

CH>RITY
CH>LLENGE



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**RIDGEWALK CHALLENGE
UK**

Sat 26 Jun - Sun 27 Jun 2021





In aid of your choice of charity

26 Jun - 27 Jun 2021

2 DAYS | UK | EXTREME

The RidgeWalk is an epic adventure where participants trek day and night to walk 52 miles within 24 hours. The stunning route takes in aspects of the Ridgeway, the White Horse Trail and the Wansdyke Path along the way.

Push yourself physically, emotionally and mentally in this completely unique charity challenge across Oxfordshire and Wiltshire.

- Trek together as a team with full support from qualified challenge leaders
- Fully supported event including a bag drop, frequent checkpoints with refreshments and a hot meal halfway
- Stunning route along large sections of the RidgeWay National Trail
- Trek together in groups of similar speeds, with everyone working together to help each other complete the challenge
- Celebrate with a celebratory glass of fizz, hot brunch and well deserved massage at the finish

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 26 Jun

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Registration and Challenge Start

Arrive at the start in historic Marlborough where you'll get yourself registered and ready to go and meet your fellow Ridgewalk hikers!

Before you set off there will be a full safety briefing from the challenge leaders to ensure all the participants are fully prepared. After that, you'll be cheered across the start line as you set off on your challenge.

The route uses the Ridgeway National Trail for a large part of the hike and there are many highlights along the way including the monument of the Avebury Stone Circle, Barbury Castle, Liddington Castle and the Alton Barnes White Horse chalk hill figure.

You will walk the first section during the day and as you pass through small villages and a variety of countryside you will be cheered on by many supporters!

The route itself undulates gently across the 52 miles. We'll make sure you're supported throughout the event; from snacks and drinks at checkpoints to give you energy boosts, to cheer points along the way to give you morale boosts.

You'll also get a delicious hot meal around the half-way point before continuing your trek through the night.

DAY 2 Sun 27 Jun

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Challenge complete

After starting your night section you will walk at through the dark for approximately 20 miles depending on your speed. With further hot food and drinks points the team are there to support you and lift your spirits during the most challenging section.

After trekking through the night and enjoying the sunrise across the rolling hills of Wiltshire you'll receive a RidgeWalk heroes welcome as you cross the finish line back in Marlborough. Here you'll be able to put your feet up, get your free massage and refuel with a well-deserved hot breakfast and cuppa.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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*Pay a registration fee of £49.00 when you book
Then a balance of £156.00
(5 weeks before your challenge)
Raise as much as you can for your charity.*

MINIMUM SPONSORSHIP

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*Registration fee of £49.00 when you book
Raise a minimum of £395.00 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
- Access to UK based training weekends (optional and at additional expense)
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Fitness training notes
- Fundraising advice
- 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
- Hot breakfast at the end of your challenge
- Drinks and snacks available throughout the day
- Group first aid supplies
- All challenge management before, during and post event

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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- Breakfast before the 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 08/05/2021), and the remaining 20% within 4 weeks of completing the challenge (by 25/07/2021). 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 30 - 60 participants

Why register with Charity Challenge?

Charity Challenge is one of the leading tour operators for challenge events in the UK and overseas.

- Everything is included from the moment you arrive. Unlike other operators, Charity Challenge includes fully qualified expedition leaders to accompany you throughout the challenge, food, snacks and drinking water, first aid support and finish line celebrations.
- Charity Challenge's Mountain Leaders are fully qualified, highly experienced, knowledgeable and fun. They will do everything possible to help you complete the challenge and have a great time doing it.
- Charity Challenge prides itself in its sector-leading responsible tourism policy. The route is designed to minimise the negative impact the footprints might have and to maximise the positive impacts.

Level of Difficulty

The RidgeWalk challenge is graded as **extreme**. This is the perfect challenge for participants who are of an adventurous spirit and are looking to push themselves to their physical and emotional limits.

You can tell your supporters that on the RidgeWalk you will be:

- Trekking for 24 hours continuously
- Covering undulating terrain, with the added challenge of walking through the night!
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and a very uncomfortable one.

For the RidgeWalk, a good quality headtorch with spare batteries is vital. A headtorch is much better than a handheld torch as it allows you to keep your hands free. If you do not wish to buy an expensive headtorch just for this challenge then very good quality ones can be hired for the weekend from our partners at Outdoor Hire.

Waterproof and well-worn in boots will be indispensable. The terrain might be uneven at times, 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 advised.

As this is a night-time challenge, the temperatures will be significantly colder. 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.

Training

The RidgeWalk is an endurance trekking event over 24 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 or car park) 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 3-4 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! If it is possible for you to practice walking at night with your headtorch then this is also useful. 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 24 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 10 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 8 hours on one day and then another walk the following day.

Also see your Participant Account Area for Fitness Training notes.

Money

During the trek there will be limited opportunities to purchase some extra snacks as we pass through villages (please do not rely 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.

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

The event will have 200-350 participants, setting off in waves and with dedicated expedition leaders throughout.

The aim of this challenge is to work together with your leaders and fellow participants to help each other through the 24 hours. 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 12-18 participants.

Expedition Leaders

Charity Challenge works with experienced and fully qualified trek leaders who all hold Mountain Leader qualifications. The leaders are first aid qualified and have extensive experience in leading challenges throughout Britain and overseas.

The Expedition Leaders 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.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes 24 hours of hiking, with some ascents and descents throughout the trek, with the added challenge of walking in the dark. The route is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Whilst June should be, in general, slightly warmer and drier, we all know that this isn't always the case. As this challenge takes place at night the temperature can often reach close to zero, even in the height of summer. 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.

Toilets

There will be bathroom facilities at the start and finish of the challenge. There will also be some toilets at the three main checkpoints which are at miles 20, 25 and 40. At other moments along the challenge such opportunities will be limited to the great outdoors!

Safety Advice for the RidgeWalk

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 undulating. Please make sure that your walking boots/footwear has good grip.

- Trekking at night is by its nature a hazardous activity. A powerful, good quality headtorch is absolutely vital.
- Due to extra risks posed by trekking at night, we always use a higher ratio of leaders to maximise safety. It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather at night can be very different to during the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 24 hours is a long time to be out on a trek, especially overnight. Ensure that you eat lots throughout the night and keep yourself hydrated by drinking lots of fluids.

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Any more questions?

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