

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SCOTTISH HIGHLANDS TRIPLE
CHALLENGE
UK

Fri 23 Oct - Sun 25 Oct 2020





In aid of your choice of charity

23 Oct - 25 Oct 2020

3 DAYS | UK | TOUGH

The Scottish Highlands Triple is an exciting new addition to the Triple Challenge series, combining cycling, trekking and canoeing into one exciting weekend of activity. This incarnation of the Triple Challenge series will see adventures taking on a multi activity challenge in the iconic Scottish Highlands. This is your chance to push yourself harder than ever before, surrounded by some of the most breath-taking scenery the UK has to offer.

Taking place over two days, you will cycle from Fort William to Loch Lochy. Canoe along the River Lochy, and of course, the pièce de résistance of the challenge will see you conquering Ben Nevis. An incredible challenge and a once in a life time experience.

- A brand new cycle, trek and canoe challenge in the Scottish Highlands
- Summit the UK's highest mountain - Ben Nevis (1345m)
- Cycle 32km along quiet country lanes and forest tracks through the iconic Scottish Highlands
- Canoe 13km along the River Lochy with stunning views of Ben Nevis
- Compete all three challenges in the Triple Challenge series – Snowdon, Lake District and Scottish Highlands

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 23 Oct*

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Day 1 - Arrival in Fort William

The group will meet at the SYHA Glen Nevis, near Fort William, at approximately 7pm.

Once you have settled into the accommodation there will be dinner followed by a full challenge safety briefing with your leaders.

DAY 2 *Sat 24 Oct*

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Day 2 - Cycle and Canoe Challenge

The cycle route will start directly from the hostel in Glen Nevis and will utilise the quiet country lanes and the cycle trails of the Nevis Range as we head north towards Loch Lochy. Upon reaching the canoe location you will have the opportunity to change before being instructed on how to use the canoes.

After completing the canoe section of the challenge you will once again get onto your bikes and cycle back to the hostel.

After an exhilarating day you'll been provided with dinner before having the chance to relive the days adventures!

DAY 3 *Sun 25 Oct*

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Day 3 - Summit Ben Nevis

After an early breakfast we will begin our trek to the summit of the UK's highest mountain. We ascend via the 'Pony track' to reach the top before returning to the hostel.

After freshening up you are free to depart.

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 £75.00 when you book
Then a balance of £350.00
(5 weeks before your challenge)
Raise as much as you can for your charity.*

MINIMUM SPONSORSHIP

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*Registration fee of £75.00 when you book
Raise a minimum of £700.00 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.
- Fundraising advice
- A-Z of fundraising ideas
- Fitness training notes

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Bike and helmet
- Packed lunch and drinks
- Qualified mountain leaders, cycling leaders & mechanics and kayak instructors
- All challenge management before, during and post event
- Drinking water on challenge days
- All equipment hire including mountain bikes, helmets, open top kayaks and life jackets. You are welcome to bring your own mountain bike and helmet if you wish
- Qualified mountain leaders, cycling leaders & mechanics and kayak instructors
- 2 nights accommodation during the challenge (usually same-sex dormitories)

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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- 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 04/09/2020), and the remaining 20% within 4 weeks of completing the challenge (by 22/11/2020). 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 20 - 30 participants

Why book with Charity Challenge

- Everything included from the moment you arrive. Unlike other operators we include everything from the moment you arrive.
- Hire of mountain bikes and canoes is included in the cost.
- The very best 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.
- Fully qualified mountain bike and canoe leaders who can also provide expert instruction to guide you through each activity.
- Cycle along the trails of the famous Nevis Range, surrounded by spectacular highland scenery.
- Summit Ben Nevis, the UK's highest mountain.
- Canoe along river Lochy.

Level of Difficulty

This challenge is graded as challenging. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a multi-activity challenge before. You do not need to be an expert mountain biker or canoeer, just somebody with a sense of adventure.

- Climbing to the summit of Ben Nevis – 14km, 1344m, approx. 5-6 hours.
- Cycle 32 km along quiet country lanes and forest cycle trails, approx 4-5 hours.
- Canoe for 13 km around Loch Lochy approx 3-4 hours.

How do you manage differing ability levels on each activity?

The Scottish Triple Challenge is a team event and is not run as an individual, against the clock challenge. We would encourage everyone taking part in this challenge to support each other to achieve everything that they can.

However, with any multi-activity challenge we fully expect people to have very different abilities across the biking, trekking and canoeing sections. Just because you are an experienced trekker does not mean you have lots of experience in a canoe. This is perfectly normal, and we fully expect this.

On each of the 3 activities we encourage you to stick-together as a team as much as possible. However, if it becomes necessary to split the group then we have a suitable number of leaders to allow this to happen.

There are two important points to note regarding how we manage the groups on this challenge:

- We must wait for all participants to finish an activity before moving on to a next one.

- All 3 activities are 'leader led'. We do not route mark either the bike or trek routes and so we ask everyone to stick with the leaders at all times. They are experienced at managing groups on these activities, and they enable us to keep everyone safe and keep the challenge running smoothly.

Bike & Canoe Equipment

The hire of all mountain bikes and canoes, along with relevant safety equipment is provided for you on this challenge and is included in the cost.

If you wish to bring your own bike then please let us know prior to the challenge by emailing andy@charitychallenge.com

If you choose to bring your own bike then it is your responsibility to make sure that it is suitable for the terrain covered during the cycle section. This section takes you along country lanes and forest trails and so road bikes are not suitable. **Mountain Bikes are suitable for this challenge. You must also bring your own helmet.**

You will be paddling two-person, canoes that are designed to be extremely stable. You will be sharing the canoe with another participant from your group. Full safety instruction is provided by our qualified leaders and these leaders will also accompany you on the water in case of any difficulties.

White water section of the canoe route

During the canoe section there is a small section of very gentle white water, or 'rapids', that adds to the adventure!

This section comes approximately halfway through the canoe journey, and everyone will have had plenty of time to become comfortable in controlling their canoe with their canoeing partner. The canoe leaders will be on hand throughout this section to support you should you have any difficulties. Anyone who does not wish to canoe this part of the route is welcome to take their canoe out of the water and walk around this short section.

You will be given a full safety briefing about all aspects of the canoe section prior to commencing the activity.

Emergencies

Your challenge leader will have a mobile phone and radios in case of emergencies and the team are trained to deal with any emergency situations. The event is not run as a race though and you will not be expected to walk or cycle at a pace beyond your capabilities. Should you find yourself unable to continue for any reason, you will be transferred back to the start point by safety vehicle.

Safety advice for the Scottish Highlands Triple 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.
- 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.
- Always wear the safety equipment provided to you for the biking and kayaking activities.
- We employ qualified instructors for each activity. Please listen carefully to the instructions given.
- This is an all day challenge. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Toilets

Participants will be able to utilise the bathroom facilities in the morning prior to the start of each days challenge, as well as after the hike and again at the end of the day. However, during the challenge facilities will be limited to the great outdoors!

Food & Drink

Dinner will be provided at the hostel on Friday evening.

You will be provided with a breakfast on the morning of the challenge, and a packed lunch during the day along with snacks during the transition between activities. You may also wish to bring your own snacks to help power you through the day. Dinner will again be provided at the hostel on Saturday evening.

Breakfast and a packed lunch are included on the Sunday of the challenge.

Accommodation

Accommodation is provided at the SYHA Glen Nevis in same-sex dormitories. You can expect typical hostel style accommodation, with shared bathrooms. Bedding is provided for you.

We encourage everyone to see the hostel as part of the challenge!

Getting There

Exact timings and instructions will be sent 1 month prior to the challenge date.

The meeting point will be our accommodation at the SYHA Glen Nevis, near Fort William. You should expect to meet the group at the hostel at approximately 7pm.

Challenge Timings

You will be sent precise timings and locations 1 month prior to the start of this challenge.

You will need to meet the group at the accommodation at the SYHA Glen Nevis at approximately 7pm on the night before your challenge for the welcome and safety briefing.

The challenge will begin at approximately 8am on the Saturday and you can expect to finish the first day at approximately 5-6pm.

On the second day of the challenge we will make an early start on Ben Nevis and you can expect to be finished by approx 3pm.

If you are travelling by public transport then please try to book a flexible ticket in case you finish earlier or later.

N.B. Although this is the planned time for finishing delays can happen. We highly recommend that you try not to travel until you have given yourself time to recover and rest after the challenge. Please consider staying an extra night in the area.

Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated.

Trek route.

The terrain on the trek varies throughout and can be rough at times, so be prepared! The path on the trek is steep and uneven and includes a section of loose rocks as you near the summit.

Bike route

The biking section follows country roads and forest cycle trails and as such can be uneven and muddy.

Climate

As you know, the weather in the UK can be highly unpredictable and erratic. Being prepared is key! We will run UK challenges between April and October, and although the summer months of June-August should be, warmer and sunnier, we all know that this isn't always the case. Please check the weather forecasts to ensure that you bring clothing suitable for warm, sunny, walking weather and also sudden wind and downpours.

Group Management & Leadership

Our maximum group size for this challenge is 30. Charity Challenge operates all of its challenges as team events. This challenge is not run as an individual event so please come prepared to help other members of the team. As all of our challenges have a strong 'charity fundraising' aspect then this is a fantastic opportunity to meet like-minded people who have incredible stories to tell.

We employ experienced and fully qualified challenge leaders to accompany and lead you. Our leaders are first aid qualified and have extensive experience in leading challenge events throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group and will be carrying full safety

equipment and mountain first aid kits with them at all times. They will also be in constant radio communication with the vehicle drivers and 'base camp' throughout the challenge. Qualified mountain bike leaders and canoe instructors are also employed to guarantee that you are very well looked after at all times and have access to expert advice.

Training

This challenge will have you biking, canoeing and hiking in the Scottish Highlands, and requires a moderate to good level of fitness. The ideal training for this challenge is, naturally, hill walking and cycling. 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. Also see your Charity Challenge [Fitness Training](#) notes.

Your training should also include some cycle training, preferably, including some hills. The biking section of this challenge takes place on off-road trails, but you should gear your training to being comfortable on a bike and have experience of cycling up hills.

For the canoeing, no prior experience is necessary, although if you have the opportunity to go to a local kayaking/canoeing club then this would help. Canoeing requires good upper body strength, so if possible, doing some exercises or light weights to build your strength would be advantageous.

Clothing & Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, you may wish to change kit between each activity. You will be able to leave any extra equipment at the event base.

A full kit list for this challenge can be found in your account area, or on the website. Once

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

Trek Section.

Waterproof and well-worn in boots will be indispensable for the trek. 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 emphasise that jeans should not be worn on this challenge.

Bike section.

You may wish to bring a pair of cycling shorts or trousers to wear for this section. You will have the opportunity to change into them before completing this section. Whilst you are welcome to take your day-sack on the bike with you, we would recommend that you keep this back at the event base to make the bike section more comfortable.

Canoe Section.

You do not need to have a wetsuit or swimming costume for this section. Most people complete this part of the challenge wearing the same clothes that they used for the bike and trek. However, if you wish to bring separate clothes for this section then you will have the opportunity to change into them before undertaking this section of the challenge. You will need to wear shoes or trainers whilst in the canoes, so you may wish to consider bringing along a spare pair of old trainers.

The hire of bikes and canoes is included in the cost of this challenge. Any safety equipment required for the biking and the canoeing will be provided, including helmets and life vests.

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Any more questions?

Contact us:

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