

**TREK  
STOCK** Life  
alongside  
cancer



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**JURASSIC COAST CHALLENGE  
UK**

Fri 26 Apr - Sun 28 Apr 2019





## In aid of Trekstock

26 Apr - 28 Apr 2019



### 3 DAYS | UK | TOUGH

This tough challenge has you trekking 30 kilometres along the South West Coast Path. Whilst the distance alone would make this a tough challenge, the nature of the undulating terrain will have you ascending over 1000m of ascent along the dramatic coastline of this UNESCO World Heritage site.

After an early morning transfer to Lulworth Cove, our trek begins. You will head East along this geologically important stretch of coastline walking along rugged cliff tops, secluded bays and along the Kimmeridge Ledges. Each step is filled with reminders of why this area is a UNESCO World Heritage site as fossilised remains appear on surrounding rocks. The trek finishes in picturesque Swanage where we freshen up before enjoying a celebration dinner.

- Trek 30km along the stunning Jurassic Coastline
- Over 1400m of ascent during the trek, more than the height of Ben Nevis
- Route includes the iconic location of Lulworth Cove
- Journey through a UNESCO World Heritage site

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 26 Apr*

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#### **Day 1: Arrival and briefing**

Arrive no later than 7pm at the challenge accommodation in the town of Swanage to meet the team and for a full introduction briefing about the event.

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### DAY 2 *Sat 27 Apr*

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#### **Day 2: the challenge day!**

After an early breakfast we will transfer to the start of the trek at picturesque Lulworth Cove to begin our trek.

Heading east we will follow the coast along dramatic cliff tops. As you round the headland the rest of the days walk becomes clear ahead of you as you pass Chapman's Pool and along the Kimmeridge Ledges.

The walk continues along the beautiful coves and bays and along rugged cliff tops riddled with fossils and artefacts reminding us as to why this area is known as the Jurassic Coast and why it is now a World Heritage Site.

Summoning up all our energy we make the final section to our end point back at Swanage. After celebrating our achievements we are then transferred back to our start point where we can depart this incredibly unique landscape and head home.

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## NB

The itinerary is there as a guide and may change due to unusual weather patterns, 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 may occur. In all such circumstances, your expedition leader will have the final say.

## HOW TO FUND YOUR CHALLENGE

### MINIMUM SPONSORSHIP

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Registration fee of £50.00 when you book

Raise a minimum of £540.00 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.
- Access to your own password protected account including support materials and training schedules
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- 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
- Full back-up support including first-aid qualified staff and first-aid supplies
- All challenge management before, during and post event
- Two meals including breakfast and lunch
- Celebratory drink at the finish line
- Travel to and from the challenge start/finish point
- Accommodation during the challenge (usually same-sex dormitories)

## 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 80% of the minimum sponsorship required must be sent to the charity 7 weeks before departure (by 08/03/2019), and the remaining 20% within 4 weeks of completing the challenge (by 26/05/2019). 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

Every day in the UK, 34 young adults are diagnosed with cancer, and we're the only charity that offers tailored support to this age group of cancer patients. We work to tackle social isolation and improve quality of life through and beyond their treatment, by getting young adults in their 20s or 30s moving again physically, socially and psychologically.

We'd love to have you on the team. If you have any questions please do contact [hello@trekstock.com](mailto:hello@trekstock.com) or call 020 45417601

### Typical group size

The typical group size is 20 - 35 participants

## 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.

## Safety

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 on the coast can be very different to inland. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 12 hours is a long time to be out on a trek. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.
- The terrain across the cliff tops can be very loose and rocky and should be taken with care.
- Cliff tops are extremely dangerous and can be very exposed. please listen to your leaders and stay away from the edges of any exposed cliffs.

## Toilets

There will be toilet facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

## Food & Drink

Dinner the evening before the challenge won't be provided, however can be purchased at the hostel. After arrival, we will have a full safety briefing with your leaders.

Breakfast and a packed lunch on the day of the challenge is provided. We will also enjoy a celebratory dinner on the Saturday night.

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

We would recommend that you bring along a few of your own snacks to keep you going throughout the challenge.

### Accommodation

Accommodation is provided on the night before the challenge. Accommodation is provided in same-sex dormitories in a hostel.

We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local area. There are lots of excellent accommodation options to suit all budgets in and around Swanage. A more comprehensive choice of accommodation can be found in the larger town of Poole which is approximately a 30 minute drive away. For a full list of accommodation choices Swanage please use the [VisitSwanage](#) website.

### Getting there

We will confirm the event location at no later than 1 month prior to the start of the challenge. However, we will start our trek in Lulworth Cove and use the youth hostel in Swanage as a base for your challenge. The nearest train station to Swanage is Wareham, 10 miles from Swanage. A local bus service connects Wareham and Swanage but please check local bus times before booking any tickets.

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

### Challenge Timings

Your challenge begins the evening before the trek and you will need to arrive in the hostel at Swanage for around 7pm for dinner and to meet your leaders before your safety briefing. Precise arrival times and instructions will be sent out 1 month prior to the challenge

In order to maximise the time available to complete the challenge we will have an early breakfast before transferring to the start of the trek for a 7.30am start.

You will be walking for approximately 12 hours, which makes your trek a very long day. You can expect to arrive back at the finish at around 19.00. Delays can happen, and the finish time will all depend on the speed of your group.

### 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 Lake District 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 'Fix the Fells' who maintain the excellent footpaths we will be walking on. Fix the Fells 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](#) section.

### 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 loose gravel and rocks that makes this challenge a unique and fun experience. In particular real care needs to be taken when walking along any cliff tops.

### Why book with Charity Challenge?

- Everything included from the moment you arrive. Free car parking, breakfast buffet, packed lunch and then a glass of champagne to celebrate at the end.
- 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 the 'South West Coast Path' 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 Jurassic Coast charity trekking experience on the market!

### 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 20 and the maximum is 50. 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 any opportunities to spend any money. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

## Training

The Jurassic Coast Challenge is a long, sustained event over 12 hours and covering undulating terrain with steep ascents and descents. Therefore it requires a good level of fitness. The ideal training for this challenge is, naturally, walking with particular emphasis on building up stamina on ascents and descents. However, 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 outdoors so try if possible to get out on a weekend and, if possible, train in an area with steep hills to help prepare yourself for the undulating terrain you will face on this challenge. 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.

## 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, 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 Jurassic 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 demanding environment. You can tell your supporters that on your Jurassic Coast Challenge you will be:

- Trekking for around 12 hours in a single day.
- Covering 30km of undulating coastal terrain.
- Ascending over 1000m in a single day.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)

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