



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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MIND UNITED TREK THE PEAK  
DISTRICT  
UK

Sat 13 Jul - Sun 14 Jul 2019





## In aid of Mind

13 Jul - 14 Jul 2019



### 2 DAYS | UK | TOUGH

Join Mind and the EFL for the ultimate weekend to raise funds and awareness for mental health. You'll be challenging yourself to the maximum with this 12 hour, night-time hiking challenge. Set within the demanding terrain of the Peak District National Park, this is a test of fitness, endurance and team spirit – but dealing with a mental health problem is no walk in the park either.

We'll be on your side with a dedicated support team as you're set to be challenged both mentally and physically.

Whoever you support, we support you.

- Represent your football team
- Support Mind's vital services
- Unique event created for EFL supporters, fans and ambassadors
- 12 hour overnight endurance event

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 13 Jul

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#### Arrival on Saturday evening

- Registration will open at 7pm on Saturday evening where a buffet dinner will be available where you will have the chance to meet your fellow challengers.
  - A full safety briefing will then take place where you will have the opportunity to meet the challenge leaders.
  - The trek will begin at 8pm.
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### DAY 2 Sun 14 Jul

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#### The finish - Sunday morning

- The trek will continue right through the night and, as the sun rises on a new day, the finish will be in sight!
  - You will be able to celebrate at the finish line with a glass of fizz and a well earned celebration breakfast buffet.
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## NB

**NB: We will always do everything to keep the itinerary running as stated. However, as with any adventurous activity, things can take place that alter the timings. We reserve the right to make any changes necessary to the stated itinerary and the trek route.**

**We would also recommend that everyone consider booking additional accommodation for after the challenge is completed. You will be tired after trekking throughout the night, and we would advise that nobody then attempts to drive home without having some sleep.**

## HOW TO FUND YOUR CHALLENGE

### MINIMUM SPONSORSHIP

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*Registration fee of £49.00 when you book*

*Raise a minimum of £499.00 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.
- Public liability insurance
- Risk assessment and emergency management planning
- A-Z of fundraising ideas
- Fitness training notes
- Fundraising advice

#### On your challenge

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- All challenge management before, during and post event
- Checkpoint snacks and drinks
- Drinks and snacks available throughout the night, including a hot chocolate stand and luminous face paint station
- Hot breakfast at the end of your challenge
- Dinner on the night of arrival
- Celebratory drink at the finish line

### 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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- Travel to and from the challenge start/finish point
- 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 25/05/2019), and the remaining 20% within 4 weeks of completing the challenge (by 11/08/2019). 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.

### Raising the sponsorship

Thank you so much for choosing to fundraise for Mind. We really appreciate your support. Should you need any further assistance or help with your fundraising then please contact the team at [community@mind.org.uk](mailto:community@mind.org.uk) and we will endeavour to get back to you as soon as we can!

### Typical group size

The typical group size is 60 - 150 participants

### Why book with Charity Challenge?

- Everything provided from the moment you arrive. Unlike other operators we provided everything you will need to give you the best support possible to complete the challenge, including a buffet dinner at registration.
- The very best challenge mountain leaders to keep you safe throughout the challenge.
- Full checkpoint support throughout the night, including hot soup and hot drinks.
- Ethical consideration for where we are walking. We work with local rangers to discuss the impact our challenges have on the local environment, and then do our best to limit these impacts.

### Level of difficulty

This challenge is graded as tough. This means that it is suitable for anyone of an adventurous spirit who has taken part in similar charity trekking events. However, the challenge should not be underestimated and a proper training program should be an important part of joining this challenge.

This challenge is designed to be a 12 hour challenge, therefore the focus is on keeping trekking for 12 hours, and not on a fixed distance. You can expect to walk for approximately 40km and cover roughly 1,000m of total ascent throughout the 12 hours.

You should feel comfortable doing exercise for prolonged periods of time, and feel equipped to tackle the added difficulty of walking at night.

### Explain why this is a 12 hour event and not a fixed distance?

This is a unique challenge, designed exclusively for the mental health charity Mind. In accordance with Mind's ethos this event is not about individuals racing to complete the challenge as quickly as they can. It is an event designed to encourage likeminded people to come together and support each other to complete as much as they possibly can. The event is built on the idea that if we collectively support each other then we are stronger and can accomplish more than we ever can by ourselves.

Therefore, the event is designed to last for 12 hours. During the event you will form into smaller groups based upon your walking speeds. These groups will then work together to keep themselves going for 12 hours. Each group will cover approximately 40km, although the exact distance of each group will vary slightly.

### How do you manage the group?

This is very much a team event, and not a race. This is also an event that goes into remote countryside at night. It is therefore very important that you keep with one of the challenge mountain leaders at all times. The route is not waymarked.

### How will we be assigned a mountain leader?

Everyone will begin the trek at the same time and will be encouraged to walk at their own pace for the first hour. After approximately 1 hour there will be a checkpoint where you will be split into smaller teams of roughly 15-20 people. Each team will then have at least 2 mountain leaders to walk with them.

**What happens if I need to go into a faster/slower team during the challenge?**

This is no problem at all. You just need to communicate this with your mountain leader who will then help to safely transfer you into a different team walking at a more suitable speed.

**What if I am walking with a group of other friends?**

If you wish to be in the same team as any other friends then please just keep together at the start of the trek and this can be easily accommodated.

**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, you may wish to change kit between each activity. You will be able to leave any extra equipment at the event base.

A full kit list for this challenge can be found in your account area, or on the website. Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Waterproof and well-worn in boots will be indispensable for the trek. 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. Trainers are not suitable. The benefits of a comfortable day pack 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 emphasise that jeans should not be worn on this challenge.

**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 the day before to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

Please also remember that this challenge takes place at night and so will be noticeably colder than during the day.

### Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated. The terrain on this challenge varies throughout and can be rough at times, so be prepared! The path on the trek is steep in places and uneven and likely to be wet and muddy. You will be trekking on a variety of footpaths and country roads.

### Responsible Tourism

At Charity Challenge we are committed to responsible tourism. On this challenge in particular, we always liaise with the rangers at the Peak 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 the Peak District National Park who maintain the excellent footpaths we will be walking on. The Peak District National Park was the very first designated national park in the UK and its creation marked a significant moment in the way in which we viewed and managed our natural spaces in the UK. The national park has 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 local accommodation options check out the [Vist Peak District](#) website.

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

### Challenge timings

**You will be sent precise timings and locations 1 month prior to the start of this challenge.**

You will need to make your way to the registration point in the Peak District for approximately 7pm. Here you will be able to register and have a pre-trek buffet dinner. After a short safety briefing the challenge will begin at approximately 8pm.

The challenge lasts for 12 hours so you can expect to finish at 8am on Sunday morning.

#### Getting there

**Exact timings and instructions will be sent 1 month prior to the challenge date.**

#### Accommodation

No accommodation is provided on this challenge.

#### Food and drink

Upon arrival on Saturday evening you will have the opportunity to have a buffet dinner.

Snacks, water and hot drinks will be available at each checkpoint throughout the night.

We would encourage everyone to bring some of their own snacks to keep them going during the challenge.

At the finish there will be a celebration breakfast buffet.

#### Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the challenge, as well as after the hike and again at the end of the day. However, during the challenge such facilities will be limited to the great outdoors!

#### Safety advice

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 hills can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- We employ qualified mountain leaders. Please listen carefully to any instructions given.
- This is a night time challenge. Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.
- You will be walking at night, over rocky and slippy terrain. A good quality headtorch is absolutely vital to keep yourself safe.

### Emergencies

Your challenge leader will have radios in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, you will be transferred back to the start point by safety vehicle.

### Fundraising Page

Please make sure to join the Mind United team fundraising page by setting up your Just Giving account via the below link:

<https://www.justgiving.com/campaign/MindUnitedTrekthePeakDistrict>

# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

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[www.charitychallenge.com](http://www.charitychallenge.com)

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