



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

THAMES RIDGEWAY TRAIL
CHALLENGE
UK

Fri 27 Sep - Fri 27 Sep 2019





In aid of First Days Children's Charity

27 Sep - 27 Sep 2019



1 DAYS | UK | TOUGH

A stunning marathon distance challenge along two of the UK's most spectacular National Trails, the Thames footpath and The Ridgeway. Starting and finishing in the village of Goring, this spectacular trekking route will take you along a stunning section of the River Thames, through quaint Oxfordshire villages and then a spectacular section of the prehistoric Ridgeway, "Britain's oldest road". You will join your fellow trekkers and be accompanied every step of the way by one of our trek leaders.

- 26 marathon distance trekking challenge
- Trek along the iconic River Thames and the Ridgeway National Trails
- Fully accompanied by trek leaders every step of the way
- A stunning route through spectacular scenery just 1 hour from London

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 27 Sep*

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Challenge Day!

You will receive a warm welcome when you arrive at the registration point and meet your trek leaders and your fellow trekkers in your group. Your trek leader will run through a full safety briefing and then it will be time to begin!

Following the mighty River Thames south you will pass the gorgeous villages of Goring and Streatley before turning away from the river and heading into the Chiltern hills, a designated area of outstanding natural beauty. Here the terrain will become increasingly undulating which will be sure to start to test us.

After passing numerous idyllic Oxfordshire country houses and estates, we will reach The Ridgeway, a prehistoric route that has claim to be Britain's oldest road. Our section is particularly spectacular as the 'ridge' is very clearly defined.

The final stretch of the route takes us back along the River Thames to where we began the day.

Here we will be greeted with a celebratory medal to mark our achievement.

HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of £50.00 when you book

Then a balance of £80.00

(5 weeks before your challenge)

Raise as much as you can 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.
- Access to your own password protected account including support materials and training schedules
- Fitness training notes
- 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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- Full back-up support including first-aid qualified staff and first-aid supplies
- Packed lunch and drinks
- Checkpoint snacks and drinks
- Celebratory drink at the finish line

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the challenge start/finish point

On your challenge

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- Accommodation during the challenge

THE DETAILS

Typical group size

The typical group size is 20 - 30 participants

Why book with Charity Challenge?

Everything included from the moment you arrive. Packed lunch and snacks at checkpoints throughout the day and then a medal to celebrate at the end.

- The very best trek leaders to support you every step of the way.
- Safety checkpoints along the whole route.
- Support vehicle to assist you with any problems on the route.
- The usual high quality Charity Challenge event experience!

Difficulty

The Thames Ridgeway Trail Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and for those people who have taken part in other trekking challenges and now wish to test themselves in a slightly more extreme environment, then the full marathon distance is a great test of your endurance.

You can tell your supporters that on your Thames Ridgeway Trail Challenge you will be:

- Taking on the varied, undulating terrain of Oxfordshire and part of the Chiltern hills.
- Ascending over 700m across the whole route.

Clothing and 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 shoes with good grip. Sports trainers are not suitable.

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 Thames Ridgeway Trail Challenge is a long, sustained event of up to 12 hours and covering uneven terrain with sections of 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 far in advance prior to the challenge as possible 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. We would advise you should need no more than £20.00, excluding your travel cost

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! Although the early summer months of 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 trekking, with a surprising number of gradual ascents and descents. The route is on good paths and quiet country roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers of the Thames footpath and The Ridgeway National Trail 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 National Trail's who maintain the excellent footpaths we will be walking on. Both the Thames footpath and The Ridgeway National Trail's have a excellent website that provides information on their fantastic work and allows you to donate to them directly. Their websites can be viewed here:

[Thames Path National Trail](#)

[The Ridgeway National Trail](#)

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? Charity Challenge can particularly recommend some of the watering holes of nearby Goring and Streatley! Not only will you be able to celebrate your achievements but you will also be putting more money back into the local area. Please visit the [Experience Oxfordshire website](#) for accommodation options and other ideas of places to visit in the local area.

Challenge Timings

Please also note that final event timings will be sent to you 1 month before the challenge date. The timings listed below should be used as guide.

Registration will take place at 7am, and the trek will begin at 7.30am.

We expect for everyone to be finished by 7.30pm.

When you arrive you will be able to register and then enjoy a breakfast snack whilst meeting your support team and listening to the safety briefing.

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 each checkpoint we will be imposing cut-off times so that we can safely manage the event.

Getting there

The event will start and end in the village of Cholsey, just south of Oxford.

We will send across all driving/train details, plus the address of the registration point, at no later than 1 month prior to departure.

Accommodation

No accommodation is provided for this challenge. We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local communities.

The [Experience Oxfordshire website](#) has a full list of local accommodation options.

Food & Drink

A packed lunch will be available for you during the challenge along with water and snacks.

We would encourage to bring some of your own snacks to ensure that you can keep your energy levels up throughout

the trek.

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!

Safety

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 shoes have good grip. Trainers are not appropriate as they lack grip.
- The weather can change in the course of the day. Please make sure you carry an additional warm layer, waterproof jacket.
- This event includes short sections along cuntry roads. Please take care along these sections and keep to the sides of the roads in single file.
- This is a long distance, endurance event. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

How is this event managed?

This challenge will be run as a led walk. Each trek leader will have about 10 people walking with them. If you wish to walk a little bit faster or slower than that is absolutely fine. The trek leaders will facilitate this throughout the day.

We would encourage everyone to help each other to complete this challenge together.

Please note that this is not a marshalled event. We will not be signposting the route.

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Any more questions?

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