

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SOUTH WEST COAST PATH
CHALLENGE
UK

Fri 18 Jun - Mon 21 Jun 2021





In aid of your choice of charity

18 Jun - 21 Jun 2021

4 DAYS | UK | TOUGH

New challenge for 2021!

The South West Coast Path has fast become one of the UK's best loved long distance paths. With over 1000km of footpath to choose from, Charity Challenge have created this incredible, fully supported trekking challenge that will see you complete 64km around the most remote section of the trail in Cornwall.

Starting in the beautiful town of St Ives there are three tough days of trekking 64km before you get to celebrate your accomplishments by reaching Penzance on the summer solstice, marking the start of summer and the longest day of the year. With fully qualified walking leaders, a fantastic camp crew and full luggage transfers you'll have all the support you need to complete this incredible challenge.

Much of the land beside the Path has been designated a Site of Special Scientific Interest (SSSI), and is home to a huge variety of wildlife, so be sure to keep your eyes open for Atlantic grey seals, dolphins, basking sharks, choughs and peregrines!

- Trek 64km along the most challenging section of the incredible South West Coast Path
- Visit Land's End, the most westerly point of mainland England
- Three days of camping and coastal walking along the nations favourite National Trail
- Explore Minack Theatre - the famous open-air theatre carved into the cliff
- Cliff top paths with unforgettable views of one of the most beautiful coastlines in the world

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 18 Jun

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Arrival at accommodation in St Ives and meet the team (3* Hotel)

Tonight you will arrive at your accommodation in St Ives and will have the opportunity to meet the rest of the team of trekkers. After settling into the accommodation you will then get to meet all of the challenge leaders and support team at the all-important welcome and safety briefing. This will be where your leaders explain everything you need to know about the days ahead, including what to take with you on the trek each day and what to put in your luggage that will meet you each night at camp. It will also be your opportunity to ask any questions and get to know the team. It will then be early to bed, excited about the adventure ahead

Accommodation: 3* hotel, twin share

Meals: Dinner

DAY 2 Sat 19 Jun

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St Ives to Pendeen (Approx 23km / xx hrs, 769m of ascent)

After a hearty breakfast it will be time to put on our hiking boots and hit the trail! This is no easy introduction as we head west from St Ives and immediately begin one of the remotest stretches of this entire footpath. The walk passes the 'Carracks' – where Atlantic grey seals are often found basking on the rocks. The area around Zennor is both an Environmentally Sensitive Area and an Area of Outstanding Natural Beauty.

Today's route also takes us across the Bosigran Cliffs, famous for their jawdropping plunges into the sea below and Bosigran Castle, an Iron Age cliff fort. With almost 800m of ascent and 23 km we will be glad to reach our campsite and have the chance to rest up in the evening before our first night of camping.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 3 Sun 20 Jun

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Pendeen to Treen (Approx 26km / xx hrs, 850m of ascent)

Our longest day begins through old tin mines and iron age forts as we continue westwards towards Land's End, the most westerly point of England. Today's route includes some magnificent views from Cape Cornwall which, if we are honest, we prefer to its more famous landmark site of Land's End. We then turn south and reach the beautiful beach and dunes at Whitesand Bay before having time to stop at Land's End for the obligatory photo! On a clear day, there are fantastic views across the sea out to Bishop's Rock Lighthouse and the Isles of Scilly. If you are lucky you may spot dolphins or basking sharks from here.

Our route continues on along more spectacular cliffs and hidden coves before we reach the village of Porthcurno, home to the famous open-air Minack Theatre carved into the rock. Our campsite is just past the town where we will be glad of the chance to recharge our batteries before the final day of walking tomorrow.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 4 Mon 21 Jun

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Treen to Penzance (Approx 14km / xxhrs, 300m of ascent)

The final day of trekking is also our shortest, but with 300m of ascent over just 14km, there is still some more undulating terrain to test you. The route continues along the clifftops, passing the sub-tropical cove of Lamorna, an Area of Outstanding Natural Beauty and the famous Logan Rock, an 80 tonne boulder that legend says you can rock by pushing it!

We will soon reach the picturesque harbour village of Mousehole, known for its tiny harbour and narrow streets of granite cottages. From here the route becomes less undulating as we complete the final few kilometres to the historic old port of Penzance. Upon reaching the finish point there will be a celebration lunch before you are free to depart having completed the most difficult section of the incredible South West Coast Path.

Accommodation: Not included

Meals: Breakfast, Lunch

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

All campsites are liable to change depending upon availability and group size. On occasions it is necessary for us to use a short bus transfer to take you from the end of the trek to the campsite.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

SELF FUNDER

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Pay a registration fee of £125.00 when you book

Then a balance of £670.00

(5 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £125.00 when you book

Raise a minimum of £1350.00 for your charity.

FLEXI

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Registration fee of £125.00 when you book

Then £125.00 towards challenge costs (5 weeks before your challenge)

Raise a minimum of £1095.00 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)
- A-Z of fundraising ideas
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Fundraising advice

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- 3* Hotel accommodation on the first night of the challenge (twin share)
- Camping accommodation in 3 man tents (twin share)
- Luggage transfer between each campsite
- Qualified walking leaders, support vehicle and campsite support crew

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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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 30/04/2021), and the remaining 20% within 4 weeks of completing the challenge (by 19/07/2021). 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 10-19 people, but there will be a small group supplement of £100. 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.
Optional extras	Travel insurance (*subject to availability)
Travel insurance	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 .

Booking with Confidence

We understand that there may be a little uncertainty around booking in the current climate so we have created a 'Booking With Confidence' policy to help you book your next Charity Challenge with absolute confidence.

Book with the knowledge that:

- We are putting significant measures in place to make your challenge Covid Safe
- We have flexible payment options
- We have ATOL and International Passenger Protection financial cover for your peace of mind*

We will offer you a number of options if we cannot operate your challenge due to Covid-19 :

- postpone your challenge to a later departure
- join any other challenge
- transfer your place to another person
- receive a refund of monies paid for the challenge

Full info and T&C's on our [Booking With Confidence policy](#)

Why book with Charity Challenge

- Fully supported multi-day UK challenge.
- Learn all about the local history and environment along the route with our highly experienced, knowledgeable and fully qualified Mountain Leaders
- Campsite crew to set-up tents and ensure you are well fed
- Baggage transfer between each campsite
- Celebration meal and medal at the end of the challenge
- The same high-quality Charity Challenge experience that you would associate on our international challenges, but in the UK!

Level of difficulty

The South West Coast Path Challenge involves three days of between 7 to 10 hours of trekking. It involves a good level of fitness, and the endurance to do multiple days of consecutive trekking. The terrain follows a good quality footpath throughout, but this can be rocky and muddy in places. Despite not being a mountain challenge there is continuous ascent and descent throughout each day. There are several remote sections away from support vehicles, however many of the trekking days provide us with good access to offer additional vehicle support should it be needed.

Food and drink

All food and drink is included for you from dinner on the first night through to a celebration lunch on the final day before departure. During the trek, breakfast and dinner will be provided for you at the campsite.

Breakfast will include porridge, cereal, fruit hot drinks. Dinner will be a mixture of good, hearty, trekking food -

Soups, pasta, rice, different sauces, stews and a dessert will be provided each day. A packed lunch will be available for each day. To allow people to choose their own packed lunch we will provide bread and a variety of sandwich fillings so that people can make their own sandwich each morning after breakfast. Crisps, fruit and snack bars will also be available for you to carry in your packed lunch. You will be required to carry your packed lunch with you every day.

We can easily cater for most dietary requirements. Please indicate your dietary requirements on your booking form. If you have any concerns about this then please don't hesitate to contact us.

How is the group managed?

Like all of our challenges, we manage the trek as a team challenge and we encourage everyone to see themselves as part of a team. Our aim is to walk at a speed that is appropriate for all group members. It is important to remember that this is a multiday trekking itinerary, and so we will walk at a pace that is appropriate to keeping you going for all three days of walking.

Your challenge leaders are very experienced at setting the correct pace, and they will be with you at all times. Should it be necessary for the group to split into different walking speeds during the day then your challenge leaders will facilitate this. However, a challenge leader must be with you at all times.

Should anyone develop any problems during the day then the leaders will be in touch with the support vehicle at all times and will be able to arrange for the vehicle to come and assist.

How do we follow the route?

This is a fully supported, leader led challenge. Whilst we appreciate that the South West Coast Path is a well-marked trail our itinerary is designed to be fully-supported and so you will be accompanied by our leaders at all times. Our leaders are there to assist you and to ensure that everyone can complete the challenge and have a great time.

Clothing and equipment

During this challenge you will need to have two bags. One day pack that you use to carry everything you need for the day of trekking, and one kit bag that contains all of your camping equipment and spare clothes. This kit bag is transferred between each campsite.

What to carry during the day:

This challenge takes place in a remote and mountainous environment, away from roads and immediate access to vehicle support. It is therefore extremely important that you come prepared with the correct kit for this challenge. Please ensure that your waterproof jacket is able to keep you dry when subjected to rain for several hours at a time, and that you also have waterproof trousers as legs get just as wet as tops. Footwear should also be waterproof and most importantly should have good grip. Sports trainers are not appropriate for the terrain of this challenge. We also ask you to ensure that you bring with you multiple warm layers, along with at least 2 sets of hat and gloves.

If clothes get wet, then the only way to dry them is by hanging them up in tents.

Clothing and equipment for the campsite:

We recommend that you have at least one pair of clothes that you can change into when you reach the campsite. This will ensure that you always have a dry pair of clothes at the end of the day.

Tents are provided for you but will need to bring a sleeping mat and sleeping bag. Please refer to the kit list for more information about what is appropriate.

The full kit list for this challenge can be viewed [here](#).

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list will not be allowed to take part in the challenge.

Training

This is a tough, multiday, endurance challenge that requires everyone to have taken their training seriously. It involves early mornings, long days and sustained periods of ascents and descents. It is certainly not for the fainthearted, and it should ideally be undertaken by someone who has trained on similar hilly terrain within the UK.

The ideal training for this challenge is, naturally, walking in the outdoors, including some hills so that you can be comfortable with the ascent and descent experienced on this challenge. However, if you do not have the luxury of living near the outdoors, or any 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 four months prior to the challenge and gradually build up as suggested. Remember to use the kit that you will be using on the challenge (boots, rucksack, poles etc) in order to get them worn in. 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. The more you exercise before the challenge, the more you will get out of it.

The South West Coast Path Challenge is a real endurance event and you should gear your training towards being comfortable doing exercise for prolonged periods of time. Recovery times are also important to consider, and again you should structure your training so that you are comfortable exercising again after only a night's rest. We would recommend that all people training towards a South West Coast Challenge should aim to be able to comfortably do two long days of walking (6-8 hours) on back to back days.

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:

- Make sure you have all of the kit listed as essential on the kit list.
- The English weather can be extremely variable, so we recommend that everyone has multiple hats and gloves and warm layers to ensure that they always have a dry item to wear on each day.
- This is a significant physical challenge over a prolonged period of time. Please make sure that your fitness level is suitable to meeting this challenge.
- Make sure that you take care around the campsite.

Insurance

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 by clicking [here](#).

Any medical emergencies would be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation.

You can see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Toilets

During the days of trekking, toilet facilities are limited to the great outdoors and any villages that we pass through. Your leaders will be able to give you advice on the appropriate toilet etiquette for each day.

Campsites have toilet blocks and washing facilities. Some campsites have showers that can be paid for. We always try to ensure that all of our campsites have toilet facilities, but on occasions this is not possible. In this scenario toilet tents and a "long drop" are used.

Group size

Our typical group size for this challenge is between 20 and 30 people. We always try to operate on a small group basis. Typically, there will be one challenge leader for each 10 participants.

Please note: We can still run this challenge for group sizes of 10-19 people but there is a £100 small group supplement.

Getting to and from the challenge

The challenge starts in the town of St Ives and you should plan to make your way to St Ives for 5pm on the day of arrival. At one month prior to the challenge you will be provided with the precise details of the accommodation, but we will always make sure that it is easily accessed.

St Ives is not on the main train line but is still easily accessed by train. The closest station is in the town of Hayle, which is only a 5 minute taxi ride away.

Your challenge finishes in Penzance where there is an excellent direct train service to London, Exeter and Bristol. On the day of departure there is a celebration lunch that should be finished by 3pm. You are free to depart after this.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any missed transport.

Leadership

You will be accompanied by fully qualified walking leaders who are all first aid trained. Our leaders are the very best, and many of them lead on our overseas challenges. They have a broad range of backgrounds and experiences, and are there to keep everyone safe and happy. We always ask all of our participants to respect any decision that any of the leaders has to make.

Weather

The English weather can be extremely variable, even during the summer, so please read your kit list carefully and make sure that you bring all essential kit.

Terrain

The South West Coast Path follows a good quality footpath throughout. However, this footpath can be rocky and muddy in places. There are several sections where there are short but sharp sections of ascent or descent. However, none of these sections are sustained for more than an hour.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the local authorities 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 'South West Coast Path Association' a charity that looks after this fantastic long distance trail and who

maintain the excellent footpaths we will be walking on. For more information about the South West Coast Path Association please visit their website by clicking [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 lots of ideas about places to stay and things to do please visit the excellent [Visit Cornwall website](#). For extra information, please visit our Responsible Tourism pages, where you will be able to view a list of the other projects that we currently support

Challenge timings

On the day of arrival, you should plan to arrive at your accommodation for 5pm. Dinner is generally at around 6pm, with the welcome and safety briefing taking place immediately after dinner.

On the day of departure, you are free to depart at any time after arriving into Penzance. We aim to be in Penzance for a celebration lunch at 12pm, and so you should be free to depart from anytime after this.

On each day of the trek you can expect to start each day with breakfast at 7am, with the aim being to start trekking by 8am. We aim to finish each day by 3-4pm. However, these timings will be adjusted according to weather forecasts, group ability etc.

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

Accommodation

Accommodation on the first night of the challenge is in a 3* hotel and is on a twin share basis.

During the challenge accommodation is camping. You will be provided with a 3 man tent for 2 people to share, so there is plenty of space in each tent.

If you would like to enquire about a single supplement then please email challenges@charitychallenge.com. We will always do our best to provide a single supplement where requested, however on occasions this is not always possible.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace 'beyond your ability'. There will always be a wide variety in people's walking abilities which will be carefully managed by the leader team. If we find that you are unable to complete any day of the trek then we will arrange for you to be collected by the support vehicle and taken to the night's campsite.

Keeping Safe post-Covid

This challenge is planned to start running in 2021 when we hope that we will live in a 'post-Covid' world. Please rest assured that Charity Challenge will continue to monitor all of the latest advice from both the government and local authorities and will ensure that all of our safety systems are up to date.

Our safety advice for our UK challenge's running in the autumn of 2020 can be viewed [here](#). This document will be amended as and when the advice changes.

Booking with Confidence

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- transfer your place to another person
- receive a refund of monies paid for the challenge

Full info and T&C's on our [Booking With Confidence policy](#)

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Any more questions?

Contact us:

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