



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**DORSET 3 PEAKS CHALLENGE
UK**

Sat 14 Sep - Sat 14 Sep 2019





In aid of Diverse Abilities

14 Sep - 14 Sep 2019



1 DAYS | UK | CHALLENGING

Join Diverse Abilities on this unique event, created exclusively for this fantastic charity.

The Dorset 3 Peaks might not be the most famous of the UK's '3 Peak' challenges, but this is your chance to be one of a small group of people to have taken on what is still a very demanding challenge.

Trek to the top of Lewesdon Hill (279m), Pilsdon Pen (277m) and Bulbarrow Hill (274m)

- Completely unique event, just for Diverse Abilities and their supporters
- Trek to the top of Dorset's 3 biggest hills!
- Cover 46km along the Wessex Ridgeway - that's more than a marathon distance!
- Ascending more than 1350m in a single day - more than the height of Ben Nevis!
- Raise money for a fantastic charity, Diverse Abilities

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 14 Sep

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The Challenge Day!

Pit yourself against this tough challenge, as you take on the three highest peaks in Dorset.....with over a marathon distance to trek between them (46km)!

The challenge will begin with registration and a full safety briefing from your challenge leaders at the registration point in Dorchester. Soon after, we will depart with a bus transfer that takes us over to the start of our trek.

From the start it is only a short distance to reach the first of our peaks, Pilsdon Pen (277m). We then trek through beautiful woodland to reach the second peak, Lewesdon Hill (279m). From here we begin the long trek across to the final peak. Along the way we pass through some stunning countryside and picturesque local villages.

The finishing point for the trek is on top of our final peak, Bulbarrow Hill (274m) where we will celebrate with a glass of prosecco and medals!

A bus transfer is then provided to take you back to Dorchester.

We anticipate that this challenge will take approximately 12 hours to complete.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £35.00 when you book

Raise a minimum of £265.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Fitness training notes

On your challenge

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- Drinking water on challenge days
- 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

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

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 27/07/2019), and the remaining 20% within 4 weeks of completing the challenge (by 12/10/2019). 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 - 60 participants

Travel insurance

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £0.

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 project 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!

Level of Difficulty

The Dorset 3 Peaks 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 wild environment. You can tell your supporters that on your Dorset 3 Peaks Challenge you will be:

- Trekking for around 12 hours in a single day.
- Covering approx 46km of undulating terrain.
- Ascending over 1350m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting the 3 highest hills in Dorset, Lewesdon Hill (279m), Pilsdon Pen (277m) and Bulbarrow Hill (274m)

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 will be indispensable. The terrain is uneven and can be rough and muddy, 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.

Training

The Dorset 3 Peaks Challenge is a long, sustained event over 12 hours and covering

mountainous terrain with steep ascents and descents. Therefore it requires a good level of fitness. The ideal training for this challenge is, naturally, hill walking. 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 hills so try if possible to get out on a weekend and train in an area with steep hills. 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.

Money

During the trek there are limited opportunities to spend any money. 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

Our minimum group size for this challenge is 30 and the maximum is 75. 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.

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.

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 lots of ascents and descents. The route is predominantly on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with local authorities, where applicable, 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 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.

Challenge Timings

Your challenge begins early in the morning and you will need to arrive at the event venue at around 6.30am in order to maximise the time available to complete the challenge (precise arrival times and instructions will be sent out 1 month prior to the challenge) When you arrive you will be able to register and then meet your leaders and listen to their safety briefing.

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 return time will all depend on the speed of your group, so please do try and book flexible return arrangements.

Getting There

We will confirm the event location at no later than 1 month prior to the start of the challenge.

We will send across all driving details, plus the address of the registration point, at this time.

Accommodation

No accommodation is provided for this challenge.

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 communities. There are lots of excellent accommodation options to suit all budgets. For a full list of accommodation choices please visit the [Visit Dorset website](#).

Food & Drink

A breakfast snack will be available at registration in the morning. This will consist of cold pastries, fruit, breakfast bars and porridge pots along with hot drinks.

A packed lunch is provided at lunch.

Drinking water will be available at the registration point and at all checkpoints along the route.

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

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 during the day can change very quickly. 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 the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

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Any more questions?

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