



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**MIND HIKE: DAWN TO DUSK
UK**

Fri 11 Oct - Sat 12 Oct 2019





In aid of Mind

11 Oct - 12 Oct 2019



2 DAYS | UK | TOUGH

To take part in this event you must contact the Events team at Mind and complete an application form. Please email events@mind.org.uk for more information.

Join Mind for this fantastic 12 hour trekking challenge in the Scottish Highlands that will test every ounce of you both physically and mentally whilst engaging in a genuine team event that will require incredible teamwork to achieve your goal.

The challenge will see teams walking for 12 hours in the spectacular countryside around the town of Aberfoyle. The terrain on this trek is varied, involving long distances and plenty of ascent and descent. This is an extreme challenge, and one that has spectacularly rewarding views.

You'll need to set yourself a goal to get fit and build up stamina and endurance training in the months building up to this event. With expert challenge leaders on hand to support you on this challenge, you will create memories that will stay with you for a lifetime.

- 12 hour team trekking challenge. Be part of 'Team Mind'.
- Breath-taking trek in the Scottish Highlands
- Enjoy the achievement with a celebratory dinner after the trek
- Raise vital funds for Mind

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 11 Oct

Day 1: Arrival and Briefing

We will arrive in the evening at our accommodation in the town of Aberfoyle. After checking-in we will meet our team in time for dinner and a welcome and safety briefing about the event. After this it's time for an early night before the challenge begins.

DAY 2 Sat 12 Oct

Day 2: The Challenge begins!

After an early breakfast the challenge will begin at approximately 6.30am. Ahead of us will be approx. 12 hours of stunning Scottish Highlands scenery.

We will finish back in Aberfoyle where we will celebrate our achievements with dinner.

This really is a unique team event like no other. 12 hours of trekking, with fantastic people all working together whilst raising money for such a brilliant cause.

NB

NB: Please note that whilst we will do everything we can to stick to the original itinerary and timings we do reserve the right to make any changes necessary.

MINIMUM SPONSORSHIP

Registration fee of **£50.00** when you book.

Raise a minimum of **£375.00** for Mind.

Minimum sponsorship option

You will be required to pay the registration fee of £50.00 at the time of booking and raise a minimum amount of sponsorship, £375.00 for Mind. You should send your sponsorship money to Mind as you raise it. At least 53% of the minimum sponsorship required (£200.00) must be sent to the charity 10 weeks before departure (by 02/08/2019), and the remaining 47% (£175.00) within 4 weeks of completing the challenge (by 09/11/2019). If you have raised the necessary funds, Mind will then pay the balance of your expedition costs (which will not exceed 49% of the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

WHAT'S INCLUDED?

BEFORE YOU GO

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

ON YOUR CHALLENGE

- Drinking water on challenge days
- Drinks and snacks available throughout the day
- All internal transfers
- All challenge management before, during and post event
- Packed lunch and drinks
- Hot buffet at the end of your challenge
- Dinner on the night of arrival
- Celebratory drink at the finish line
- Accommodation during the challenge
- Drinks and snacks available throughout the day
- Packed lunch and drinks

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Clothing and equipment listed on your Kit List

ON YOUR CHALLENGE

- 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 23/08/2019), and the remaining 20% within 4 weeks of completing the challenge (by 09/11/2019). 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 and we will endeavour to get back to you as soon as we can!

TYPICAL GROUP SIZE

The typical group size is 50 - 150 participants

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! This challenge takes place in October, so you should come prepared for colder days and a higher possibility of wet weather. 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.

How is this challenge different from the 24 hour Mind Hike?

This 'Dawn to Dusk' challenge is different to the other Mind Hike events that we also have taking place this year.

The Dawn to Dusk challenge is a **12 hour** trekking challenge, where as the 'Mind Hike' is a **24 hour** trekking challenge. The Dawn to Dusk challenge is designed as a more accessible version of the popular Mind Hike event. This is not to say this is an easy challenge, and it should not be underestimated.

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. If you are unable to complete the trek then a support vehicle will be on-hand to take you back to the hostel.

Safety advice for the Mind Hike 2018 Challenge

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.
- Give the time of year when this challenge is taking place the hours of daylight are shorter. Please bring a headtorch in case it is required in the evening.
- It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather can vary throughout the day. 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, especially overnight. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Toilets

There will be bathroom facilities at the hostel, however during the challenge such facilities will be limited to the great outdoors!

Food & Drink

Meals while on the challenge include dinner on the Friday night, breakfast on the morning of the challenge, and then a packed lunch and snacks during the trek as well as a celebration dinner at the finish. We strongly encourage you to bring additional sweets and snacks if desired.

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

Accommodation

Accommodation for this challenge is provided for the Friday night. It will be in same-sex, dormitory style accommodation with shared bathroom facilities.

If you wish to arrange additional accommodation for the Saturday night at the outdoor centre then please contact them directly on 01899 221 115 and state that you are part of the 'Charity Challenge' group booking.

Getting there

Accommodation, and the start and finish of the trek route will be at the Scottish Outdoor Education Centre in the town of Aberfoyle. Aberfoyle is approximately an hours drive from both Glasgow and Edinburgh. Click [here](#) for more information and directions. Parking is available at the centre.

Public transport is available via local buses and trains. The closest train station is in the town of Stirling. Buses are available from Stirling to Aberfoyle, click [here](#) for timetables.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the Loch Lomond and Trossachs National Park rangers 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 'Save the Red Squirrel' campaign being run by the Loch Lomond and Trossachs National Park. For more information about the work they do, and to donate to them yourself, click [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?

The [VisitScotland](#) website has lots of information and options for the town of Aberfoyle.

The [Loch Lomond and Trossachs National Park](#) website is also an excellent resource for things to do in the area.

Some suggestions of things to do in the local area include:

- Visit Loch lomond and take a boat ride.
- Visit [Stirling castle](#) and the [William Wallace monument](#).
- Stop off at the new [Battle of Bannockburn visitors centre](#) and take part in their interactive battle game.
- Celebrate in style with a visit to a local distillery (we'd particularly recommend the [Glengoyne distillery](#), a short drive away!)

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.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes 12 hours of hiking, with some sections involving tough ascents and descents. The route is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

Can you tell me where the route will go?

This challenge is designed as a 12 hour event, therefore there is no one fixed route that each team must accomplish. The route has been designed to have multiple different sections based upon the speed that your team is moving at. However, this event is not designed as a competition on how far you can walk. It is about working as a team to keep yourselves going for the full 12 hours.

Leadership

We employ experienced and fully qualified walking leaders who all hold the Mountain leader qualification. The leaders are first aid qualified and have extensive experience in leading challenges 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 first aid kits with them at all times.

Group Size

The Mind Hike Dawn to Dusk is run as a team event with a maximum of 150 people taking part.

The team at Mind will be creating the teams for this event of approximately 30 people per team. If you wish to be in the same team as friends then please let them know.

The aim of this challenge is to work together as a team to help each other through the challenge. This is a great

opportunity to meet other inspirational people like yourselves and to draw strength from each other.

There will be one leader per approximately 10-15 participant.

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 will be limited opportunities to purchase extra snacks as we pass through villages (please do not reply on shops being open as it is not always possible to guarantee this). Therefore you may wish to take some money with you on the trek. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Training

The Mind Hike Dawn to Dusk is an endurance trekking event over 12 hours, therefore requiring a good to high level of fitness. The ideal training for this challenge is, naturally, walking in the outdoors. However, if you do not have the luxury of living near the great outdoors, then the stairs at home (or an office block) are a great place to start. Try building in a walk to work if possible, or perhaps at lunch. 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, over similar terrain that you will face on the challenge, so try if possible to get out on a weekend and train in an appropriate area. It can be a great way to discover nearby places that you never knew existed! 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 challenge, the more you will get out of it. The hardest part of this challenge to train for is the fact that you will need to walk for 12 hours. Whilst it is not expected that you will have practiced this we would recommend that you be comfortable with long days of walking for at least 7-8 hours, plus you should be comfortable walking for consecutive days. It is a good idea to have a training weekend where you perhaps walk for 7-8 hours on one day and then another walk the following day. 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.

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. Enough warm layers are vital as are hats and gloves. If possible, try to bring two pairs of gloves and two hats as these can very often get wet.

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 Mind Hike Dawn to Dusk challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and having taking on a previous trekking challenge and are now looking to push themselves over a long distance route. You can tell your supporters that on your Mind Hike you will be:

- Trekking for 12 hours continuously.
- Covering varied, undulating terrain.
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Why book with Charity Challenge

- Everything included from the moment you arrive. We include everything from hostel accommodation, your evening meal when you arrive, plenty of food and snacks whilst on the trek and then a celebration dinner at the finish.
- The very best trek 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 '[Loch Lomond and Trossachs National Park's Red Squirrel campaign](#)' in order to help save these beautiful creatures which are under constant threat in the area wherew we will be walking. We also try wherever possible to use local suppliers, which helps us to put money back into the local area.
- The highest quality challenge experience on the market!

Challenge Timings

Please note that precise timings and instructions will be provided 1 month prior to the challenge date. the following timings should be used as guidance when planning.

Your challenge begins on the evening before the trek, and you should arrive at the Scottish Outdoor Education Centre in the town of Aberfoyle for approximately 6pm in the evening. You will then meet the leaders, as well as the rest of your challenge team, and then it will be time for dinner and your evening briefing. It is vital that everyone attend this safety briefing.

On the day of the trek itself, you will have a very early start for your hearty breakfast before the trek begins at approx. 6.30am.

The route is designed to take 12 hours to complete, and finishes back in Aberfoyle by approx. 6.30pm for a celebration dinner.

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.

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Any more questions?

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