

**TREK  
STOCK** Life  
alongside  
cancer



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**SOUTH DOWNS CHALLENGE  
UK**

Fri 04 Oct - Sat 05 Oct 2019





## In aid of Trekstock

04 Oct - 05 Oct 2019



### 2 DAYS | UK | TOUGH

This incredible coastal trek starts just outside Brighton and takes you on 30km of testing, undulating terrain before finishing at Beachy Head.

You will cross Firle Beacon, for 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.

- 30km 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 Fri 04 Oct

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#### Arrival and Preparation!

The adventure begins in the late afternoon at our hostel, 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.

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### DAY 2 Sat 05 Oct

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#### Challenge Day!

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on a 30km trek along a remote section of the South Downs National Trail. Set against the dramatic backdrop of the South Downs National Park you will put mind and body through the ultimate test, as you tackle this serious endurance challenge. Walking this route is a serious undertaking.

After registration, we will 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 with a climb up 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 cliff tops of the Severn Sisters to the finish.

Not for the faint-hearted, this is a tough endurance challenge and should not be undertaken lightly, however, the sense of achievement is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable walking similar distances.

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## HOW TO FUND YOUR CHALLENGE

### MINIMUM SPONSORSHIP

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*Registration fee of £50.00 when you book*

*Raise a minimum of £500.00 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.
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- Travel to and from the challenge start/finish point
- Fundraising advice

#### On your challenge

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- Packed lunch and drinks
- Drinks and snacks available throughout the day
- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water on challenge days

### WHAT'S NOT INCLUDED

#### Before you go

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#### On your challenge

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- Accommodation during the challenge (usually in twin share)

## 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 2 weeks before departure (by 20/09/2019), and the remaining 20% within 2 weeks of completing the challenge (by 19/10/2019). 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

Every day in the UK, 34 young adults are diagnosed with cancer, and we're the only charity that offers tailored support to this age group of cancer patients. We work to tackle social isolation and improve quality of life through and beyond their treatment, by getting young adults in their 20s or 30s moving again physically, socially and psychologically.

We'd love to have you on the team. If you have any questions please do contact [hello@trekstock.com](mailto:hello@trekstock.com) or call 020 45417601

### Typical group size

The typical group size is 20 - 25 participants

### Accommodation

Accommodation is provided in a local hostel. Sleeping arrangements are in same-sex twin share rooms. Please let us know if you wish to share with a specific person.

### 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 in a slightly tougher environment. 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
- Ascending nearly 1000m across the whole route

### 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 10 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 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.

### 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 early in the morning and you will need to be ready on the Saturday morning for a 7.30am start. We expect people to be trekking for approximately 10 hours.

### Getting There

The event registration point will be at Brighton train station.

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

### Food & Drink

You will be provided with breakfast on the morning of your challenge, and a packed lunch during the day. There will also be refreshments available before each activity changeover.

Dinner is not provided on the evening that you arrive at your hostel but there are options locally.

### 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:

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