

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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ISLE OF SKYE CHALLENGE  
UK

Sun 01 Oct - Fri 06 Oct 2023





## In aid of your choice of charity

01 Oct - 06 Oct 2023

### 6 DAYS | UK | EXTREME

The dramatic volcanic landscapes of the Isle of Skye are steeped in myth and adventure. With ridgelines prized by mountaineering heroes, Skye's awe-inspiring summits, coastline and incredible rock formations are on the bucket list of all true adventurers.

In one of the last remaining outposts of genuine wilderness in the UK, this challenge will see you undertake four days of trekking as you discover hidden lochs, ascend the UK's most challenging mountain range – the Black Cuillin – and trek through remote glens to unlock spectacular secret corners of the captivating 'Misty Isle'.

Based in the heart of Skye, you'll stay in the picturesque fishing village of Portree - our 'basecamp' for the challenge and launchpad for the adventure ahead. We've even included a coach transfer to and from Inverness, the capital of the Highlands, which is well served by flights and trains from across the UK.

With fully qualified walking leaders you'll have all the support you need to tackle this daring new challenge and make memories to last a lifetime.

- Four days of trekking on the Isle of Skye's iconic ridges, glens and coast
- Summit one of the peaks of the UK's most challenging mountain range, the Black Cuillin
- Discover spectacular hidden corners of the captivating 'Misty Isle'
- Traverse the Trotternish Ridge, one of the most dramatic ridge traverses in Britain
- Trek through one of Scotland's most impressive glens, Glen Sligachan



## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sun 01 Oct

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#### Arrival

The adventure begins in the mid afternoon when you meet your fellow trekkers in Inverness for the bus transfer to our hostel in Portree, at the heart of the Isle of Skye. Once settled into the hostel we'll meet for dinner, followed by 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: Hostel. Meals: Dinner

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### DAY 2 Mon 02 Oct

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#### Trotternish Ridge (Approx. 18km and 1,180m of ascent)

After a hearty breakfast we'll have a short bus transfer to the start of our trek. Today will see us trekking one of the most dramatic ridge traverses in Britain: The Trotternish Ridge. This vast, undulating landslip will soon have our legs pumping as we navigate its rugged terrain. We'll be rewarded with tremendous views of the island, tantalising us with glimpses of our other routes for the next few days. We will pass under amazing rock formations, finishing under the iconic rocky pinnacle of the Old Man of Storr. From here we head back to the hostel to recharge our batteries with dinner and a good night's sleep.

Accommodation: Hostel. Meals: Breakfast, Lunch, Dinner

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### DAY 3 Tue 03 Oct

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#### Glen Sligachan (Approx. 18km and 370m of ascent)

Today's trek will take us through one of Scotland's most impressive glens and a true wilderness walk: Glen Sligachan. After a short bus transfer, we'll immediately become immersed in the wildness of the glen, with the foreboding yet darkly beautiful cliffs of the Black Cuillin rising on one side and the rust coloured slopes of the Red Cuillin on the other. We'll cross burns and ford rivers, discovering breathtaking views of remote lochs. As we pass herds of red deer, we'll discover the remote bothy at the dramatically located Camasunary Bay. Despite the route's penchant for boggiess, this sought after wilderness walk is known as one of the most beautiful on the island and those who meet its challenge are well rewarded for their efforts. At the finish, we'll get to relax on the bus for our transfer back to the hostel and a delicious dinner.

Accommodation: Hostel. Meals: Breakfast, Lunch, Dinner

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### DAY 4 Wed 04 Oct

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#### Duirinish Coast (Approx. 19km and 700m of ascent)

Today's route will see us discovering the spectacular Duirinish coastline. Dramatic clifftop paths provide some steep and undulating ground with fantastic views of waterfalls dropping into the sea before reaching McLeod's

Maidens – three legendary sea stacks said to be the drowned wife and daughters of one of the chiefs of Clan MacLeod. With wild moorland, forest, rivers and burns to ford, today's challenging mix of terrain will put all the skills we've learnt so far to the test and strengthen our teamwork for tomorrow's final ascent. We finish today with a short transfer back to the hostel for dinner and a good night's sleep.

Accommodation: Hostel. Meals: Breakfast, Lunch, Dinner

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#### DAY 5 Thu 05 Oct

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##### **Bruach na Frithe (Approx. 14km and 947m of ascent)**

Our final day of trekking will see us tackling this Munro on the iconic Black Cuillin ridge. Known as the UK's most challenging mountain range, the Black Cuillin will see us digging deep to conquer this volcanic behemoth of mountaineering grandeur. A steep ascent, with some scree and easy scrambling will open up breathtaking views along the ridgeline and out to the Small Isles. We'll be walking where compasses dizzily spin, a volcanic phenomenon of the iron rich rock, to emerge triumphantly on the rocky summit where golden eagles are known to soar. After enjoying the dramatic views, it's back down to our transfer to the hostel, where we will be able to celebrate with the whole team as we contemplate all we have achieved together.

Accommodation: Hostel. Meals: Breakfast, Lunch, Celebration Dinner

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#### DAY 6 Fri 06 Oct

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##### **Departure**

After a final breakfast you will board the bus for your transfer to Inverness Airport, where you'll say goodbye to everyone having formed new friendships that are sure to last a lifetime.

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#### **NB**

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

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

**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

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 £175.00 when you book*

*Then a balance of £800.00*

*(9 weeks before your challenge)*

*Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £175.00 when you book*

*Raise a minimum of £1650.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas
- Fitness training notes
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to your own password protected account including support materials and training schedules

### On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Charity Challenge buff
- Bus transfer to and from Inverness at either end of challenge
- Dinner on the night of arrival
- Full back-up support including first-aid qualified staff and first-aid supplies
- Accommodation during the challenge (usually same-sex dormitories)

## WHAT'S NOT INCLUDED

### Before you go

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- Clothing and equipment listed on your Kit List

### 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 16/07/2023), and the remaining 20% within 4 weeks of completing the challenge (by 03/11/2023). 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 - 40 participants

## Optional extras

Single room supplements\*  
(\*subject to availability)

### Why book with Charity Challenge?

- Everything included from the moment you arrive. Unlike other operators we include everything from hostel accommodation to all your meals whilst on the trek.
- The very best Mountain 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.
- Celebration meal and medal at the end of the challenge
- Transfer from Inverness to Portree and back at the end of the challenge included in the challenge cost
- The same high-quality Charity Challenge experience that you would associate on our international challenges, but in the wilds of the UK!

### Level of difficulty

This challenge is graded as **extreme**. This is perfect for adventurous types who have previous experience with strenuous mountain walking within the UK, and who are looking for their next challenge.

You can tell your supporters that on your Isle of Skye Challenge you will be:

- Trekking between 7 to 10 hours each day for 4 days. It involves a good level of fitness, and you'll need the endurance to do multiple days of consecutive trekking. The terrain on Skye can be wild and rugged. Whilst some routes will have reasonably good paths, others can be boggy and indistinct. The summit day has scree slopes and may occasionally require a short, easy scramble. This is a true Scottish challenge and there is continuous ascent and descent throughout each day, plus burns and rivers to ford. Each day of walking is remote and away from roads and immediate access to support vehicles.

### 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 Isle of Skye 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.

### 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 mountain leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain 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 mountain first aid kits with them at all times.

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 four 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.

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.

### 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 on Skye 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 intended routes will be taken by your leaders and we ask you to always respect their decisions.

### Terrain

The terrain on Skye can be wild and rugged. Whilst some routes will have reasonably good paths, others can be boggy and indistinct.

This is a true Scottish challenge, with significant ascent and descent throughout each day. The summit day has scree slopes and may occasionally require a short, easy scramble.

Each day of walking is remote and away from roads and immediate access to support vehicles.

There will be several burn and river crossings. You will need to bring suitable river crossing shoes with you to tackle these and we also recommend bringing walking poles to help you balance. Your leaders will identify suitable crossing points and help you across. Please note that if the rivers are in spate, the route may need to be changed and this is at the discretion of your leaders.

The coastal route has sections along cliff tops with sharp drops. The footpath always keeps you away from any edges and your leaders will make you aware of any of these sections.

### Challenge timings

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

On the day of arrival, you should plan to meet at Inverness Airport for mid-afternoon for the bus transfer to Portree on the Isle of Skye.

Dinner is intended to be around 7pm, with the welcome and safety briefing taking place immediately after dinner.

On each day of the trek, you can expect to start with breakfast at around 7am, with the aim to start trekking by 8:30am. We aim to finish each day by 6pm. However, these timings will be adjusted according to weather forecasts, the group's ability etc.

On each day there will be minibus transfers of 15 minutes to 1 hour to/from the trek area.

On the day of departure, we will aim to return to Inverness Airport for mid-morning.

### Getting to and from the challenge

A bus transfer from Inverness to Portree and back at the end of the challenge is included in the cost of your challenge. More details will be provided closer to the time. Inverness is well serviced by bus, train and rail links. We expect to leave Inverness mid-afternoon on the first day, returning by late morning on the final day.

For those who prefer to drive, the hostel is located in Portree, in the centre of the Isle of Skye. Car parking is nearby in local pay and display car parks.

Transfers to and from the trek locations whilst on the challenge are also included in the cost of the challenge.

### Accommodation

During the challenge you will be staying in same sex dormitories at the hostel.

Please note: It is not possible to offer single supplements for people to have their own room on this challenge.

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.

### Food and drink

All of your food 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. A packed lunch will be provided for each trekking day.

We strongly encourage you to bring additional sweets and snacks if desired.

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.

### 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 other clothing and necessities for the hostel. This kit bag is left at the hostel each day.

This challenge takes place in a remote and mountainous environment, away from roads and immediate access to vehicle evacuation. 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 a warm layer, along with a hat and gloves.

This challenge will include river crossings. We strongly recommend you bring separate 'river crossing' shoes (e.g. sturdy sandals) and walking poles.

Trekking in Scotland can feel very different to other parts of the UK that you may be familiar with. We would recommend that everyone consider a pair of gaiters and a midge head net as essential 'Scotland kit'!

*Midge head net and spray* - Many of you will already have heard stories about the midges found in Scotland. Whilst many of these stories are exaggerated it is possible that midges will be present on this challenge. We would recommend that you bring along a 'midge spray' and a midge head net. Both are available from all good outdoor shops and cost only a few pounds each.

*Gaiters for boggy ground* - Walking in Scotland can be a wild and remote experience. Your route will always follow recognised footpaths but on the day route the footpath is likely to be boggy in places. 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.

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

### 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.

### Money

There are limited opportunities to spend any money whilst trekking each day. There may be the occasional opportunity to buy a drink and a snack so we would advise making sure you take approx. £20 in your day pack for this purpose. We will be staying near the town of Portree which has several shops and pubs and if there is time once the trek is finished you may have the opportunity to explore the town.

### 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:

- Make sure you have all the kit listed as essential on the kit list.
- The weather on Skye can be extremely variable and the weather on the summits can be very different to down in the glens. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- This is a significant physical challenge over a prolonged period. Please make sure that your fitness level is suitable to take on the challenge.
- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. The ground can also be very boggy. Please make sure that your walking boots are waterproof and have good grip. Trainers are not appropriate as they lack grip. We recommend you bring gaiters to help keep your feet dry.
- This challenge will involve several burn and river crossings. Your leaders will identify suitable crossing points and you will need to bring river crossing shoes with you. We also recommend bringing walking poles to help you balance. If the rivers are in spate, your route may be changed at the discretion of your leaders.
- The ascent of Bruach na Frithe is particularly steep and has small sections of scree. You may need to use your hands to a small extent and we highly recommend bringing walking poles.
- The Black Cuillin summit day is a significant undertaking and your leaders may adjust the summit chosen depending on weather conditions and to meet the abilities of the group.
- Each day will involve a long walk without access to roads and facilities. 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 in remote areas 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 will put our evacuation plan into action. Emergencies will be coordinated with the local Mountain Rescue service.

### 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

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.

## 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 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.



### Trekking in the Black Cuillin

**IMPORTANT INFORMATION: Please read the following information carefully regarding our policy on taking participants trekking in the Black Cuillin.**

The Black Cuillin is for many people the ultimate mountainous adventure playground in the UK. Our planned itinerary includes one day of trekking in these mountains which are sure to be the highlight of the challenge. However, the terrain on these mountains is extremely rocky and in place there is loose rock that needs to be negotiated carefully. The route we have chosen is on one of the more accessible peaks in the mountain range (Bruach na Frithe) and it is suitable to all people with a sense of adventure. It does not require any technical skills or equipment nor any serious exposure other than that normally associated with hill walking.

However, trekking in the Black Cuillin is a significant challenge and our leaders will be monitoring every participant throughout the week to ensure that we feel happy that we can keep you safe whilst in the Black Cuillin. If our leaders do not feel that this day of the itinerary is suitable for you then they will speak to you and arrange an alternative route.

Charity Challenge will only ever take groups into the Black Cuillin in good weather. Rain, wind and low cloud will all result in this day being taken off the itinerary and the alternative route taken. Again, any decision that your leaders make regarding the weather will be final, and we ask you to respect their professional opinion.

### Keeping safe post-covid

This challenge is planned to run in Spring 2023 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.

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## Any more questions?

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)  
[www.charitychallenge.com](http://www.charitychallenge.com)

[facebook.com/charitychallenge](https://facebook.com/charitychallenge)  
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