

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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LONDON 10 PEAKS CHALLENGE  
UK

Sat 01 Apr - Sat 01 Apr 2023







## In aid of your choice of charity

01 Apr - 01 Apr 2023

### 1 DAYS | UK | CHALLENGING

Discover ten of London's often hidden peaks on this marathon distance challenge on your doorstep. Be part of a fun and supportive team to uncover some alternative UK 'summits' that are surprisingly close to home.

You will travel a good distance on the popular 'London Loop' footpath, journeying over a remarkable variety of terrain and uncovering a different side to London.

The trek will take you through beautiful woodland, thriving nature reserves and quieter spaces. Enjoy the unexpected views and chance encounters with local wildlife, such as green woodpeckers and muntjac deer. But keep one eye on those miles still to go...and that well-deserved pint at the end!

With a challenging 42km to conquer, this demanding trek will leave you with an immense sense of achievement knowing you have made a real difference to supporting your charity.

- Discover 10 of London's hidden peaks
- Marathon distance walking challenge
- Trek through beautiful woodland and thriving nature reserves
- With unexpected views and chance encounters with local wildlife
- 42km walk on the popular 'London Loop' footpath

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 01 Apr

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#### The Challenge Day

Arrive at the start for registration and a full safety briefing to prepare you for the day ahead. You'll get to meet your team mates and walking leaders who will look after you during the challenge. A cheer across the start line and an easy start across the golf course will soon see you ticking off the first of the ten 'peaks'. Be prepared for some very alternative summits!

1. Juniper Hill (75m)
2. White Hill (85m)
3. Pinner Hill (130m)
4. Harrow Weald Viewpoint (131m)
5. Stanmore Hill (144m)
6. Deacons Hill (131m)
7. Furze Hill (139m)
8. Moat Mount (128m)
9. Arkley (147m)
10. Monken Hadley (130m)

You'll follow a variation on the well trodden London Loop (with those all important 'peaks') across a variety of terrain from leaf-strewn woodland footpaths to pavements and well walked gravel paths through nature reserves. Highlights include the stunning view from the top of Harrow Weald Common and a walk along the side of Aldenham Reservoir.

We'll make sure you're topped up with additional snacks and water at key checkpoints to keep your energy up and a packed lunch will be provided on route. As the undulating route nears Monken Hadley you'll bag your last 'peak' of the day before rolling downhill to be cheered across the finish line and indulge in team celebrations at a pub in Cockfosters.

## 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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- 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)
- Fundraising advice

### On your challenge

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- All challenge management before, during and post event
- Packed lunch and drinks
- Celebratory drink at the finish line
- Checkpoint snacks and drinks

## 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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- Accommodation during 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 14/01/2023), and the remaining 20% within 4 weeks of completing the challenge (by 29/04/2023). 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 20 - 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
- The very best challenge 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.
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle.
- Medal at the finish
- The very highest quality London Peaks challenge on the market!

### Level of Difficulty

This challenge is graded as **challenging**. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but who perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone.

You can tell your supporters that on your London 10 Peaks Challenge you will be:

- Covering a marathon distance of 42km
- Taking on varied terrain, from footpaths to urban roads
- Ascending over 600m across the whole route

### Training

The London 10 Peaks 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. 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

This is a leader-led challenge and you will be accompanied by our challenge walking leaders at all times.

We employ experienced and fully qualified walking leaders to accompany and lead you. The leaders are first aid qualified and have extensive experience in leading challenges throughout Britain and overseas. They will be ultimately responsible for the running of the itinerary and the safety of your group. They will be carrying full safety equipment and first aid kits with them at all times.

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals. You will be accompanied throughout the day by our fully qualified challenge walking leaders. They are there for your safety and to ensure the smooth running of the event.

We intend to keep the entire group together as much as possible. However, if it becomes necessary to split the group into smaller teams then the leaders will facilitate this. The route will not be marked by event arrows. A support vehicle will be available throughout the day to support anyone who requires it.

## 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

Despite its location in London, the difficulty of this trek should not be underestimated as it includes one long day of hiking, over varied terrain. The route is on good paths and roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

## 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 arrive at the registration point for 6.30am for registration and your safety briefing. We expect the challenge to take between 10-12 hours to complete, and we aim to have everyone finished by 7pm.

Please note that due to the nature of this challenge, changes may happen that delay the finish time so please make flexible travel plans.

### Getting to and from the Challenge

**Please note: We will send you precise instructions about how to get to the meeting point one month prior to the challenge.**

We normally meet for registration in the car park of the Rickmansworth (Frogsmoor Wharf) Tesco. The nearest train station is Rickmansworth Railway Station. The nearest London Underground stop is Rickmansworth on the Metropolitan line.

The finish of the challenge is at a pub near to Cockfosters tube station. From here it is either a short walk to the tube station, or if you need to return to the start point to collect a vehicle then you will be able to combine with your fellow trekkers to share a taxi. No transfer back to the start point is provided by Charity Challenge.

### Accommodation

No accommodation is provided for this challenge.

### Food & Drink

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 bring some of your own preferred snacks to keep you going during the day.

### 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 walking shoes will be indispensable. The



terrain can be uneven and muddy 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 urban areas of London and may occasionally pass convenience stores, 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. You may like to bring some money for a drink at the pub we finish by and, of course, for your return travel home.

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

- The terrain on the challenge is often muddy and in wet conditions can be extremely slippery. Please make sure that your shoes have good grip.
- The weather can change in the course of the day. Please make sure you carry an additional warm layer, waterproof jacket.
- This event includes short sections along busy urban roads. Please take care along these sections and keep to the sides of the roads in single file.
- This is a long distance, endurance event. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

### 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 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 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



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## Any more questions?

Contact us:

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