RNIB

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TRIP NOTES

BELIEVE ACHIEVE INSPIRE

RNIB TREK PEMBROKESHIRE COAST UK

Fri 30 Aug - Sun 01 Sep 2019

In aid of RNIB

30 Aug - 01 Sep 2019

RNIB
See differently

3 DAYS | UK | CHALLENGING

Take on steep limestone cliffs, volcanic headlands and sandstone bays. This challenge follows the Pembrokeshire Coast Path as it winds its way through some of the most breathtaking coastal landscapes in Britain.

- Trek over 30km of beautiful Pembrokeshire coastline
- Begin the challenge from St Govan's Head
- Head along the limestone coastline towards Tenby
- Meet the group and team leaders in Tenby
- Support the RNIB and smash barriers that stop people with sight loss thriving

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 30 Aug*

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Saturday evening: Arrival and preparation

Make your way to Tenby and arrive at the hotel to settle in. There will be a full briefing in the evening and you will meet all your RNIB team mates!

DAY 2 *Sat 31 Aug*

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Challenge day!

Today is you challenge day! After a large breakfast we head to St Govan's Head, the most southerly point in Pembrokeshire and the perfect starting point for our adventure. We set off into the growing darkness on a trail that snakes north-east between Stackpole Head and Trewent Point.

We round the Priest's Nose and head along the limestone coastline towards Tenby. Teamwork and endurance are now all-important as we tackle the final leg of this inspirational journey.

After completing the journey we head back to the hotel to freshen up before our celebration meal in the evening.

DAY 3 *Sun 01 Sep*

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Sunday and Departure

We have a final breakfast together and then you make your way home, with an outstanding sense of achievement and new friends in your address book!

NB

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

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £75.00 when you book
Raise a minimum of £550.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Public liability insurance
- Risk assessment and emergency management planning

On your challenge

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- All challenge management before, during and post event
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies

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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- 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 50% of the minimum sponsorship required must be sent to the charity 7 weeks before departure (by 12/07/2019), and the remaining 50% within 6 weeks of completing the challenge (by 13/10/2019). 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.
Typical group size	The typical group size is 20 - 25 participants

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is predominantly on good paths, but it's the variation of boggy footpaths or loose gravel along the cliffs that make this challenge even more demanding. You should also consider that all terrain becomes a little bit more difficult when walking at night as your field of vision is significantly reduced.

Challenge Timings

Your challenge begins on the evening before the trek, and you should arrive at the confirmed accommodation by approximately 8pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your evening safety briefing.

On the day of the trek itself, you will have an early start for your hearty breakfast. You will be walking for approximately 8 hours, which makes your trek a long day. You can expect to arrive back at the hotel at around 6pm. You will then have time to shower and change before your evening celebration meal.

On the final morning you will have your breakfast and then be free to depart.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within 8hrs. If we find that you are unable to trek at all, then we will arrange for you to be escorted back down to the start/finish.

Safety advice for the Pembrokeshire Coast Challenge

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.
- 8 hours is a long time to be out on a trek, especially overnight. Ensure that you keep yourself hydrated by drinking lots of fluids.

- Trekking along cliff tops requires an extra level of care. Whilst the footpath is set away from the cliff tops you should be aware of where the path is going at all times.

Toilets

There will be toilets available at the event venue where we will be having dinner and breakfast. There will be no toilet facilities both at the start and end of the trek; and during the challenge such facilities will be limited to the great outdoors!

Food & Drink

Meals while on the challenge include breakfast, and a packed lunch during the trek. We strongly encourage you to bring additional sweets and snacks if desired.

A celebration meal is also included after the trek.

Breakfast on Sunday is also included.

Dinner on the first night is not included. However, Tenby has plenty of dining options within walking distance of the hotel.

Accommodation

You will spend two nights in hotel accommodation in Tenby. You will be sharing same-sex twin rooms with your fellow challenge participants.

Getting There

We will confirm the event location at no later than 1 month prior to the start of the challenge. The location will be in the town of Tenby which is easily accessible by both car and train. The train station in Tenby is in the center of town.

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

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 Pembrokeshire Coast 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 'Pembrokeshire Coast Path National Trail' who maintain the excellent footpaths we will be walking on. The 'Pembrokeshire Coast Path National Trail' have an excellent website that provides information on their fantastic work and allows you to donate to them directly. Their website can be viewed here. 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? Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support.

Why book with Charity Challenge?

- The very best Mountain 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.
- Ethical consideration. For every participant we donate money to a local conservation charity in order to protect the beautiful route that we use. We also do our best to use local suppliers, which helps us to put money back into the local area.
- The highest quality charity trekking experience on the market!

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 mountain expedition leaders to accompany and lead you. The mountain 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. They will be carrying full safety equipment and mountain first aid kits with them at all times.

Group Size

Our minimum group size for this challenge is 10 and the maximum is 100. There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

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 trek there are not an opportunities to spend any money. At the end of the trek Tenby does have several nice cafes, pubs and restaurants that you may wish to relax in before travelling home. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Training

Training

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) 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 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 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 your 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. Also see your Charity Challenge Fitness Training notes.

Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. Waterproof and well-worn in boots will be indispensable. 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. Sports 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.

Level of Difficulty

The Pembrokeshire Coast Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who have taken part in other trekking challenges and now wish to test themselves in a slightly more challenging environment. You can tell your supporters that on your Pembrokeshire Coast Challenge you will be:

- Trekking for around 8 hours,
- Covering over 15 miles of wild terrain around the Pembrokeshire coast.
- Test yourself with energy sapping sections of remote beaches.

CHARITY CHALLENGE

Any more questions?

Contact us:

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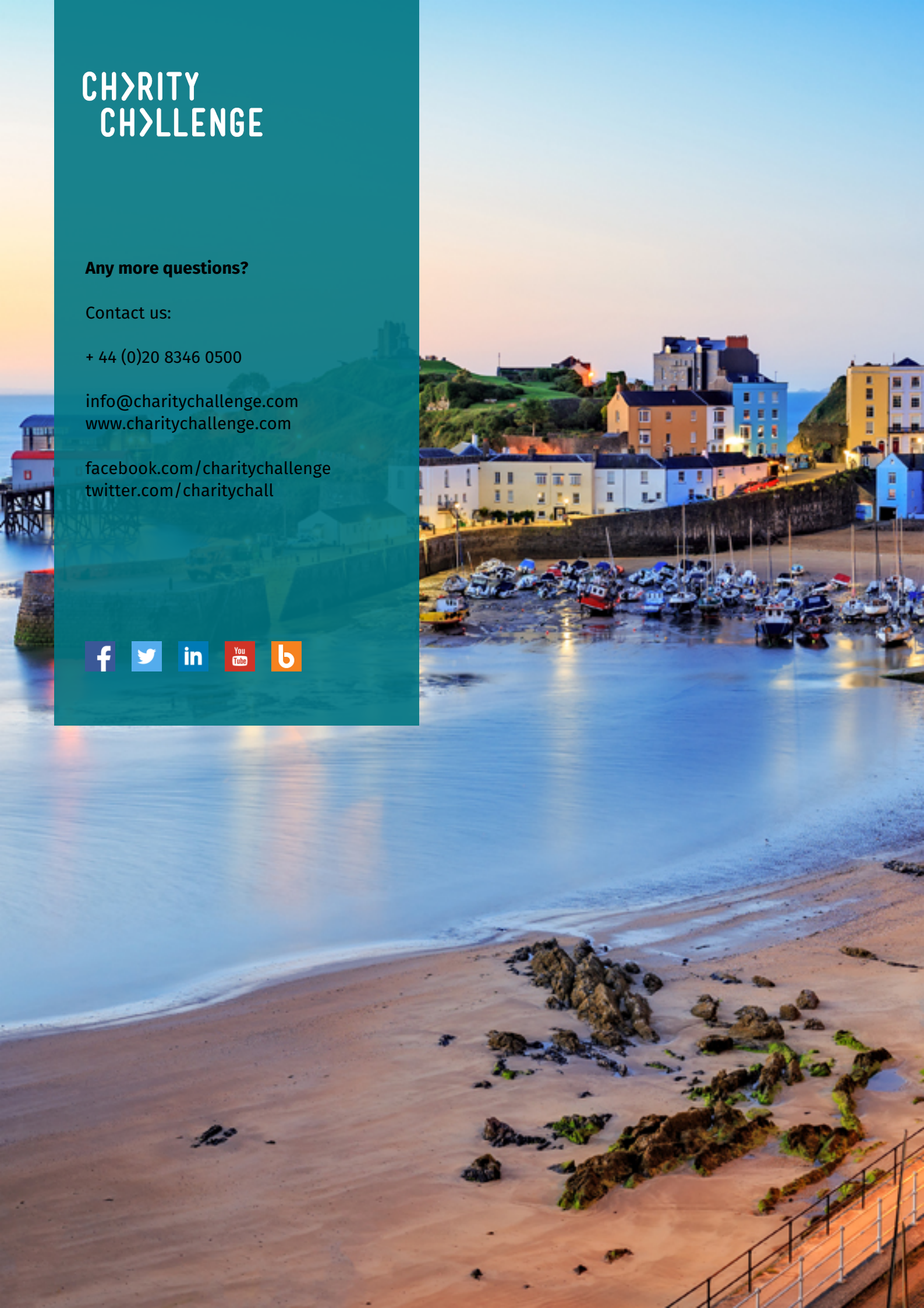
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