

CH>RITY
CH>LLENGE



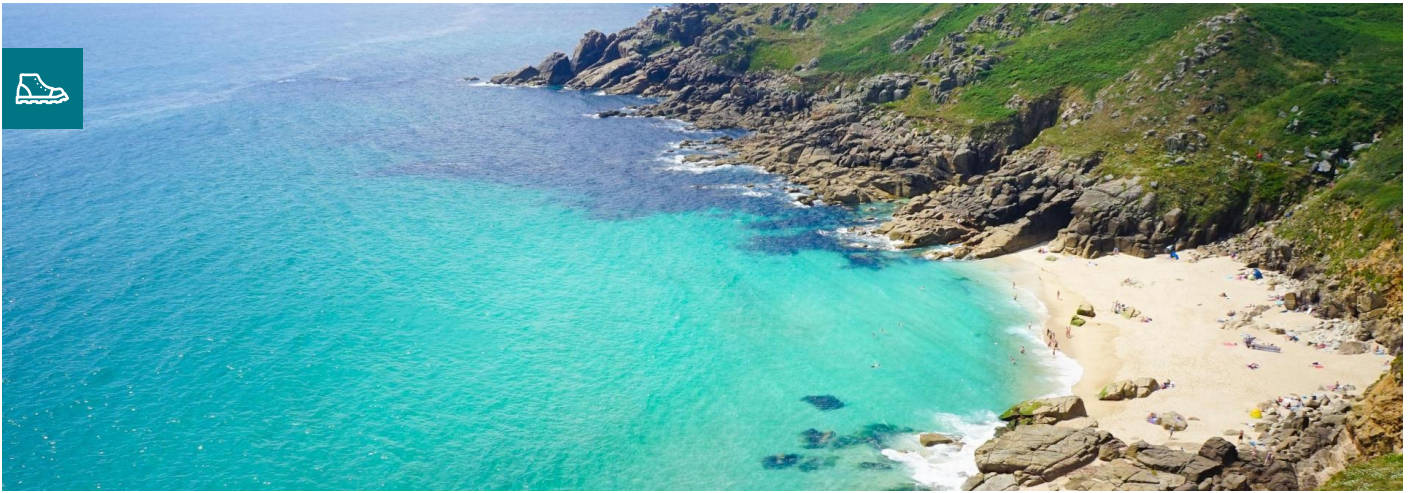
TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SOUTH WEST COAST PATH
CHALLENGE
UK

Fri 09 Jun - Mon 12 Jun 2023





In aid of your choice of charity

09 Jun - 12 Jun 2023

4 DAYS | UK | TOUGH

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 46km around the most remote section of the trail in Cornwall.

Based outside the beautiful town of St Ives there are three tough days of trekking before you get to celebrate your accomplishments by reaching Godrevy Point. With fully qualified walking leaders, a fantastic camp crew and all 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 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
- Cliff top paths with unforgettable views of one of the most beautiful coastlines in the world

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 09 Jun

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Arrival at a campsite near St Ives and meet the team

Tonight you will arrive at your campsite outside the town of St Ives and will have the opportunity to meet the rest of the team of trekkers. After settling in 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. 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: Camping

Meals: Dinner

DAY 2 Sat 10 Jun

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Porthleven to Penzance (Approx 16km and 450m of ascent)

Today's trek starts in Porthleven and takes us in a north-west direction towards Penzance. The first part of the route will take us through the abundance of historic mining sites that dot this area of Cornwall. Some of the mining works offer an impressive insight into the recent past of this part of the country, and the precariously positioned equipment is a reminder of the hazardous nature of this work. Praa Sands is an impressive beach that is popular with surfers and hopefully the weather will offer us the chance to enjoy this popular beauty spot. The rest of the route is full of spectacular coves, such as Piskies Cove with its beautiful clear water. Our day ends just after passing St Michael's Mount, the spectacular castle perched on the island and reached only by a causeway at low tide.

Please Note: Visiting St Michael's Mount is not part of the itinerary. On the day it may be possible to visit, but this will depend on timings and availability of tickets. If you would like to visit St Michael's Mount then we would suggest you plan to do so before or after the challenge.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 3 Sun 11 Jun

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Mousehole to Land's End (Approx 19km and 780m of ascent)

Today's trek will see us reaching the most westerly point in the UK, Land's End. Today is also one of the toughest days of the trek so we will need all our energy to make it to the finish point.

We will leave the village of Mousehole behind and follow rugged and remote cliff tops. The route will negotiate the craggy rocks around Lamorna and the pebbled beach of St Loy's Cove before continuing 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. The rugged and rocky terrain continues all the way to our finish point at Land's End.

We then return to our campsite 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 12 Jun

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Portreath to Godrevy Point (Approx 11km and 600m of ascent)

This is no easy final day as we head east from St Ives and begin trekking westwards. We begin at the village of Portreath and start a section of steep ascents and descents with stunning views of the old smugglers coves down below. Soon the route flattens out as we head along the cliff tops towards the stunning finishing point of Godrevy Point. You'll have time to celebrate your achievement at this beautiful finishing point before being transferred back to the campsite where you will be free to depart.

Accommodation: Not included

Meals: Breakfast, Lunch

NB

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

Each day there is a short vehicle transfer to and from the trekking location.

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.
The costs below are per person.

SELF FUNDER

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*Pay a registration fee of £145.00 when you book
Then a balance of £703.00
(9 weeks before your challenge)
Raise as much as you can for your charity.*

MINIMUM SPONSORSHIP

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*Registration fee of £145.00 when you book
Raise a minimum of £1435.00 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.
- 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)
- Camping accommodation in 3 man tents (twin share)
- Qualified walking leaders, support vehicle and campsite support crew

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- 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 11 weeks before departure (by 24/03/2023), and the remaining 20% within 4 weeks of completing the challenge (by 10/07/2023). 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 15 - 40 participants

Optional extras

Travel insurance
(*subject to availability)

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.
- Celebration 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!

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.

Accommodation

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.

Challenge timings

On the day of arrival, you should plan to arrive at the campsite for 5pm.

Dinner is generally at around 6pm, with the welcome and safety briefing taking place immediately after dinner.

On the day of departure we aim to finish trekking and transfer you back to the campsite by 3pm.

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.

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

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.

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.

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.

Getting to and from the challenge

The base for this challenge is at a campsite just outside the town of St Ives and you should plan to make your way there for 5pm on the day of arrival. One month prior to the challenge, you will be provided with the precise details of the campsite.

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 at Godrevy Point where we will transfer you back to the campsite. On the day of departure you 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.

Group size

Our typical group size for this challenge is between 15 and 40 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 10-14 people but there is a £100 small group supplement.

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.

The campsites has a toilet block and washing facilities including showers.

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.

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, a thorough safety management system. 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.

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.

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.

What to carry during the day:

This challenge takes place in a remote 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 set of clothes that you can change into when you reach the campsite. This will ensure that you always have a dry set of clothes at the end of the day.

Tents are provided for you but you 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 as essential may not be allowed to take part in the challenge.

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.

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.

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 cereal, pastries, fruit and hot drinks.

Dinner will depend upon the group size. For large groups dinner will be served at the campsite and will be a mixture of good, hearty, trekking food - Soups, pasta, rice, different sauces, stews and a dessert will be provided each day. For smaller groups we will have dinner in local pubs and restaurants.

A packed lunch will be available for each day. Sandwiches, crisps, fruit and snack bars will 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 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.

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.

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](#)

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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Any more questions?

Contact us:

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info@charitychallenge.com

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