



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**SOUTH DOWNS CHALLENGE
UK**

Sat 18 Apr - Sat 18 Apr 2020





In aid of HIPZ (HEALTH IMPROVEMENT PROJECT ZANZIBAR)

18 Apr - 18 Apr 2020



1 DAYS | UK | TOUGH

This incredible coastal trek starts just outside Brighton and takes you on 22km of testing, undulating terrain before finishing at Beachy Head.

You will start at Firle Beacon with stunning views of the coast, before heading down to the Seven Sisters and finishing the trek along this most incredible stretch of cliff tops before finishing at Beachy Head.

- 22km trek along the stunning South Downs
- Fully marshalled event with designated 'Support Leaders' and checkpoints
- Stunning views from the high point of Firle Beacon
- Test your endurance with the undulating terrain of the Seven Sisters Country Park
- Finish on top of Beachy Head

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 18 Apr

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Challenge Day!

Set against the dramatic backdrop of the South Downs National Park, you will put mind and body through the test as you tackle this challenge.

You will need to arrive at 8:30am at Brighton Train Station for registration. We will then transfer you out to the start point just outside Brighton. From here you will begin to make your way to Eastbourne along the South Downs Way.

During the challenge, you will be led by our experienced support leaders who will be there to motivate and support you along the way.

The route begins on to the top of Firlie Beacon. From this vantage point you will have fantastic views of the surrounding area before descending down to the village of Alfrinston. From here you follow the Cuckmere river to the sea before your final section takes you along the most incredible stretch of cliff tops of the Severn Sisters to the finish. Celebrate your achievement with the team at a historic country pub in Eastbourne. We will then transfer you back to Brighton Train Station where you can make your own way home.

The sense of achievement after undertaking this challenge is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable walking similar distances.

SELF FUNDER

Pay a registration fee of **£50** when you book.

Then a balance of **£90**
(5 weeks before your challenge).

Raise a minimum of **£160** for HIPZ (HEALTH IMPROVEMENT PROJECT ZANZIBAR).

SELF FUNDER OPTION

The full cost of this challenge is **£140**. You will be required to pay Charity Challenge the registration fee of **£50** at the time of booking and the final balance of **£90** which is due 5 weeks before departure (13/09/2019).

We ask you to raise a minimum of **£160** for HIPZ (HEALTH IMPROVEMENT PROJECT ZANZIBAR). The great news is that as the full cost of the challenge is included in the fee outlined above, 100% of your fundraising will go straight to HIPZ (HEALTH IMPROVEMENT PROJECT ZANZIBAR). Once you sign up, you will receive lots of fundraising advice and sponsorship forms to help you reach your target!

WHAT'S INCLUDED?

BEFORE YOU GO

- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules
- Fitness training notes
- Fundraising advice

ON YOUR CHALLENGE

- Travel to and from the challenge start/finish point from Brighton Train Station
- Packed lunch, snacks and drinks
- All challenge management before, during and post event
- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies

WHAT'S NOT INCLUDED?

ON YOUR CHALLENGE

- Accommodation during the challenge

THE DETAILS

TYPICAL GROUP SIZE

The typical group size is 51 - 200 participants

SMALL GROUP SUPPLEMENT

The costs and sponsorship levels on our website are based on a minimum of 51 participants. We can run this trip with 20-50 people, but there will be a small group supplement of £30. This is payable by yourself. We will notify you before the challenge if this is necessary.



Accommodation

No accommodation is provided for this challenge.

Both Brighton and Eastbourne have an abundance of accommodation options.

Why book with Charity Challenge?

Everything included from to ensure your safety and enjoyment on the day. Packed lunch and snacks at checkpoints throughout the day and then a medal to celebrate at the end.

- Fully qualified Challenge Leaders to help and support you throughout.
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- The highest quality South Downs charity event experience on the market!

Level of Difficulty

The South Downs 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. You can tell your supporters that on your Trek South Downs Challenge you will be trekking a full day on the varied and undulating terrain of the South Downs National Trail.

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 trail shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use either boots or trail running shoes with a good grip. Sports trainers are not suitable.

A full kit list for this challenge is available on the website and this outlines the different kit required for those looking to trek during the challenge and those looking to run.

Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Training

The Trek South Downs is a long, sustained event of up to 5-7 hours and covering remote terrain with steep ascents and descents. 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 running/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 as soon as possible to gradually build up your fitness. 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.

Money

During the challenge, there are limited opportunities to spend any money. You will pass through a small village with a shop. 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.

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

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience. In particular terrain along the cliff tops of the Seven Sisters Country Park can be loose and rocky, and the ascents and descents here are short but steep.

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 South Downs 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 'South Downs National Trail' who maintain the excellent footpaths we will be walking on. The South Downs National Trail 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 extra information, please visit our [Responsible Tourism section](#).

Challenge Timings

Precise arrival times and instructions will be sent out 1 month prior to the challenge.

Your challenge begins in the morning and you will need to arrive at the registration point at Brighton train station for 8.30am in order to maximise the time available to complete the challenge. When you arrive you will meet your support team and listening to the safety briefing.

After registration, you will be transferred to the start of the route for approximately a 10am start. Please note that this transfer takes approximately 45-60 minutes so please arrive at registration promptly.

We expect people to be trekking for approximately 5-7 hours. Delays can happen, and the return time will all depend on the speed that you walk, so please do try and book flexible return arrangements.

At the finish, there will be a celebration drink and afterwards, there will be a bus to take people back to Brighton train station.

Getting There

The event registration point will be at Brighton train station at 8:30am.

The event finishes at Beachy Head, near Eastbourne, and a bus will provide transport back to Brighton train station.

Food & Drink

A packed lunch will be provided as well as checkpoint snacks and drinks. The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

Toilets

There will be toilet facilities both at the start and end of the trek; however, during the challenge, such facilities will be limited to the great outdoors!

CH>RITY CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

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