

**XLP**

WORKING TO CREATE POSITIVE  
FUTURES FOR YOUNG PEOPLE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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TRITAX SOUTH DOWNS  
CHALLENGE  
UK

Fri 08 Oct - Fri 08 Oct 2021





## In aid of XLP

08 Oct - 08 Oct 2021



### 1 DAYS | UK | TOUGH

Choose between three different distances as you challenge yourself along this iconic section of the South Downs. With either a full, half or quarter marathon distance to choose there is sure to be a distance to test you to your maximum.

The full route starts just outside Brighton and takes you on 42km of testing, undulating terrain before finishing at Beachy Head. Meeting up with those joining for the half and quarter distance treks.

You will cross Firle Beacon, for stunning views of the coast, before heading down to the Seven Sisters and finishing the trek along this most incredible stretch of cliff tops before finishing at Beachy Head.

- Choose between 3 different distances! A full half or quarter marathon.
- Fully supported trekking challenge
- Stunning views from the high point of Firle Beacon
- Test your endurance with the undulating terrain of the Seven Sisters Country Park
- Finish on top of Beachy Head

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 08 Oct*

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#### **Challenge Day!**

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on this iconic trek along a remote section of the South Downs National Trail. Set against the dramatic backdrop of the South Downs National Park you will put mind and body through the ultimate test, as you tackle this serious endurance challenge. Walking this route is a serious undertaking.

For those taking part in the full marathon distance trek your challenge will start from the small village of Falmer and from here you will begin to make your way to Eastbourne along the South Downs Way.

As we approach the half way point at Southease we will meet those trekkers joining for the half marathon distance.

Those people joining for the quarter distance will meet us at the Seven Sisters country park near Cuckmere.

During the challenge, you will be led by our experienced support leaders who will be there to motivate and support you along the way.

The route follows the South Downs way and begins by heading east towards the tough climb up on to the top of Firlie Beacon. From this vantage point you will have fantastic views of the surrounding area before descending down to the village of Alfrinston. From here you follow the Cuckmere river to the sea before your final section takes you along the cliff tops of the Seven Sisters to the finish.

Not for the faint-hearted, this is a tough endurance challenge and should not be undertaken lightly, however, the sense of achievement is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable walking similar distances.

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#### **NB**

**Please note that all timings are approximate and Charity Challenge reserve the right to make any changes to the timings or route.**

**Whilst every effort will be made to allow those participants taking part in the half and quarter marathon distances to join with the full marathon trekkers we do not guarantee that this will be possible.**

Tritax have covered the costs of the challenge.

You are asked to raise as much as you can for the charity.

You can set up an [online fundraising page here](#).

### Why book with Charity Challenge?

Everything included from to ensure your safety and enjoyment on the day. Packed lunch and snacks at checkpoints throughout the day and then a medal to celebrate at the end.

- Fully qualified Challenge Leaders to help and support you throughout.
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- The highest quality South Downs charity event experience on the market!

### Level of Difficulty

The South Downs 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 tougher environment. You can tell your supporters that on your South Downs Challenge you will be:

- Trekking a full day on the varied and undulating terrain of the South Downs National Trail
- Ascending nearly 1000m across the whole route

### What is the difference between the 3 different distances?

Obviously the further the distance then the more difficult the challenge. Those doing the full marathon distance (42km) can expect a day full of ascents and descents that amount to around 1000m of total ascent. That is the same as trekking to the summit of Snowdon, combined with a full marathon!

For those joining for the half marathon (21km) you can expect a steep ascent up to Firlie Beacon and then the undulating finish across the cliff tops of the Seven Sisters.

For those joining for the quarter marathon (10km) you will face the most challenging part of the entire route, the undulating final push up and down the steep ascents and descents of the Seven Sisters before finishing at Beachy Head.

### 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 running shoes with a good grip. Sports trainers are not suitable.

A full kit list for this challenge is available on the website and this outlines the different kit required for those looking to trek during the challenge and those looking to run.

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

## Challenge Timings

**Precise arrival times and instructions will be sent out 1 month prior to the challenge.**

*Full marathon* - For those taking part in the full marathon distance you will need to arrive at the registration point in Falmer (just outside Brighton) by 6.30am so that we can start trekking at 7am.

*Half marathon* - Those people taking part in the half marathon will need to meet the leaders at the youth hostel at Southease at 11.30am. We anticipate that you will start trekking at 12pm.

*Quarter marathon* - For the people taking part in the quarter marathon challenge you will need to meet at the Seven Sisters Country Park car park at 2.30pm to be ready to begin trekking at 3pm.

We anticipate that everyone will be finished at Beachy Head by 6pm. At the finish Tritax will be organising transport back to Brighton.

**Please note: Due to the nature of this type of challenge we can't guarantee that the half marathon and quarter marathon group will set off together. Both the half and quarter marathon groups will meet their leaders at their respective start points and your leaders will update you on the progress of the full marathon group. A decision will then be made as to whether to begin trekking or to wait for the group.**

## Getting There

For all participants a minibus has been organised by Tritax that will collect you from Brighton and take you to your respective start points. Precise details will be provided one month before the challenge.

*Full marathon* - The meeting point for the full marathon participants is outside The Swan Inn in the village of Falmer at 6.30am. there are no facilities at this meeting point.

*Half marathon* - The meeting point is the YHA at Southease at 11.30am. the YHA has a cafe and toilets.

*Quarter marathon* - The meeting point is the car park of the Seven Sisters country park, near Cuckmere Haven, at 2.30pm. There are toilets available at the car park.

## Food & Drink

A packed lunch will be provided to those taking part in the full and half marathon distances. There will be checkpoint snacks and drinks for all participants.

The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

## Accommodation

Tritax are organising accommodation for the night at the end of the challenge in Brighton.

## Training

The Trek South Downs 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 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 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. You will pass through a small village with a shop. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

## 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 tough ascents and descents. The route is on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience. In particular terrain along the cliff tops of the Seven Sisters Country Park can be loose and rocky, and the ascents and descents here are short but steep.

## 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 South Downs 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 you to support the 'South Downs National Trail' who maintain the excellent footpaths we will be walking on. The South Downs National Trail has 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](#).

### Toilets

Public toilets are passed at several places along the route. Outside of these opportunities toilets will be limited to the great outdoors!



# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

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