



the  
care  
workers'  
charity



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**SOUTH DOWNS CHALLENGE  
UK**

Fri 22 Sep - Fri 22 Sep 2023





## In aid of The Care Workers' Charity

22 Sep - 22 Sep 2023



### 1 DAYS | UK | TOUGH

This incredible coastal trek starts just outside the beautiful village of Alfriston. Your route takes you on a 21.1km loop of testing, undulating terrain before finishing at Beachy Head.

You will start high up on the cliffs, for stunning views of the coast, before heading in-land and looping around to the Seven Sisters and finishing the trek along this most incredible stretch of cliff tops before finishing back at Beachy Head.

- 21.2km half marathon trek along the stunning South Downs
- Fully supported trekking challenge
- Stunning views across the coastline
- Test your endurance with the undulating terrain of the Seven Sisters Country Park
- Finish at Beachy Head

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 22 Sep*

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#### **Challenge Day!**

Pit yourself against one of the toughest challenges that the UK has to offer, as you take on a 21.1km trek along a remote section of the South Downs National Trail. Set against the dramatic backdrop of the South Downs National Park you will put mind and body through the ultimate test, as you tackle this serious endurance challenge. Walking this route is a serious undertaking.

Your challenge will start from Beachy Head and from here you will begin to make your way in-land along the South Downs Way before looping back across the Seven Sisters to finish back at Beachy Head.

During the challenge, you will be led by our experienced support leaders who will be there to motivate and support you along the way.

The route follows the South Downs way and begins up on the cliffs above Eastbourne from where you will have fantastic views of the surrounding area before heading in-land and heading west. You will reach the Cuckmere river and follow this out to the sea before your final section takes you along the cliff tops of the Seven Sisters to the finish.

Not for the faint-hearted, this is a tough endurance challenge and should not be undertaken lightly, however, the sense of achievement is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable walking similar distances.

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## HOW TO FUND YOUR CHALLENGE

### MINIMUM SPONSORSHIP

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*Registration fee of £40.00 when you book*

*Raise a minimum of £500.00 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.
- Fundraising advice
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- Travel to and from the challenge start/finish point

### On your challenge

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- Drinking water on challenge days
- Full back-up support including first-aid qualified staff and first-aid supplies
- All challenge management before, during and post event
- Drinks and snacks available throughout the day
- Packed lunch 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

### On your challenge

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- Accommodation during the challenge (usually in twin share)

## 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 5 weeks before departure (by 18/08/2023), and the remaining 20% within 4 weeks of completing the challenge (by 20/10/2023). 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 50 - 150 participants

### Why book with Charity Challenge?

Everything included from to ensure your safety and enjoyment on the day. Packed lunch and snacks at checkpoints throughout the day and then a medal to celebrate at the end.

- Fully qualified Challenge Leaders to help and support you throughout.
- Safety checkpoints along the whole route. Food and drink will be available at each checkpoint, along with first aid assistance.
- The highest quality South Downs charity event experience on the market!

### Level of Difficulty

The South Downs 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 tougher environment. You can tell your supporters that on your Trek South Downs Challenge you will be:

- Completing a half marathon distance of 21.1km
- Trekking a full day on the varied and undulating terrain of the South Downs National Trail
- Ascending nearly 700m across the whole route

### 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 trail shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use either boots or trail running shoes with a good grip. Sports trainers are not suitable.

A full kit list for this challenge is available on the website and this outlines the different kit required for those looking to trek during the challenge and those looking to run.

Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

### Challenge Timings

**Precise arrival times and instructions will be sent out 1 month prior to the challenge.**

Your challenge begins early in the morning and you will need to arrive at the registration point at Beachy Head for 9.30am in order to maximise the time available to complete the challenge. When you arrive you will meet your support team and listening to the safety briefing. We will aim to begin trekking at 10am.

We expect people to be trekking for approximately 6-7 hours. Delays can happen, and the return time will all depend on the speed that you walk, so please do try and book flexible return arrangements.



### Getting There

The event registration point will be at Beachy Head.

The event finishes back at Beachy Head.

Pay-and-display car parking is available at Beachy Head.

### Food & Drink

A packed lunch will be provided as well as checkpoint snacks and drinks. The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

### Accommodation

No accommodation is provided for this challenge.

Both Brighton and Eastbourne have an abundance of accommodation options.

### Training

The Trek South Downs is a long, sustained event of up to 12 hours and covering remote terrain with steep ascents and descents. 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 running/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.

### Money

During the challenge, there are limited opportunities to spend any money. You will pass through a small village with a shop. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

### 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.

### 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 on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience. In particular terrain along the cliff tops of the Seven Sisters Country Park can be loose and rocky, and the ascents and descents here are short but steep.

### 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 South Downs National Park 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 'South Downs National Trail' who maintain the excellent footpaths we will be walking on. The South Downs National Trail has an excellent website that provides information on their fantastic work and allows you to donate to them directly. 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 extra information, please visit our [Responsible Tourism section](#).

### Toilets

Public toilets are passed at several places along the route. Outside of these opportunities toilets will be limited to the great outdoors!

### 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, 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.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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