

CoppaFeel!
breast cancer awareness



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**PEMBROKESHIRE COASTAL
CHALLENGE
UK**

Sat 11 Jun - Fri 17 Jun 2022





In aid of CoppaFeel!

11 Jun - 17 Jun 2022

CoppaFeel!
breast cancer awareness

7 DAYS | UK | CHALLENGING

Pembrokeshire is one of the UK's premier outdoor adventure playgrounds. Charity Challenge have designed this incredible, fully supported trekking challenge exclusively for CoppaFeel!, that will see you complete five days of tough trekking along the cliffs and beaches of this spectacular part of the Welsh coastline.

Based just outside the beautiful 'city' of St David's there are five tough days of trekking to test you to your limits, before you get to celebrate your accomplishments.

Over the course of the challenge, you will reach some of the most stunning beaches and trek to some of the most remote coves that this rugged stretch of coastline has to offer.

With fully qualified walking leaders and a fantastic camp crew you'll have all the support you need to complete this incredible challenge.

- Five days of trekking around Wales's magnificent southern headland
- Trek some of the most challenging sections of the Pembrokeshire Coast Path
- Visit some of the coastline's most stunning cliffs, beaches and coves
- Camping and trekking near beautiful St David's
- Support CoppaFeel!'s mission to stamp out late breast cancer diagnosis and give everyone the best possible chance of survival

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 11 Jun

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Arrival at the campsite near St David's

Your challenge will begin at Porthclais Farm just outside of the UK's smallest city of St David's.

After settling into your tents, you will then get to meet all 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 next few 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 Sun 12 Jun

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Trefin Loop Trek (Approx. 15-20kms and 800m 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 our trek begins right from our campsite. The route heads inland for the first section of the day before reaching the coast at the village of Trefin. From here we head westwards, through the picturesque fishing village of Porthgain before reaching the blue lagoon, an old, flooded quarry with stunning views out across the ocean. From here we head back to the campsite to recharge our batteries with a dinner and a good night's sleep.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 3 Mon 13 Jun

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St David's Loop (Approx. 15-20kms and 936m of ascent)

Today's trek sees us heading into St David's itself. But don't worry, this is no urban metropolis, but instead a beautiful town that just happens to be the resting place of Wales's patron saint, St David, who lies in rest in the cathedral. Our trek today is a hit-parade of some of the areas' most stunning sights. Beginning with St Nan's Bay and followed by a series of spectacular coves, natural sea arches and views out to Ramsey Island.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 4 Tue 14 Jun

-

Newgale To St David's (Approx. 15-20kms and 984m of ascent)

Today's trek involves a bus transfer out to the stunning pebbled beach at Newgale. From here we trek back towards St David's, passing the beautiful small, secluded harbour village of Solva and Caerfai Bay before we arrive back in St David's. At the end of the day, if time allows, there will be the opportunity to explore the 'city' before returning to the campsite.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 5 Wed 15 Jun

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Strumble Head Loop (Approx. 15-20kms and 810m of ascent)

After a short minibus transfer to Garn Fawr hill fort this looped walk heads towards Strumble Head lighthouse for great views and abundance of wildlife before returning to the vehicles and back to the campsite to rest and prepare ourselves for our final day of trekking.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

DAY 6 Thu 16 Jun

-

St David's Head Loop (Approx. 15-20kms and 957m of ascent)

Our final day of trekking will see us tackling arguably the toughest day of the entire challenge, a rugged and remote trek on the most remote section of the whole week. You'll be trekking in the footsteps of the ancient Celts and, with all the teams aiming to complete this section together, you'll have the support of the whole Coppafeel! family to get you through to the finish!

Upon returning to our campsite, we will be able to celebrate with the whole team as we contemplate what we have achieved together.

Accommodation: Camping

Meals: Breakfast, Lunch, Celebration Dinner

DAY 7 Fri 17 Jun

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Departure

After a final breakfast we will say goodbye to everyone having formed new friendships that are sure to last a lifetime whilst raising vital funds for Coppafeel!'s life saving work.

NB

The outline itinerary is given as a guide only. Charity Challenge reserve the right to make any amendments necessary to this itinerary.

Each team will complete the routes from days two to five on different days. On the final day of the trek (Day six) everyone will trek together to the finish line.

All routes are liable to change depending upon weather and the condition of the footpath.

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 and the group's ability etc.

Deposits and Sponsorship

- Pay a non-refundable registration fee of £275 when you book.
- Commit to raising a minimum sponsorship of £1,050 for CoppaFeel! to be received by the charity 7 weeks before departure date (by 23/04/2022).
- Pledge to raise the sponsorship target of £2,250 in total for the challenge within 4 weeks of completing the challenge (by 15/07/2022).
- If you have raised the necessary funds, CoppaFeel! will then pay the balance of your challenge costs (equal to the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

What's included?

Before you go

- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- A-Z of fundraising ideas
- Sponsorship forms (online and hard copy)
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Public liability insurance
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Fundraising advice

On your challenge

- Three meals a day (unless otherwise stated in the itinerary)
- An English speaking first aid trained challenge leader and full local support team
- All internal transfers
- All challenge management before, during and post event
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- Camping set-up each night during the challenge
- Charity Challenge buff
- Camping accommodation in 3 man tents (twin share)
- Qualified walking leaders, support vehicle and campsite support crew
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)

- Equipment as per the challenge activity
- Celebratory drink at the finish line

What's not included?**Before you go**

- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)

On your challenge

- Travel to and from the challenge start/finish point
- Personal spending money

Typical group size

The typical group size is 80 - 150 participants

Group size

Our typical group size for this challenge is between 80 and 120 people.

CoppaFeel! will allocate you into 3 or 4 teams of between 25-30 people.

Typically, there will be one celebrity captain per team and one challenge leader for every 10 participants.

Depending upon the number of teams it is intended that each team will walk a different route from the other teams each day, to ensure we give everyone a better wilderness experience. On the final day it is intended that we all walk together to the finish line.

Keeping safe post-covid

This challenge is planned to run in Summer of 2022 when we hope that we will live in a 'post-Covid restricted' world. Please rest assured that Charity Challenge will continue to monitor all the latest advice from both the government and local authorities and will ensure that all of our safety systems and protocols are up to date. Our safety advice for our UK challenge's can be viewed [here](#). This document will be amended as and when the advice changes.

Emergencies

Your leadership team are all 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 leaders. 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 campsite.

Accommodation

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

Please note: Because of the number of people taking part in this challenge, and the capacity of the campsite, it is not possible to offer single supplements for people to have their own tents.

If you know someone on the challenge that you wish to share with, please indicate so on your booking form or in your account area.

Challenge timings

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

On the day of departure, you will be free to leave any time after breakfast.

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

On some days there are short minibus transfers to/from the trek area.

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, we liaise with the local authorities to make sure that we minimise our impact on the local environment.

We believe that acting responsibly should add to your enjoyment of the challenge. 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 environment and enhance your experience.

We would like to encourage all our participants to spend a little extra time in this beautiful corner of Wales. Why not consider booking an extra night, 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 economy. For lots of ideas about places to stay and things to do please visit the excellent Visit Pembrokeshire website. (<https://www.pembrokeshirecoast.wales/plan-your-visit/>)

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 terrain mainly follows good quality footpaths but the nature of any footpath, means that in places these can be muddy and indistinct. This is a coastal challenge and there is continuous ascent and descent throughout each day. Each day of walking is remote and away from roads and immediate access to support vehicles.

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 around half an hour.

The route follows the Pembrokeshire Coast Path and therefore there are sections along cliff tops with sharp drops. The footpath always keeps you away any edges and your leaders will make you aware of any of these sections.

Weather

The Welsh weather can be extremely variable so please read your kit list carefully and make sure that you bring all

essential kit.

Trekking along coastal footpaths is a serious undertaking and is contingent upon appropriate weather conditions. If weather forecasts predict strong winds, heavy rain or poor visibility then your leaders may take decisions to alter the itinerary. This challenge has been designed with several 'contingency' routes in case of bad weather. Any decisions to not trek along the coastline will be taken by your leaders and we ask you to always respect their decisions.

Getting to and from the challenge

The campsite is in a remote location 2 miles from St David's. The postcode for the campsite is SA62 6RR. Car parking is provided at the campsite.

St David's is not easily reached by public transport. The closest train station is at Haverfordwest, 16 miles from St David's. Buses are available from Haverfordwest to St David's but we would recommend that anyone travelling by public transport considers booking a taxi to take them from the train station to the campsite.

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 and experienced Mountain Leaders
- Campsite crew to set-up tents and ensure you are well fed and looked after
- 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 wilds of the UK!

Toilets

During the days of trekking, toilet facilities are limited to the great outdoors. Your leaders will be able to give you advice on the appropriate toilet etiquette when trekking.

The campsite has a toilet block and washing facilities. Showers at the campsite can be paid for. We always try to ensure that all our campsites have enough toilet facilities, but on occasions this is not possible. In this scenario portable toilets are used. Depending on the size of the group it may be necessary to allocate each team a specific 'shower day' so that we do not put too much pressure on the campsite facilities every day. This may mean that you will be unable to shower on certain days. We would encourage everyone to see this as part of the challenge!

Safety

Charity Challenge considers the safety of all our participants and staff to be a top priority, and as such we 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 paramount!

Here are a couple of important points that you should be aware of:

- Make sure you have all the kit listed as essential on the kit list.
- Although the challenge takes place in June, coastal 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. Please make sure that your fitness level is suitable to take on the challenge.
- Make sure that you take care around the campsite as there are lots of trip hazards.

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 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 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 three to 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) 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 CoppaFeel! Pembrokeshire 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 this challenge should aim to be able to comfortably do two long days of walking (6-8 hours) on back-to-back days as a minimum.

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 your camp clothing and other equipment (sleeping bag etc) and spare clothes. This kit bag is left at the campsite in your tent each day.

What to carry during the day? This challenge takes place in a remote and rugged environment, away from roads and immediate access to the support vehicle. It is therefore extremely important that you come prepared with the correct kit for this challenge. Please ensure that your waterproof jacket can keep you dry when subjected to rain for several hours at a time (although we hope in June it won't be needed), 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 two 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 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 in your account area or on the website.

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, to make sure are well prepared before heading out on the challenge.

How is the group managed?

This is a fully supported, leader led challenge. The itinerary is designed to be fully supported and so you will always be accompanied by our leaders. Our leaders are there to assist you and to try to ensure that everyone can complete the challenge and have a great time.

Like all our challenges, we manage the trek as a **team** challenge, and we encourage everyone to see themselves as part of the 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 five 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 place to deal with them. As this is a remote trekking challenge it is not always possible for our support vehicle to access your location immediately.

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 our participants to respect any decision that any of the leaders has to make.

Food and drink

All of your food and drink is included from dinner on the first night through to a celebration dinner on the final night and breakfast before departure on the final morning. 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 each day.

Due to the remote nature of the trekking routes, you will need to carry all your drinking water with you each day. There are no re-fill points available. We would recommend you carry between 2 and 3 litres, depending on weather conditions.

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.

Eating equipment for the meals: You will be required to bring your own eating equipment for at the campsite (plate, bowl, mug, knife, fork, spoon) and after each meal you will need to wash this up and store it in your tent. We would recommend plastic plates and bowls.

Level of difficulty

The CoppaFeel! Pembrokeshire Challenge involves five days of between 7 to 10 hours of trekking each day. It involves a good level of fitness, and you'll need the endurance to do multiple days of consecutive trekking. The terrain follows mainly good quality coastal footpaths, but the nature of any coastal footpath means that in places these can be muddy and steep. This is a coastal challenge and there is continuous ascent and descent throughout each day. Each day of walking is remote and away from roads and immediate access to support vehicles.

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

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