



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

CANCER RESEARCH UK TRAINING
WEEKEND
UK

Fri 17 May - Sat 18 May 2019





In aid of Cancer Research UK

17 May - 18 May 2019



2 DAYS | UK | CHALLENGING

This training programme will teach you all you need to know about taking part in your challenge, being specifically designed to highlight the areas which you will need to focus on next as you enter the final stage of your training for the real challenge that awaits.

The programme starts on Friday evening (you will need to arrive by 8pm) with a welcome meal and drinks, continuing the following morning when you will look at equipment and then set off on a 5-6 hour walk. After the walk, there will be a talk about your challenge where we will give out handy tips and you'll also be able to chat to us about any queries you have.

- A weekend challenge in the spectacular countryside
- Learn how best to prepare for your Cancer Research UK challenge
- Meet the team you will be hiking with
- Practice using your new gear ahead of your challenge
- Show your supporters how you are preparing for your challenge!

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 17 May*

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Arrival and preparation

The adventure begins in the evening at our hostel, in the heart of the Chilterns. You will need to arrive by 8pm to meet your leaders and for the full safety briefing.

Please note that dinner on this first night is not included, but is available at the hostel.

DAY 2 *Sat 18 May*

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The challenge

Rise and shine for breakfast and a bright and breezy start!

The route depends upon the weather but is generally between 6 and 8 hours in lower to medium level terrain. During this walk you will have the opportunity to discuss your clothing and day bag in more detail and learn about the health and safety that goes into a challenge prior to your departure and during your trip.

During this trek you will learn about basic navigation, pre challenge fitness training, health and wellbeing, walking techniques and have the opportunity to ask your instructors all the questions you may have. You will return to base and have the opportunity to change and ask any final questions before you depart.

NB

Please note: The itinerary is there as a guide and may change due to unusual weather patterns, the strength of the group or other unforeseen circumstances. 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 though, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of £100.00 when you book

Then a balance of £0.00

(5 weeks before your challenge)

Raise as much as you can for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Warm up exercise routines
- 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
- Accommodation during the challenge (usually same-sex dormitories)

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point
- 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 29/03/2019), and the remaining 20% within 4 weeks of completing the challenge (by 15/06/2019). 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

Register for your free Cancer Research UK fundraising pack now:

<http://supportus.cancerresearchuk.org/>

Typical group size

The typical group size is 20 - 30 participants

Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from hostel accommodation, breakfast and plenty of lunch and snacks whilst on the trek.
- 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.

Level of Difficulty

Our training weekends are graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and who wish to push themselves in a wild and remote region of one of the UK's most iconic landscapes. You can tell your supporters that on your training weekend you will be:

- Trekking for around 6 hours in a single day.
- Covering 8 miles of mountainous terrain.

Subjects Covered

The training element of the weekend is in a seminar format delivered inside and outside depending upon the subject. The various modules we deliver include:

- Personal clothing and equipment – What to wear and what not to wear. What to pack, how to pack it, what to wear, where to buy it.
- Fitness and Expedition Health –what types of training should you be undertaking for your expedition and what you can do to ensure your body is prepared for the activities you will be undertaking whilst on expedition and when back in the UK on outdoor activities.
- Camp Craft-Tent management, sleeping comfortably, erecting your tent, Food and Cooking
- Health and Wellbeing–Personal hygiene, use of sun cream, keeping hydrated, fitness training, warm ups and stretching, food and snacks.
- Trekking Skills–Using walking poles, walking on different terrain, spacing, walking at altitude, walking at night.
- Map Reading and Navigation–understanding how to read a map and use a compass and some basic navigation techniques. You will also have the opportunity to do some straightforward orienteering exercises to help

develop your skills and confidence.

- Basic outdoors first aid advice and techniques—what to look for and what you should take with you to ensure you are able to look after yourself whilst on expedition.
- Walking Techniques—how to tackle rough and steep terrain and how to try and minimize the risk of blisters and muscle strains.
- Teamwork and supporting others –learning the importance of teamwork on expedition and some of the skills you can use to enhance your own experience and that of your fellow trekkers.
- Basic Survival Skills—the skills you need to ensure you and your team can remain safe and comfortable in the outdoors and get the most out of your outdoor experience.
- Night Hiking—experiencing the joys and issues with walking at night and what you need to do to really get the most out of walking under the stars.

Clothing & Equipment

Good quality and durable equipment 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. 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, Outdoorhire and Cotswold Outdoor.

Training

This challenge is a great adventure that will have you trekking up and down five peaks in the Lake District over one day, therefore requiring a moderate to 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.

Money

During the trek there will be opportunities to purchase an ice cream, some extra snacks or a cup of tea, for which 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. Therefore the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Group Size

The group size will be between 10 - 20 people. There will be one challenge mountain leader for approximately every 12 participants.

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 run UK challenges between April and October, and although the summer months of May-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 all weathers, including warm and sunny temperatures as well as wind and sudden downpours.

Terrain

The majority of this challenge takes place over footpaths within the Chilterns, which, although uneven underfoot, are fairly well maintained and regularly used.

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. For more information about Fix the Fells please visit their excellent website by clicking [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](#) pages, where you will be able to view a list of the other projects that we currently support.

Challenge Timings

Your challenge begins on the evening before the walk, and you should arrive at the confirmed accommodation by approximately 8pm in the evening. You will then meet the leader, as well as the rest of your challenge team, in time for your evening safety briefing.

On the day of the trek itself, you will have a very early start for your hearty breakfast. You will be walking for approximately 8 hours, which makes your trek a very long day. You can expect to arrive back at the hostel at around 17.00. 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 your accommodation at no later than 1 month prior to the start of the challenge. You may drive your own vehicle to Langdale, where there is limited parking available. You can also get the train to Windermere and it is approximately 11 miles from the railway station to the group joining point. From there the simplest option is to get a taxi, though if you wish to travel by public transport, you can take bus number 555 or 556 to Ambleside, and then take the 516 bus to Langdale. We would encourage you to car-share where possible, or alternatively we can also put participants in touch in order to communicate train times, and share a taxi from Windermere station. If not staying an extra night after the challenge, we do recommend that you get a flexible ticket for the return journey or one which is not bound to a particular train in case of any delays to your progress during the day. Normally we expect the challenge to be over by 7 pm on day 2.

Accommodation

You will spend one night in hostel accommodation in the Lake District. You will be sharing single-sex dormitory style accommodation with your fellow challenge participants.

If you would like to book any pre-or-post accommodation either before or after the challenge, there are several options in the Langdale area. Alternatively, the larger towns of Ambleside and Windermere are only a 20 minute drive away.

For more information and to book accommodation please visit www.golakes.co.uk

Food & Drink

Meals while on the challenge include breakfast, and a packed lunch and snacks during the trek. We strongly encourage you to bring additional sweets and snacks if desired.

Dinner on the first night is not included. However, dinner is available at the hostel but please book this in advance in order to guarantee availability. We will provide more information about doing this one month prior to the challenge date.

If you wish to eat elsewhere on the evening before then that is fine but the drinking of alcohol is strongly discouraged for your own health and safety during this tough challenge.

Toilets

There will be bathroom 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 on the summits of 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.
- You will be out all day walking. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within 8hrs. If we find that you are unable to trek at all, then we will arrange for you to be collected and taken back to the hostel.

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Any more questions?

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