

R N I B

See differently



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**RNIB TREK SOUTH DOWNS
UK**

Sat 06 Jul - Sat 06 Jul 2019





In aid of RNIB

06 Jul - 06 Jul 2019

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1 DAYS | UK | TOUGH

This incredible coastal trek starts in the village of Firle and takes you on 30km of testing, undulating terrain before finishing back at Eastbourne Pier.

You will cross Firle Beacon, for stunning views of the coast, before heading down to the Seven Sisters and finishing the trek along this most incredible stretch of cliff tops before finishing in Eastbourne.

- 30km trek along the stunning South Downs
- Fully supported event
- Stunning views from the high point of Firle Beacon
- Test your endurance with the undulating terrain of the Seven Sisters Country Park

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 06 Jul*

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Challenge Day!

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on a 30km trek along a remote section of the South Downs National Trail. Set against the dramatic backdrop of the South Downs National Park you will put mind and body through the ultimate test, as you tackle this serious endurance challenge. Walking this route is a serious undertaking.

After registration at Eastbourne train station we will transfer you out to the start point in the village of Firle. From here you will begin to make your way back to Eastbourne along the South Downs Way.

The route begins with a climb up on to the top of Firle Beacon. From this vantage point you will have fantastic views of the surrounding area before descending down to the village of Alfrinston. From here you follow the Cuckmere river to the sea before your final section takes you along the cliff tops of the Severn Sisters to the finish.

Not for the faint hearted, this is a tough endurance challenge and should not be undertaken lightly, however the sense of achievement is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable walking similar distances.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £35.00 when you book

Raise a minimum of £350.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Travel to and from the challenge start/finish point
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Fitness training notes
- Sponsorship forms (online and hard copy)
- A-Z of fundraising ideas
- Fundraising advice

On your challenge

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- Drinks and snacks available throughout the day
- 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
- Packed lunch and drinks
- Celebratory drink at the finish line

WHAT'S NOT INCLUDED

Before you go

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On your challenge

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- Accommodation during the challenge (usually in twin share)

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 18/05/2019), and the remaining 50% within 6 weeks of completing the challenge (by 17/08/2019). 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.

Typical group size

The typical group size is 25 - 50 participants

Why book with Charity Challenge?

- Everything included from the moment you arrive. Breakfast snack, packed lunch and snacks at checkpoints throughout the day and then a glass of prosecco to celebrate at the end.
- Fully qualified Challenge Leaders to help and support you throughout.
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- The highest quality South Downs charity event experience on the market!

Level of Difficulty

The RNIB Trek South Downs 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 tougher environment. You can tell your supporters that on your Trek South Downs Challenge you will be:

- Covering 30km of undulating terrain.
- Taking on the varied, undulating terrain of the South Downs National Trail.
- Ascending nearly 1000m across the whole route.

Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof and well-worn in boots or trail shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use either boots or trail running shoes with good grip. Sports trainers are not suitable.

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

The Trek South Downs is a long, sustained event of up to 10 hours and covering remote terrain with steep ascents and descents. Therefore it requires a good level of fitness. The ideal training for this challenge is, naturally, walking along similar terrain. However, if you do not have the luxury of living near the great outdoors, then the gym or running/walking

in your local area are good places to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up. Remember to use the clothes, equipment and especially the shoes that you will be wearing on the challenge in order to get them worn in.

The more you exercise before the challenge, the more you will get out of it. Also see your Charity Challenge Fitness Training notes.

Money

During the challenge there are limited opportunities to spend any money. You will pass through a small village with a shop. 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.

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 trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience. In particular terrain along the cliff tops of the Seven Sisters Country Park can

be loose and rocky, and the ascents and descents here are short but steep.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the South Downs National Park 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 '[South Downs National Trail](#)' who maintain the excellent footpaths we will be walking on. The South Downs 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. Accommodation options in Eastbourne can be found [here](#).

For extra information, please visit our [Responsible Tourism](#) section.

Challenge Timings

Precise arrival times and instructions will be sent out 1 month prior to the challenge.

Your challenge begins early in the morning and you will need to arrive at the registration point at Eastbourne train station for 7am in order to maximise the time available to complete the challenge. When you arrive you will be able to register and then enjoy a breakfast snack whilst meeting your support team and listening to the safety briefing.

After registration you will be transferred to the start of the route for an 8am start. Please note that this transfer takes approximately 45 minutes so please arrive at registration promptly.

We expect the final people to arrive back at the finish at around 8pm. Delays can happen,

and the return time will all depend on the speed that you walk, so please do try and book flexible return arrangements. at each checkpoint we will be imposing cut-off times so that we can safely manage the event.

We finish at Eastbourne Pier, a short walk back to Eastbourne train station.

Getting There

The event registration point will be at Eastbourne train station.

The event finishes at Eastbourne Pier, a short walk from the train station.

Food & Drink

A simple breakfast snack will be available at registration, however we would encourage you to see this as an added breakfast and to make sure that you have had a full breakfast before arriving. Lunch will be available at each checkpoint in the form of a packed lunch.

We would encourage everyone to bring some of their own favourite snacks for throughout the day.

The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

Toilets

There will be no toilet facilities both at the start and during the challenge such facilities will be limited to the great outdoors!

Accommodation

No accommodation is provided for this challenge.

Both Brighton and Eastbourne have an abundance of accommodation options.

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Any more questions?

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