

together
for short
lives

together we trek
London 2019



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

TOGETHER WE TREK LONDON
PEAKS CHALLENGE
UK

Sat 24 Aug - Sat 24 Aug 2019





In aid of Together for Short Lives

24 Aug - 24 Aug 2019



1 DAYS | UK | CHALLENGING

Discover ten of London's often hidden peaks on this new distance challenge on your doorstep. Be part of a fun and supportive team to uncover some alternative UK 'summits' that are surprisingly close to home.

You will travel a good distance on the popular 'London Loop' footpath, journeying over a remarkable variety of terrain and uncovering a different side to London.

The trek will take you through beautiful woodland, thriving nature reserves and quieter spaces. Enjoy the unexpected views and chance encounters with local wildlife, such as green woodpeckers and muntjac deer. But keep one eye on those miles still to go...and that well-deserved pint at the end!

With a challenging 42km to conquer, this demanding trek will leave you with an immense sense of achievement knowing you have made a real difference to supporting the work of Together for Shorter Lives.

- Discover 10 of London's hidden peaks
- Marathon distance walking challenge
- Completely unique event, designed just for Together For Short Lives
- Support a fantastic charity

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 24 Aug

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The Challenge Day!

Arrive at the start for registration and a full safety briefing to prepare you for the day ahead. You'll get to meet your team mates and walking leaders who will look after you during the challenge.

A cheer across the start line and an easy start through the woods will soon see you ticking off the first of the ten 'peaks'. Be prepared for some very alternative summits!

The summits include:

1. White Hill (100m)
2. Pinner Hill (130m)
3. Harrow Weald Common (131m)
4. Stanmore Hill (151m)
5. Deacons Hill (135m)
6. Furze Hill (135m)
7. Mill Hill (111m)
8. Mount Moat (145m)
9. Arkley (147m)
10. Bournwell Hill (129m)

You'll follow a variation on the well trodden London Loop (with those all important 'peaks') across a variety of terrain from leaf-strewn woodland footpaths to pavements and well walked gravel paths through nature reserves. Highlights include the stunning view from the top of Harrow Weald Common and a walk along the side of Aldenham Reservoir.

We'll make sure you're topped up with additional snacks and water at key checkpoints to keep your energy up and a packed lunch will be provided on route.

As the undulating route nears Monken Hadley you'll bag your last 'peak' of the day before rolling downhill to be cheered across the finish line and indulge in team celebrations at a pub in Cockfosters.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £35.00 when you book

Raise a minimum of £360.00 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.
- 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

On your challenge

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- All challenge management before, during and post event
- Packed lunch and drinks
- Celebratory drink at the finish line
- Checkpoint snacks and drinks
- Breakfast before the challenge

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point

On your challenge

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- Accommodation during the challenge

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 06/07/2019), and the remaining 20% within 4 weeks of completing the challenge (by 21/09/2019). 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 - 50 participants

Why book with Charity Challenge?

- A completely unique trekking route, designed just for Together For Short lives and designed by professional route planners.
- Breakfast upon arrival.
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle.
- Celebration drink at the finish.
- The very highest quality London Peaks challenge on the market!

Difficulty

The London 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 extreme environment. You can tell your supporters that on your London Peaks Challenge you will be:

- Covering a marathon distance of 42km.
- Taking on varied terrain, from footpaths to urban roads.
- Ascending over 600m across the whole route.

Challenge Timings

Please note that Final Details regarding the precise challenge timings will be sent to you 1 month prior to the event.

You will need to arrive at the registration point for 6.30am. Breakfast will be available here, but time will be limited as we intend to start the trek at 7am in order to maximise time.

We expect the challenge to take between 10-12 hours to complete, and we aim to have everyone finished by 7pm.

Please note that due to the nature of this challenge, changes may happen that delay the finish time so please make flexible travel plans.

Getting There

Our trek begins from the Rose and Crown pub in Rickmansworth (Harefield Rd, Rickmansworth WD3 1PP).

By car:

If using a Sat Nav, please use postcode WD3 1PP.

There is parking at the pub, although lift sharing to save on parking space is suggested.

By train:

The nearest train station is Rickmansworth Railway Station. (2.3 miles from the start point.)

By London Underground:

The nearest London Underground stops are:

Rickmansworth on the Metropolitan line. (2.3 miles from the start point.)

Moor Park on the Metropolitan line (2.9 miles from the start point.)

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 walking shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use boots or walking 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 London Peaks Challenge is a long, sustained event of up to 12 hours and covering varied terrain. 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 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.

Terrain

Despite its location in London, the difficulty of this trek should not be underestimated as it includes one long day of hiking, over varied terrain. The route is on good paths and roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

Food & Drink

A breakfast will be available at the registration point. However, time will be limited in the morning so we would recommend that you also eat something before leaving home in the morning.

A packed lunch will be available to you during the day.

At each checkpoint (approx every 2 hours) there will be water and checkpoint snacks available.

We would advise that everyone also bring some of their own snacks to keep them going during the day.

Toilets

There will be toilets available throughout the challenge.

Getting Home From the Finish

The finish of the challenge is at a pub near to Cockfosters tube station.

From here it is either a short walk to the tube station, or if you need to return to the start point to collect a vehicle then you will be able to combine with your fellow trekkers to share a taxi.

No transfer back to the start point is provided by Charity Challenge.

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 muddy and in wet conditions can be extremely slippery. Please make sure that your shoes have good grip. Trainers are not appropriate as they lack grip.
- The weather can change in the course of the day. Please make sure you carry an additional warm layer, waterproof jacket.
- This event includes short sections along busy urban roads. Please take care along these sections and keep to the sides of the roads in single file.
- This is a long distance, endurance event. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Accommodation

No accommodation is provided for this challenge.

Group Management

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals.

You will be accompanied throughout the day by our fully qualified challenge walking leaders. They are there for your safety and to ensure the smooth running of the event.

We intend to keep the entire group together as much as possible. However, if it becomes necessary to split the group into smaller teams then the leaders will facilitate this.

The route will not be marked by event arrows.

A support vehicle will be available throughout the day to support anyone who requires it.

What peaks will be 'summitted' on this challenge?

This challenge has been designed to take you to the summit of 10 of North London's highest peaks. Not all of these peaks will be immediately obvious, but your leaders will know exactly where they are and will ensure we get a team photo on each of the peaks!

The 10 peaks that the route will include are as follows:

1. White Hill (100m)
2. Pinner Hill (130m)
3. Harrow Weald Common (131m)
4. Stanmore Hill (151m)
5. Deacons Hill (135m)
6. Furze Hill (135m)
7. Mill Hill (111m)
8. Mount Moat (145m)
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Any more questions?

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