be out on a trek, especially overnight. Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.

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Any more questions?

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