



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**WOOF AND WALK FOR MDD -  
MARATHON DISTANCE  
UK**

Sat 02 Oct - Sat 02 Oct 2021





## In aid of Medical Detection Dogs

02 Oct - 02 Oct 2021



### 1 DAYS | UK | TOUGH

This year's Metro.co.uk Lifeline challenge is a stunning marathon distance hike 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 experienced trek leaders.

- 42km (26-mile) marathon distance trekking challenge
- Raise money for a fantastic charity, Medical Detection Dogs
- 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 an hour from London

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 02 Oct

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

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### NB

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

### MINIMUM SPONSORSHIP

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Registration fee of £35.00 when you book

Raise a minimum of £300.00 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
- Risk assessment and emergency management planning
- Public liability insurance
- 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
- Drinks and snacks available throughout the day
- Group first aid supplies
- All challenge management before, during and post event
- Packed lunch and drinks

## 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 14/08/2021), and the remaining 20% within 4 weeks of completing the challenge (by 30/10/2021). 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 60 - 120 participants

### Why register with Charity Challenge?

Charity Challenge is one of the leading tour operators for challenge events in the UK and overseas.

- 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!

### Level of 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 Woof and Walk – Marathon Trek 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 & 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 in your account area.

Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

### Group Size

The event will have between 60 and 120 participants, setting off in waves and with dedicated expedition leaders throughout.

The aim of this challenge is to work together with your leaders and fellow participants to help each. This is a great opportunity to meet other inspirational people like yourselves and to draw strength from each other.

### Expedition Leaders

We employ experienced and fully qualified walking leaders and event crew to support you. The event crew are first aid qualified and have extensive experience in working on our challenges 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 first aid kits with them at all times.

### 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.

### Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We run UK challenges between April and October, and although the summer months 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 all weathers, including warm and sunny temperatures as well as wind and sudden downpours.

### How is the group managed?

All Charity Challenge events are led by fully qualified walking leaders and operated as a team challenge. We encourage all participants to work together to complete the challenge. We believe that your experience is always enhanced by taking time to talk to your fellow challenger's and learn about their inspiring stories. Our challenges are not designed as a race, and the route will not be marked with arrows for you to follow.

### How do we follow the route?

You will be accompanied by our fully qualified challenge leaders at all times. These leaders will navigate the route so you can conserve all of your energy for completing the challenge.

### Getting to and from the challenge

The registration point for this challenge is near to the town of Goring-Streatley. Parking will be available at the start-finish point, or alternatively the town is located on the main train line from London.

We will send you precise instructions about how to get to the registration point, and the timings of the event, one month prior to the challenge.

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.

### Terrain

This challenge takes place on a well maintained footpath. However, the path is rocky in places and can be slippery if wet.

### Challenge timings

Registration for this challenge will start from approximately 6.30am on the day of the challenge, with the trek starting at 7am.

We expect all participants to have completed the route by 7pm.

Precise timings and a meeting location will be sent in your Final Details document one month before the challenge.

### Food and drink

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

We would encourage you 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.

### 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 trek there will be limited opportunities to purchase some extra snacks as we pass through villages (please do not rely on shops being open as it is not always possible to guarantee this). Therefore you may wish to take some money with you on the trek. 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.

### Toilets

There will be bathroom facilities at the start and finish of the challenge; however during the challenge such opportunities will be limited to the great outdoors!

### Responsible Tourism

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit.

In the UK we would encourage all participants to consider booking an additional night's accommodation in the area they are visiting so that they can fully enjoy their challenge experience. Many of our challenges are set in beautiful areas of the UK so why not turn your challenge into a weekend away and go out for a celebration meal in a local pub or restaurant.

For more details about our responsible tourism policy then please click [here](#).

### Accommodation

No accommodation is provided on this challenge.

The local area has a variety of accommodation options available should you require.

### 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. This team will always keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within 10-12hrs. If we find that you are unable to trek at all, then we will arrange for you to be collected and taken back to the start point.

### Keeping safe post-Covid

This challenge is planned to start running 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*

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 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

### Can I bring my dog on this challenge?

Due to the extremely challenging nature of the route, and the length of the challenge, it is not suitable for dogs to take part in this challenge.

### Data Sharing

Please note that Charity Challenge will share your name, email and contact number with Metro.co.uk and Medical

Detection Dogs in order that they can share details of the challenge fundraising pages, and challenge Facebook group with you.



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## **Any more questions?**

Contact us:

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