



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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HADRIAN'S WALL TRAIL  
CHALLENGE  
UK

Thu 24 Jun - Mon 28 Jun 2021

A weathered wooden arrow-shaped sign pointing to the right, mounted on a wooden post. The sign has the words 'Wall Path' written on it in a white, sans-serif font. The background shows a green field and trees under a bright sky.

Wall Path



## In aid of LimbPower

24 Jun - 28 Jun 2021



### 5 DAYS | UK | TOUGH

This exciting and strenuous marathon distance challenge of 45 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 5 day challenge across the North of England
- Visit a UNESCO World Heritage Site
- Trek 45km along Hadrian's Wall
- A Roman adventure in the UK

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Thu 24 Jun

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#### Arrival and Briefing

Arrive by 7pm at the challenge accommodation to meet the team and for a full introduction briefing about the event and dinner. (D)

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### DAY 2 Fri 25 Jun

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#### Birdoswald Roman Fort

After an early breakfast, the challenge takes us from near Lanercost Priory along the line of the Roman wall to Birdoswald Roman Fort. The route encompasses some of the most prominent remains of the wall. (B,L,D)

This is a sustained physical challenge across some varied terrain which can be muddy and slippery. You will be covering 14k with a total ascent of 360m.

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### DAY 3 Sat 26 Jun

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#### Housesteads Fort

Today, the challenge takes us from Walltown Country Park along an undulating path to Cawfields Quarry. We then ascend 150m before following the most iconic section of the wall, which finishes at the famous Housesteads Fort. (B,L,D)

This is a sustained physical challenge across some varied terrain, including gravelled lanes and steep pathways that can be slippery. You will be covering 15km with an ascent of 675m.

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### DAY 4 Sun 27 Jun

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#### Humshaugh Village

Following a cold breakfast buffet, we return to Housesteads Fort for the final part of our route. There's an initial steep descent before we walk through rolling grassy fields to a slow descent into the village of Humshaugh where the route ends. After stopping in the village pub for a celebration drink, we will be transferred back to the hostel for a celebration dinner. (B,L,D)

This is a sustained physical challenge across some varied terrain including muddy fields and occasional stiles. You will be covering 16km with a total ascent of 287m.

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### DAY 5 Mon 28 Jun

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#### Return Home

Joining together for one last breakfast as a team, the group will then depart around 10am. (B)

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## 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 £485.00  
(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 £990.00 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

## 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
- 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 06/05/2021), and the remaining 20% within 4 weeks of completing the challenge (by 26/07/2021). 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.

### Typical group size

The typical group size is 20 - 30 participants

### Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 16-19 people, but there will be a small group supplement of £55. 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.

### 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 45km.
- Taking on the varied, undulating terrain of the Hadrian's Wall country and the Northumberland National Park.
- Ascending over 1300m 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 8 hours per day 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 £50.00, 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 long days 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 Wednesday night and we ask you to be in the hostel by 7pm.



Exact details will be provided one month before your challenge.

On each day, the challenge will start at around 7.30am.

The length of time will be determined by the speed you walk, but expect to be trekking for around 6-8 hours a day.

### Food & Drink

Meals while on the challenge include breakfast, a packed lunch and snacks during the trek, and dinner where stated on the itinerary. We strongly encourage you to bring additional sweets and snacks if desired.

The drinking of alcohol before trekking days 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 for 4 nights 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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