



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**DORSET 3 PEAKS CHALLENGE
UK**

Sat 19 Jun - Sat 19 Jun 2021





In aid of Diverse Abilities

19 Jun - 19 Jun 2021



1 DAYS | UK | CHALLENGING

Join Diverse Abilities on this unique event, created exclusively for this fantastic charity.

The Dorset 3 Peak might not be the most famous of the UK's '3 Peak' challenges, but this is your chance to be one of the first people to take on what is still a very demanding challenge.

Trek to the top of Lewesdon Hill (279m), Pilsdon Pen (277m) and Bulbarrow Hill (274m)

- Completely unique event, just for Diverse Abilities and their supporters
- Trek to the top of Dorset's 3 biggest hills!
- Cover just over a marathon distance across the Wessex Ridgeway
- Ascending more than 1350m in a single day - more than the height of Ben Nevis!
- Raise money for a fantastic charity, Diverse Abilities

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 19 Jun

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The Challenge Day!

Pit yourself against this tough challenge, as you take on the three highest peaks in Dorset.....with a marathon distance to trek between them!

The challenge will begin with registration and a full safety briefing from your challenge leaders at the registration point. Soon after, we will depart by bus to begin the challenge.

The route for this challenge is completely unique for this challenge and will take you on a spectacular journey across the Dorset countryside. The first two peaks of Pilsdon Pen and Lewesdon Hill are reached within the first couple of hours and then we head east towards the final summit of Bulbarrow Hill, 44km away.

Our route follows a variety of local footpaths, including stunning sections of the Wessex Ridgeway, but due to the unique nature of this challenge everyone should come with the necessary sense of adventure as the route uses country lanes and some less well known footpaths in order to complete our goal!

We finish at the iconic cross that stands on Bulbarrow Hill where we will have the chance to celebrate our achievement before the short bus transfer back to Dorchester.

We anticipate that this challenge will take between 10 and 12 hours to complete and at the end of the trek you will be transported back to the event registration point.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £35.00 when you book

Raise a minimum of £265.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Fitness training notes

On your challenge

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- Drinking water on challenge days
- 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

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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- Personal spending money

THE DETAILS

Fundraising deadlines	<p>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 01/05/2021), and the remaining 20% within 4 weeks of completing the challenge (by 17/07/2021). 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.</p>
Raising the sponsorship	Dorset's Disability Charity
Typical group size	The typical group size is 20 - 75 participants
Small group supplement	<p>The costs and sponsorship levels on our website are based on a minimum of 20 participants. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.</p>
Travel insurance	<p>Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at http://www.campbellirvinedirect.com/charitychallenge.</p>

Why book with Charity Challenge?

- The very best Mountain 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.
- Ethical consideration. For every participant we donate money to a local conservation project order to protect the beautiful route that we use. We also do our best to use local suppliers, which helps us to put money back into the local area.
- The highest quality charity trekking experience on the market!

Level of Difficulty

The Dorset 3 Peaks 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 wild environment. You can tell your supporters that on your Dorset Three Peaks Challenge you will be:

- Trekking for around 12 hours in a single day.
- Covering just over 44km of undulating terrain.
- Ascending over 1500m in a single day. That's more ascent than Ben Nevis, the UK's highest mountain!
- Summiting the 3 highest hills in Dorset, Lewesdon Hill (279m), Pilsdon Pen (277m) and Bulbarrow Hill (274m)

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 rough and muddy, 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. Sports 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 emphasize that jeans should not be worn on this challenge. 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 Dorset 3 Peaks Challenge is a long, sustained event over 12 hours and covering mountainous terrain with steep ascents and descents. Therefore it requires a good level of fitness. The ideal training for this challenge is, naturally, hill walking. However, 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.

Money

During the trek 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.

Group Size

Our minimum group size for this challenge is 30 and the maximum is 75. There will be one expedition mountain leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

Leadership

We employ experienced and fully qualified mountain expedition leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading expeditions throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and mountain first aid kits with them at all times.

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 lots of ascents and descents. The route is predominantly on good paths, 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 at the Lake District 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 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 arrive at the event registration point in Dorchester at around 6am in order to maximise the time available to complete the challenge.

From the registration point there will be a bus transfer of 45 minutes to take us to the start of the trek. It is therefore important that you arrive at registration promptly so that we can begin trekking by 7am.

When you arrive you will be able to register and then meet your leaders and listening to their safety briefing.

You will be walking for approximately 12 hours, which makes your trek a very long day. You can expect to arrive back at the finish at around 7pm.

From the finish point there is a bus transfer back to Dorchester that takes 30 minutes.

Delays can happen, and the return time will all depend on the speed of your group, so please do try and book flexible return arrangements.

Getting There

We will confirm the event location at no later than 1 month prior to the start of the challenge.

The registration point will be in Dorchester and we will send across all driving details, plus the address of the registration point, at this time.

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. There are lots of excellent accommodation

options to suit all budgets. For a full list of accommodation choices please visit the [Visit Dorset website](#).

Food & Drink

A packed lunch will be provided for you on this challenge. Drinking water will be available at the registration point and at all checkpoints along the route.

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 walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather during the day can change very quickly. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 12 hours is a long time to be out on the hills. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

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Any more questions?

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