



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**MAD WORLD SCOTTISH
HIGHLANDS CHALLENGE
UK**

Mon 05 Sep - Fri 09 Sep 2022





In aid of Minds@Work

05 Sep - 09 Sep 2022



5 DAYS | UK | TOUGH

The Scottish Highlands is the UK's premier outdoor adventure playground. Charity Challenge have designed this incredible, fully supported trekking challenge that will see you complete three days of tough trekking over the mountains and through the glens of this spectacular part of the Highlands, whilst focussing on your mental and physical wellbeing.

During each day's trek, you will be afforded time to reflect and learn about your own wellbeing and ways to enhance it; as well as understand some of the best practices required to address the stigma of mental ill health in workplaces. This will occur through informal discussions over lunch or drink stops.

Based in the beautiful and remote Glen Lyon, near the town of Aberfeldy, there are three tough days of trekking to test your limits, before you get to celebrate your accomplishments.

Over the course of the challenge, you will reach the summit of some of the highest mountains in the Highlands, trek through remote glens and around isolated lochs to experience the very best scenery in the area.

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

- Three days of trekking in the mountains and glens of the Scottish Highlands
- Trek some of the most challenging sections of the Rob Roy Way and summit Ben Lawers (1214m)
- Learn of ways to maintain your wellbeing
- Become ambassadors to addressing the stigma of mental ill health in your workplace
- Raise funds for the charity Minds at Work

YOUR CHALLENGE DAY BY DAY

DAY 1 Mon 05 Sep

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Arrival at the campsite in Glen Lyon

Your challenge will begin at Glasgow's Central train station. You will be met by your challenge leaders and will have the opportunity to meet the rest of your team before we transfer you to the base camp in Glen Lyon.

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 and how we intend to use the trek to enhance your own wellbeing and address the stigma of mental ill health in your workplace. Geoff McDonald, Global Advocate and Campaigner, will share with us his own wellbeing journey and why addressing stigma has become his sole purpose in life, since leaving Unilever.

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 Tue 06 Sep

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Rob Roy Way to Loch Freuchie (Approx. 26km and 630m of ascent)

Today's trek takes in one of the most remote sections of the Rob Roy Way National Trail. This trail stretches almost 100 miles through the southern Highland's as it follows the footsteps of the infamous Scottish outlaw Rob Roy. Starting on the banks of Loch Tay the route heads east, along remote Glen Almond before finishing at another loch, Loch Freuchie.

Accommodation: Camping. Meals: Breakfast, Lunch, Dinner

DAY 3 Wed 07 Sep

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Glen Lyon Munro's circular (Approx. 17km and 1300m of ascent)

Today's walk is the most remote and wild of the entire challenge as we create a circular route around the four major mountains of Glen Lyon. Situated right in the heart of the Glen the route takes you to the northern slopes of the Glen as it climbs to the summit of Carn Gorm before heading east. These are remote hills, with incredible views of the surrounding highlands. In places the footpath can feel indistinct, in true Scottish fashion, but your mountain leaders will keep you on the correct path as we summit three more "Munro's" before descending back down into Glen Lyon.

Accommodation: Camping. Meals: Breakfast, Lunch, Dinner

DAY 4 Thu 08 Sep

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Ben Lawers Summit (Approx. 15km and 1,500m of ascent)

Our final day of trekking will see us reaching the summit of one of the highest mountains in the UK, Ben Lawers. At

1,214m above sea level, this towering mountain provides a classic mountain challenge and will make this the toughest day of the trek, so we will need all our remaining energy to make it to the finish point and celebrate our achievements.

Ben Lawers is located directly above our campsite for the week, so it will feel like a fitting end to our challenge as we reach the summit and look out over views that take in the route you have taken over the past week.

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, Dinner

DAY 5 Fri 09 Sep

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Departure

After a final breakfast we will say goodbye to everyone knowing that we will have formed new friendships that are sure to last a lifetime, learnt ways to protect your wellbeing, have become ambassadors and advocates to addressing the stigma of mental ill health, and finally have raised vital funds for Minds at Work.

A bus transfer will return everyone to Glasgow's central train station where you will be free to depart and make your way home.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary. The outlined itinerary is only designed as a guide and, depending on the group size, it is likely that each team will complete the routes on different days. 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.

HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of £275.00 when you book

Then a balance of £1100.00

(5 weeks before your challenge)

Raise as much as you can for your charity.

WHAT'S INCLUDED

Before you go

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- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- 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
- Fitness training notes
- A-Z of fundraising ideas
- Fundraising advice

On your challenge

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- A Charity Challenge T-Shirt
- Charity Challenge buff
- Camping accommodation in 3 man tents (twin share)
- Fully qualified walking leaders and campsite support crew
- Dinner on the night of arrival
- All internal transfers
- All challenge management before, during and post event
- Three meals a day (unless otherwise stated in the itinerary)
- Travel to and from the challenge start/finish point

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
- Clothing and equipment listed on your Kit List

On your challenge

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THE DETAILS

Typical group size

The typical group size is 40 - 75 participants

Optional extras

Travel insurance
(*subject to availability)

Group size

Our typical group size for this challenge is between 40 and 75 people.

You will be allocated into teams of between 25-30 people.

Typically, there will be 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.

Keeping safe post-covid

This challenge is planned to start running in late 2021 when we hope that we will live in a 'post-Covid restricted' 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 and protocols 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.

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 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.

Challenge timings

On the day of arrival, you should plan to arrive in Glasgow for 12pm. It is approximately 3 hours to the campsite in Glen Lyon. Dinner is intended to be around 6pm, with the welcome and safety briefing taking place immediately after dinner.

On the day of departure, after breakfast, the bus will leave at approximately 10am and arrive back to Glasgow in the early afternoon.

On each day of the trek you can expect to start each day with breakfast at 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.

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 Scotland. 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 Scotland 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 terrain mainly follows good quality footpaths but the nature of 'Scottish footpaths' means that in places these can be muddy and indistinct. This is a mountain 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 an hour.

Weather

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

Trekking in the Scottish mountains 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 a number of 'contingency' routes in case of bad weather. Any decisions to not trek to the summit of the mountains will be taken by your leaders and we ask you to always respect their decisions.

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

Due to the remote location of this challenge, transport is being organised between the campsite and Glasgow's central train station. It is approximately a 3-hour bus transfer from Glasgow to Glen Lyon. Precise timings will be made available one month prior to the challenge, but you should expect to need to be in Glasgow by lunchtime on Day 1. You can expect to arrive back in Glasgow in the early afternoon of Day 5.

We are asking everyone to use the included bus transfer to/from Glasgow instead of making your own way to the campsite. This is because the campsite is located in a remote glen that is unsuitable for lots of cars.

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

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
- Mental and physical wellbeing ambassadors to help and support you
- Get in touch with your own wellbeing and how best to enhance and prioritise it
- Feel more confident and equipped to address the stigma of mental ill health in workplaces
- Raise funds for Minds at Work
- 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 award winning 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 toilet tents are used.

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 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.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we set up Challenge Safe, an advanced and 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 the kit listed as essential on the kit list.
- The Scottish 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 meeting this 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 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 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 Scottish Highlands 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 Scottish Highlands 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. 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 mountainous 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 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 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 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.

Special 'Scotland' specific kit:

Trekking in Scotland is a special experience, and very different to trekking in other parts of the UK. Therefore, we would encourage everyone to make sure that they bring with them two 'Scotland' specific bits of kit.

Gaiters – Gaiters are a piece of kit that offers additional protection between your boots and trousers. These help to keep your boots and trousers dry and less covered in mud. Scottish footpaths can often be boggy and so gaiters are very important.

Midge head nets – Everyone will have heard about the dreaded Scottish midge. These annoying little flying creatures can make life extremely uncomfortable. We therefore encourage everyone to make sure they have a midge head net and that you carry it with you on each day of the trek.

How do we follow the route?

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 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 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 three days of trekking. 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 these. As this is a remote trekking challenge it is not always possible for our support vehicle to access your location immediately.

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 every 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.

Level of difficulty

The Scottish Highlands 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 mainly follows good quality footpaths but the nature of 'Scottish footpaths' means that in places these can be muddy and indistinct. This is a mountain 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?

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