

**TREK
STOCK** Life
alongside
cancer



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**HADRIAN'S WALL TRAIL
CHALLENGE
UK**

Fri 09 Sep - Sun 11 Sep 2022

Wall Path





In aid of Trekstock

09 Sep - 11 Sep 2022



3 DAYS | UK | TOUGH

This exciting and strenuous marathon distance challenge of 26 miles will have you trekking along this stunning world famous historic landscape. Hadrian's Wall runs across the north of the UK from coast to coast and remains one of the largest ancient monuments in Northern Europe. You will trek in the footsteps of the Roman Empire and take in some of this extraordinary structure that protected the Roman armies from the Scottish.

- A weekend challenge across the North of England
- Visit a UNESCO World Heritage Site
- Trek 26 miles along Hadrian's Wall
- A Roman adventure in the UK

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 09 Sep*

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Arrival and Briefing

Arrive no later than 7pm at the challenge accommodation to meet the team and for a full introduction briefing about the event. Dinner is not included, but is available at the hostel if arranged in advance.

DAY 2 *Sat 10 Sep*

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CHALLENGE DAY!

After an early breakfast, the challenge takes us from near Lanercost Priory along the line of the Roman wall to Chester's Fort. The route encompasses some of the most prominent remains of the wall.

When it was first built, Hadrian's Wall ran along the northernmost frontier of the Roman Empire and stretched from the East to West coasts of Britain, from Bowness on Solway to Wallsend on the northeast coast. It is a remarkable feat of construction and now a UNESCO World Heritage Site and cuts through Northumberland National Park.

This is a sustained physical challenge across some varied terrain. You will be walking for approximately 12 hours and covering 26 miles.

DAY 3 *Sun 11 Sep*

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Day 3

With amazing memories and a massive sense of achievement, it's time to say goodbye to your new friends, making sure you've swapped details before heading home.

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 £50.00 when you book
Then a balance of £245.00
(5 weeks before your challenge)
Raise as much as you can for your charity.*

MINIMUM SPONSORSHIP

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*Registration fee of £50.00 when you book
Raise a minimum of £550.00 for your charity.*

WHAT'S INCLUDED

Before you go

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- Access to UK based training weekends (optional and at additional expense)
- 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
- 16 and 20 week trek/bike training schedule
- 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
- All challenge management before, during and post event
- Group first aid supplies
- Drinks and snacks available throughout the day
- Hot breakfast before the challenge
- Packed lunch and drinks
- Hot buffet at the end of your challenge

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Clothing and equipment listed on your Kit List

On your challenge

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- 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 22/07/2022), and the remaining 20% within 4 weeks of completing the challenge (by 09/10/2022). 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 or call 020 45417601

Typical group size

The typical group size is 20 - 50 participants

Difficulty

The Hadrian's Wall Trail 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 more extreme environment. You can tell your supporters that on your Hadrian's Wall Trail Challenge you will be:

- Covering a marathon distance of 26.2 miles.
- Taking on the varied, undulating terrain of the Hadrian's Wall country and the Northumberland National Park.
- Ascending over 700m 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 will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use either boots 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 Hadrian's Wall Trail Challenge is a long, sustained event of up to 12 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 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. 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! 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 and 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 Hadrian's Wall National Trail to make sure that we minimise our impact on the local environment. On this

challenge in particular we are sensitive that we are passing through a World Heritage site. 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 '[Hadrian's Wall National Trail](#)' who maintain the excellent footpaths we will be walking on. Hadrian's Wall National Trail have 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.

How much of Hadrian's wall will we see on this route?

We are sensitive that this event takes place in a World Heritage site and that Hadrian's Wall faces ever-increasing pressure from visitors and events, such as this challenge.

With this in mind, our route follows the wall closely, without always following the actual remains of the wall. The route touches base with the wall at various points, and the sense that you are passing through this historic landscape will not be lost.

The Hadrian's Wall trail officer has asked us to pass on the following information regarding the sections where we will be walking alongside the wall:

- Please do not walk on the remains of the wall itself.
- Please walk two or three abreast, rather than in a single line. This helps to reduce the amount of footpath erosion that occurs.

Challenge Timings

Your challenge begins on the Friday night and we ask you to be in the hostel by 7pm.

Exact details will be provided one month before your challenge.

The challenge will start early on the Saturday at around 7.30am.

We expect the final people to arrive back at the finish at around 20.00. Delays can happen, and the return time will all depend on the speed that you walk.

Food & Drink

Meals while on the challenge include breakfast, and a packed lunch and snacks during the trek. Dinner is provided after you trek. We strongly encourage you to bring additional sweets and snacks for the duration of your challenge.

Dinner is not included on the night before the challenge. Dinner is available if ordered in advance at the hostel and details about arranging this will be provided one month before your challenge date. If you wish to eat elsewhere on the evening before then that is fine but the drinking of alcohol is strongly discouraged for your own health and safety during this tough challenge.

Toilets

There will be bathroom 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 country 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.

Accommodation

Accommodation is provided on the night before the challenge and the night after the challenge. Accommodation is provided in same-sex dormitories at the [YHA The Sill at Hadrian's Wall](#).

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 area. There are lots of excellent accommodation options to suit all budgets.

CHARITY CHALLENGE

Any more questions?

Contact us:

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