



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**WETHERSPOON GIANT'S
CAUSEWAY HIKE 2023
UK**

Mon 15 May - Mon 15 May 2023





In aid of LauraLynn Ireland's Children's Hospice, Young Lives vs Cancer

15 May - 15 May 2023



1 DAYS | UK | TOUGH

If you're having trouble signing up for your chosen HIKE, please try opening this page in a different browser or an incognito tab.

This tough one day challenge has you trekking a marathon distance along the Giant's Causeway Coastal Route. Whilst the distance alone would make this a tough challenge, the nature of the undulating terrain will have you ascending over 1000m along the dramatic coastline of this UNESCO World Heritage site.

- Trek through the Giant's Causeway UNESCO World Heritage site
- Marathon distance trek along the stunning Northern Ireland coast
- Walk along sandy beaches, past celtic castles and follow in the footsteps of legendary giants
- Easily accessible by bus from Belfast
- Raise vital funds for great causes - Young Lives vs Cancer and LauraLynn Ireland's Children's Hospice

YOUR CHALLENGE DAY BY DAY

DAY 1 *Mon 15 May*

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The challenge!

After an early safety briefing, we will take a short bus transfer to the start of the trek near to the iconic Carrick-a-Rede rope bridge where we will begin our trek west following the Causeway Coastal Route. Following the dramatic coastline we will pass through the entirety of the Giant's Causeway World Heritage Site, pausing for photos and to take in the views of this stunning area. The walk continues west passing Dunluce Castle and the town of Portrush before we continue to our finishing point in Portstewart to celebrate our achievements.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £30.00 when you book

Raise a minimum of £300.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Fundraising advice
- A-Z of fundraising ideas
- Fitness training notes
- Access to your own password protected account including support materials and training schedules

On your challenge

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- All challenge management before, during and post event
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinks and snacks available throughout the day
- Packed lunch and drinks
- Celebratory drink at the finish line

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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- Accommodation during the challenge (usually in twin share)
- Travel to and from the challenge start/finish point
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 50% of the minimum sponsorship required must be sent to the charity 5 weeks before departure (by 10/04/2023), and the remaining 50% within 4 weeks of completing the challenge (by 12/06/2023). 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 30 - 100 participants

Why book with Charity Challenge?

- The very best challenge walking 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 drink and medal at the finish.
- The highest quality Giant's Causeway charity trekking experience on the market!

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Training

The Giant's Causeway Challenge is a long, sustained event over 12 hours and covering undulating terrain with some steep ascents and descents. It requires a good level of fitness. The ideal training for this challenge is, naturally, walking with particular emphasis on building up stamina on ascents and descents. However, if you do not have the luxury of living near the 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 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge. There is no substitute for walking in the outdoors so try if possible to get out on a weekend and, if possible, train in an area with steep hills to help prepare yourself for the undulating terrain you will face on this challenge. You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the expedition, the more you will get out of it. Also see your Charity Challenge Fitness Training notes.

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 will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Sports trainers are not suitable. The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that jeans should not be worn on this challenge. A full kit list for this challenge can be found here. Once you book you will have access to kit discounts with our partners, Cotswold Outdoor.

Challenge Timings

Precise arrival times and instructions will be sent out one month prior to the challenge.

Your challenge begins with an early morning safety briefing with your challenge leaders at 6.30am. There will then be a short bus transfer to the start of the trek. In order to maximise the time available to complete the challenge we will start the trek at around 7.30am. You will be walking for approximately 10-12 hours, which makes your trek a

very long day. You can expect to arrive back at the finish at around 7pm. After a quick celebration, you can make your way home.

Getting There

The meeting point for this challenge will be in the town of Portstewart.

After the group all arrive there will be a short bus transfer to the start of the trek.

The challenge will finish back in Portstewart.

Level of Difficulty

The Giant's Causeway 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 in a slightly more demanding environment. You can tell your supporters that on your Giant's Causeway Challenge you will be:

- Trekking for around 12 hours in a single day.
- Covering a full marathon on undulating coastal terrain. That's 26 miles!
- Ascending over 1000m in a single day.

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 rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate as they lack grip.
- The weather on the coast can be very different to inland. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 12 hours is a long time to be out on a trek. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.
- The terrain across the cliff tops can be very loose and rocky and should be taken with care.
- Cliff tops are extremely dangerous and can be very exposed. please listen to your leaders and stay away from the edges of any exposed cliffs.

Toilets

There will be toilet facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

Food & Drink

A packed lunch and snacks is provided on the day of the challenge, along with a celebration drink at the end of the challenge. We would recommend that you bring along a few of your own snacks to keep you going throughout the challenge.

Accommodation

There is no accommodation included in the challenge.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers at the Giant's Causeway to make sure that we minimise our impact on the local environment. 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 area and enhance your experience. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support 'The National Trust' who maintain the whole UNESCO World Heritage Site of the Giant's Causeway, including the excellent footpaths we will be walking on. The National Trust have an excellent website all about their work at the Giant's Causeway and we would recommend that you check this out before arriving for the challenge. Their website can be viewed [here](#).

We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B, 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 area. For more information about accommodation and what else to do in the local area then please visit [Discover Northern Ireland](#).

For extra information, please visit our Responsible Tourism section.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is predominantly on good paths, but it's the variation of loose gravel and rocks that makes this challenge a unique and fun experience. In particular real care needs to be taken when walking along any cliff tops.

Climate

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! We will run UK challenges between April and October, 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 up to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

Leadership

We employ experienced and fully qualified challenge walking leaders to accompany and lead you. They are all 'Mountain Leader qualified and hold outdoor specific first aid certificates. They 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.

Group Size

Our minimum group size for this challenge is 30 and the maximum is 100. There will be one challenge walking leader per approximately 10-15 participants and you may find you will naturally walk in smaller groups according to your own pace.

Money

During the trek there are not many opportunities to spend any money. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

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, high altitude 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 with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.

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Any more questions?

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