

CH>RITY  
CH>LLENGE



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**LONDON ROYAL PARKS  
CHALLENGE  
UK**

Sat 18 Mar - Sat 18 Mar 2023





## In aid of your choice of charity

18 Mar - 18 Mar 2023

### 1 DAYS | UK | TOUGH

Take part in this tough 1 day urban challenge that takes you right through the heart of London. With a challenging distance of 45km to cover, this challenge is a fantastic test of your stamina and will leave you with an incredible sense of achievement.

- Visit all 10 Royal Parks in London in a single day!
- Trek along the banks of the River Thames
- Pass some of the finest architecture in London
- Perfect urban challenge
- Challenging 45km distance trek

Your first 'Royal Park' will be Bushy Park before we follow the River Thames to Richmond Park. The route takes us straight across historic parkland and beautiful green spaces before we cross the river again and head into Chelsea. Little known Brompton Cemetery is our next Royal Park before we reach the beautiful Kensington Gardens and Hyde Park. Continuing on through Green Park we pass the iconic Buckingham Palace and reach St James's Park, our seventh Royal Park. We make our way to Westminster and Victoria Tower Gardens before heading north to our ninth Royal Park, Regent's Park. With just one more Royal Park to reach we follow Regent's Canal east before crossing the river to reach Greenwich Park. By the end of the challenge you will have visited each of the 10 'Royal Parks'.

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 18 Mar

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#### The challenge day!

The trek will start in Bushy Park. You will need to arrive at the registration point by 6.30am to meet the team, receive your safety briefing, and then begin the trek at 7am. After walking through your first Royal Park - Bushy Park - we'll then follow the River Thames to Richmond Park. The route takes us straight across **historic parkland and beautiful green spaces** before we cross the river again and head into Chelsea. Little known Brompton Cemetery is our next Royal Park before we reach the beautiful Kensington Gardens and **Hyde Park**. **Continuing on through** Green Park we pass the iconic Buckingham Palace and reach St James's Park, our seventh Royal Park. We make our way to historic **Westminster and Victoria Tower Gardens** before **heading** north to our ninth Royal Park, Regent's Park. With just one more Royal Park to reach we follow Regent's Canal east before crossing the river to reach Greenwich Park. Here you will celebrate the successful completion of your challenge before heading home.

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#### NB

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

We will aim to complete this challenge by 5-7pm. However, delays can happen, so please make sure you have flexible onward travel plans. 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 £40.00 when you book  
Then a balance of £105.00  
(9 weeks before your challenge)  
Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £40.00 when you book  
Raise a minimum of £215.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Public liability insurance
- Risk assessment and emergency management planning
- Fitness training notes
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

### On your challenge

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- All challenge management before, during and post event
- Checkpoint snacks and drinks
- Packed lunch and drinks
- Drinks and snacks available throughout the day

## 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

### On your challenge

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- Accommodation during the challenge
- Breakfast before the challenge

## 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 31/12/2022), and the remaining 20% within 4 weeks of completing the challenge (by 15/04/2023). 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 10 - 50 participants

### Why book with Charity Challenge?

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide
- High quality route design that incorporates major landmarks and undiscovered highlights
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle.
- The very best leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it
- Thorough safety management systems in place (Challenge Safe)
- Medal at the finish
- The very highest quality London Royal Parks Challenge on the market!

### Level of difficulty

The London Royal Parks 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 on a longer route. You can tell your supporters that on your London Royal Parks Challenge you will be:

- Covering an impressive 45 km distance (that's 3km more than a marathon distance!)
- Taking on varied terrain, from footpaths to urban roads.
- Walking between 10-12 hours

### Training

The London Royal Parks Challenge is a long, sustained event of up to 12 hours and covers varied terrain. 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 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.

### Group size

Our minimum group size is 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

### Group Management

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### 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 March and November, 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 to ensure that you bring clothing suitable for all weather, including warm and sunny temperatures as well as wind and downpours.

### Terrain

The terrain on the London Royal Parks Challenge is a mixture of footpaths and pavements. There are sections of the footpaths along the river and the Regent's canal that can be muddy.

### Challenge timings

**Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

You will need to be at the registration point at 6.30am on the morning of the challenge. The trek will begin at approx. 7am. The total time to complete this challenge should be between 10-12 hours. We will aim to have everyone finished by 6-7pm.

**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.**

### Getting to and from the challenge

The registration point for this challenge will be near the entrance to Bushy Park. This is very near to Kingston Upon Thames train station. You will need to aim to be at this start point for 6.30am.

The challenge finishes in Greenwich Park. We aim to complete this challenge by 6-7pm. There are lots of transport options to get you from Greenwich back into central London.

**Please note: 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. We reserve the right to use alternative registration points and finishing points when necessary.**

### Accommodation

No accommodation is provided for this challenge. Both Kingston Upon Thames and Greenwich have a wide variety of accommodation options available.

### Food and drink

The following meals are included in the cost of this challenge:

- A packed lunch will be available to you during the day.
- At each checkpoint (approx every 2 hours) there will be water and checkpoint snacks available.

We would advise that you also bring some of your own preferred snacks to keep you going during the day.

Please ensure you have had a substantial breakfast before arriving and that you arrive with your water bottles already filled.

### Clothing and 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 walking shoes will be indispensable. The terrain can be uneven at times, so it is vital that you use boots or walking shoes with good grip. A full kit list for this challenge can be found [here](#).

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor

### Toilets

There will be several points throughout the day when public toilets will be available. Your leaders will make you aware of when these toilet stops will take place.



## Money

During the challenge, there are limited opportunities to spend any money. We will be trekking through busy urban areas of London and will pass plenty of shops, however we do need to keep to our timings so breaks will be limited to a few checkpoints where water and snacks will be provided by our support vehicle. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

## 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 few important points that you should be aware of:

- Don't underestimate the difficulty of an urban challenge. 45km is a tough and challenging distance
- Walking a marathon (plus!) distance means you will be walking for approximately 10-12 hours so you should ensure your training has been tailored towards this
- Despite this being an urban challenge you should still make sure that you have all appropriate clothing and kit

## Emergencies

Your leadership team is trained to deal with emergency situations and will be carrying mobile phones 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 keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within the planned time frame. Should you find yourself unable to continue for any reason, then our support team, including our support vehicle, will be able to assist you coming off the challenge.

## 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 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.

### 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 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 these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

### Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally 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.

### 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 nights 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](#).

### Keeping Safe post-Covid

This challenge is planned to start running in 2021 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.

We produced a 'Covid-19: Keeping you safe on your challenge' document to outline what we were putting in place across all of our UK challenges. This document can be read [here](#). We will be updating this document to reflect the restrictions that are put in place in 2021.

### 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

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## Any more questions?

Contact us:

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