

**CoppaFeel!**  
breast cancer awareness



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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HADRIAN'S WALL COUNTRY  
COPPATREK!  
UK

Sat 10 Jun - Fri 16 Jun 2023





## In aid of CoppaFeel!

10 Jun - 16 Jun 2023

**CoppaFeel!**  
breast cancer awareness

### 7 DAYS | UK | TOUGH

Northumberland is one of the UK's most adventurous counties from rugged coastlines with remote castles, to the hills of the Cheviots, and not to mention the chance to trek along the iconic roman remains Hadrian's Wall. Charity Challenge have designed this incredible, fully supported trekking challenge exclusively for CoppaFeel!, that will see you complete five days of tough trekking through this spectacular and varied landscape.

With the campsite based just 5 miles north of the beautiful town of Alnwick, there are five tough days of trekking to test you to your limits, before you get to celebrate your accomplishments.

Over the course of the challenge you will test yourself against the most challenging section of Hadrian's Wall, summit the north easts highest mountain, The Cheviot (815m) and trek to some of the most remote castles that this rugged stretch of coastline has to offer.

With fully qualified walking leaders and a fantastic camp crew you'll have all the support you need to complete this incredible challenge.

- Five days of trekking around wild and rugged Hadrian's Wall Country, Northumberland
- Trek some of the most challenging sections of the Northumberland coastal path
- Visit some of the coastline's most stunning castles, beaches and fishing villages
- Spend a day of trekking along Hadrian's Wall, a UNESCO World Heritage Site
- Support CoppaFeel!'s mission to stamp out late breast cancer diagnosis and give everyone the best possible chance of survival

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 10 Jun

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#### Arrival at the campsite

Your challenge will begin at Doxford Farm just north of the historic town of Alnwick.

After settling into your tents, you will then get to meet all the challenge leaders and support team at 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: Camping. Meals: Dinner

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### DAY 2 Sun 11 Jun

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#### Bamburgh Castle to Craster (Approx. 21.1km and 112m ascent)

After a hearty breakfast it will be time to put on our hiking boots and hit the trail! This is no easy introduction as our trek begins right from the stunning Bamburgh castle. The route heads south, through the coastal fishing village of Seahouses. From here we continue following the coast before reaching remote Dunstanburgh castle, perched out on the headland. From the castle the finishing point for the day is almost insight as we head into the village of Craster and the chance to rest of tired feet. From here we head back to the campsite to recharge our batteries with a dinner and a good night's sleep.

Accommodation: Camping. Meals: Breakfast, Lunch, Dinner

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### DAY 3 Mon 12 Jun

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#### The Cheviot (Approx. 12.5km and 608m ascent)

Today's trek sees us heading to the hills as we challenge ourselves to reach the summit of Northumberland's highest point, The Cheviot. Although this may be our shortest day the ascent is unrelenting as we climb to the summit where, hopefully, views to as far away as the Lake District and Edinburgh await us. The terrain today in the most challenging of the whole week with the footpath prone to being especially wet and muddy in places.

Accommodation: Camping. Meals: Breakfast, Lunch, Dinner

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### DAY 4 Tue 13 Jun

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#### Rothbury circuit (Approx 18km and 424m ascent)

Today's trek is a looped walk that starts and finishes in the traditional market town of Rothbury. Surrounded by rolling hills, Rothbury is at the heart of the Northumberland National park and with the river Coquet running through the town centre it is a great start and finish point for our days walk through the surrounding countryside. At the end of the day, if time allows, there will be the opportunity to explore the town before returning to the campsite.

Accommodation: Camping. Meals: Breakfast, Lunch, Dinner

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**DAY 5** Wed 14 Jun

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**Hadrian's Wall (Approx. 23km and 706m of ascent)**

Today we have our longest bus transfer of the week as we make our way south to Hadrian's Wall. It will be an early start to reach the beginning of today's trekking route but it will be well worth the tired eyes as our route takes us along the most stunning, and challenging, section of this unique roman monument. You will trek passed roman forts and the iconic 'sycamore gap' as we head east along the wall negotiating the surprisingly undulating terrain. Today is likely the toughest day of the challenge but the rewards will be well worth the extra effort.

Accommodation: Camping. Meals: Breakfast, Lunch, Dinner

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**DAY 6** Thu 15 Jun

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**Berwick-Upon-Tweed to Holy Island (Approx. 20km and 105m of ascent)**

Our final day of trekking will see us heading north to the Scottish border town of Berwick-upon-tweed. This impressively fortified town is magnificently situated on the coast and is a great starting point to our trek today. Heading south from the town the route follows the Northumberland coastal path passing remote beaches and dunes with our finishing destination rising from the sea ahead of us, Holy island. This spectacular island has been visited by pilgrims and Vikings for centuries, and now is visited by the famous Coppatrek! With Gi trekkers!

Upon returning to our campsite, we will be able to celebrate with the whole team as we contemplate what we have achieved together.

\*Please note: Holy island can only be visited at set times as it requires us to cross the causeway at low tide. Depending on timings it may not be possible to cross to the island. To view the tide times for crossing to the island please [click here](#).

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

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**DAY 7** Fri 16 Jun

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**Departure**

After a final breakfast we will say goodbye to everyone having formed new friendships that are sure to last a lifetime whilst raising vital funds for CoppaFeel!'s life saving work.

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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.**

**Each team will complete the routes from days two to five on different days. On the final day of the trek (Day six) we will try to make it possible so that everyone will trek together to the finish line.**

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

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.

Pay a non-refundable registration fee of £275 when you book and pledge to raise £2,250 for CoppaFeel!

This is broken down as follows:

- You are required to raise a minimum sponsorship of £1,090 for CoppaFeel! to be received by the charity, 7 weeks before departure date (by 24/04/23).
- Pledge to raise the remainder of the sponsorship target (a further £1160) within 4 weeks of completing the challenge (by 17/07/2023).
- If you have raised the necessary funds by 24 April, CoppaFeel! will then pay the balance of your expedition costs (equal to the minimum sponsorship target). The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### What's included?

- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Access to training weekends (optional and at additional expense)
- Risk assessment and emergency management planning
- Public liability insurance
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Fundraising advice
- Access to your own password protected account including support materials and training schedules
- Drinking water on challenge days
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- An English speaking first aid trained challenge leader and full local support team
- Full back-up support including first-aid qualified staff and first-aid supplies
- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Accommodation during the challenge (usually in twin share)
- A Charity Challenge T-Shirt
- Equipment as per the challenge activity
- Internal transfers (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line

**Typical group size** - The typical group size is 80 - 120 participants

### Group size

Our typical group size for this challenge is between 80 and 120 people.

CoppaFeel! will allocate you into 3 or 4 teams of between 25-30 people.

Typically, there will be one celebrity captain per team and one challenge leader for every 10 participants.

Depending upon the number of teams it is intended that each team will walk a different route from the other teams each day, to ensure we give everyone a better wilderness experience. On the final day it is intended that we all walk together to the finish line.

### Why is there only one day of walking on Hadrian's Wall?

This challenge is set in the stunning, rugged landscape of the county of Northumberland. During the course of the week you will get to experience the full range of incredibly diverse landscapes this area of the country has to offer. However, our marketing team thought that 'Northumberland Challenge' didn't quite have the glamour deserving of a CoppaTrek! So we've been a little bit cheeky and called it the Hadrian's Wall Country Coppatrek!

During the itinerary you will spend one day walking along the wall itself, and don't worry, we've selected the most stunning section of the wall. You will follow the best preserved section of the wall, passing old forts, roman temples and the iconic sycamore gap!

### How much of Hadrian's wall will we see on this route?

This challenge has one day of walking along Hadrian's Wall.

We are sensitive that one of the days of trekking takes place in a World Heritage site and that Hadrian's Wall faces ever-increasing pressure from visitors and events, such as this challenge. Our route follows the wall closely, without always following the actual remains of the wall. The route touches base with the wall at various points, and the sense that you are passing through this historic landscape is sure to be one of the highlights of this challenge.

Your leaders will remind you to be respectful of the archaeological sensitivity of the wall and the Hadrian's Wall trail officer has asked us to pass on the following information regarding the sections where we will be walking alongside the wall:

- Please do not walk on the remains of the wall itself.
- Please walk two or three abreast, rather than in a single line. This helps to reduce the amount of footpath erosion that occurs.

For more information about Hadrian's Wall please visit the [Hadrian's Wall National Trail website](#) or [English Heritage](#).

### 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.

### Emergencies

Your leadership team are all trained to deal with emergency situations in remote areas and will be carrying a mobile phone 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 leaders. If we find that you are unable to complete any day of the trek, then we will arrange for you to be collected by the support vehicle and taken to the campsite.

### Accommodation

During the challenge you will be camping. You will be provided with a 3-person tent for 2 people to share, so there is plenty of space in each tent.

Please note: Because of the number of people taking part in this challenge, and the capacity of the campsite, it is not possible to offer single supplements for people to have their own tents.

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.

### Challenge timings

On the day of arrival, you should plan to arrive at the campsite for 5pm. Dinner is intended to be around 6pm, with the welcome and safety briefing taking place immediately after dinner.

On the day of departure, you will be free to leave any time after breakfast.

On each day of the trek, you can expect to start with breakfast at around 7am, with the aim to start trekking by 8am. We aim to finish each day by 3-4pm. However, these timings will be adjusted according to weather forecasts, the group's ability etc.

On some days there are short minibus transfers to/from the trek area.

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

### 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 the UK. 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.

The historic town of Alnwick (famous for its castle, gardens and second-hand bookshop) is a great place to spend a few extra nights. Similarly there are lots of stunning fishing villages along the coast, such as idyllic Craster, which are well worth a visit and are home to some excellent local seafood.

For lots of ideas about places to stay and things to do please visit the excellent [Visit Northumberland 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.

### Terrain

The terrain mainly follows good quality footpaths but the nature of any footpath, means that in places these can be muddy and indistinct. There is continuous ascent and descent throughout each day. Each day of walking is remote and away from roads and immediate access to support vehicles.

There are several sections where there are short but sharp sections of ascent or descent. However, none of these sections are sustained for more than around half an hour.

### Weather

The weather in Northumberland can be extremely variable so please read your kit list carefully and make sure that you bring all essential kit.

Trekking along coastal and mountain footpaths 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 coastline will be taken by your leaders and we ask you to always respect their decisions.

### Getting to and from the challenge

The campsite is in a remote location approximately 5 miles north of Alnwick. The postcode for the campsite is NE67 5DY. Car parking is provided at the campsite.

The campsite is not easily reached by public transport. The closest train station is at Alnmouth, 12 miles from the

campsite. From here you would need to book a taxi to reach the campsite.

### Why book with Charity Challenge?

- Fully supported multi-day UK challenge
- Learn all about the local history and environment along the route with our highly experienced, knowledgeable, and fully qualified and experienced Mountain Leaders
- Campsite crew to set-up tents and ensure you are well fed and looked after
- Celebration meal and medal at the end of the challenge
- The same high-quality Charity Challenge experience that you would associate on our international challenges, but in the wilds of the UK!

### 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.

The campsite has a toilet block and washing facilities. Showers at the campsite can be paid for. We always try to ensure that all our campsites have enough toilet facilities, but on occasions this is not possible. In this scenario portable toilets are used. Depending on the size of the group it may be necessary to allocate each team a specific 'shower day' so that we do not put too much pressure on the campsite facilities every day. This may mean that you will be unable to shower on certain days. We would encourage everyone to see this as part of the challenge!

### Insurance

As this is a UK challenge any medical emergencies would be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation.

Charity Challenge 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. (<https://www.campbellirvinedirect.com/charitychallenge/>)

You are not required to have travel insurance for this challenge.

### Safety

Charity Challenge considers the safety of all our participants and staff to be a top priority, and as such we set up Challenge Safe, a thorough safety management system. 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 paramount!

Here are a couple of important points that you should be aware of:

- Make sure you have all the kit listed as essential on the kit list.
- Although the challenge takes place in June, the UK's weather can be extremely variable, so we recommend that everyone has multiple hats and gloves and warm layers to ensure that they always have a dry item to wear on each day.
- This is a significant physical challenge over a prolonged period. Please make sure that your fitness level is suitable to take on the challenge.
- Make sure that you take care around the campsite as there are lots of trip hazards.

## 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 CoppaFeel! Hadrien's Wall Country CoppaTrek! 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.

## 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 camp clothing and other equipment (sleeping bag etc) and spare clothes. This kit bag is left at the campsite in your tent each day.

**What to carry during the day?** This challenge takes place in a remote and rugged environment, away from roads and immediate access to the support vehicle. It is therefore extremely important that you come prepared with the correct kit for this challenge. Please ensure that your waterproof jacket can keep you dry when subjected to rain for several hours at a time (although we hope in June it won't be needed), 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, multiple warm layers, along with at least two sets of hat and gloves. If clothes get wet, then the only way to dry them is by hanging them up in tents.

**Clothing and equipment for the campsite:** We recommend that you have at least one pair of clothes that you can change into when you reach the campsite. This will ensure that you always have a dry pair of clothes at the end of the day.

Tents are provided for you, but you will need to bring a sleeping mat and sleeping bag. Please refer to the kit list for more information about what is appropriate. The full kit list for this challenge can be viewed in your account area or on the website.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit, to make sure are well prepared before heading out on the challenge.

### How is the group managed?

This is a fully supported, leader led challenge. The itinerary is designed to be fully supported and so you will always be accompanied by our leaders. Our leaders are there to assist you and to try to ensure that everyone can complete the challenge and have a great time.

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 five 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. However, a challenge leader must be with you at all times.

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 immediately.

### Leadership

You will be accompanied by fully qualified walking leaders who are all first aid trained. Our leaders are the very best, and many of them lead on our overseas challenges. They have a broad range of backgrounds and experiences and are there to keep everyone safe and happy. We always ask all our participants to respect any decision that any of the leaders has to make.

### Food and drink

All of your food and drink 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. During the trek, breakfast and dinner will be provided for you at the campsite.

Breakfast will include porridge, cereal, fruit, hot drinks. Dinner will be a mixture of good, hearty, trekking food - Soups, pasta, rice, different sauces, stews, and a dessert will be provided each day. A packed lunch will be available for each day. To allow people to choose their own packed lunch we will provide bread and a variety of sandwich fillings so that people can make their own sandwich each morning after breakfast. Crisps, fruit, and snack bars will also be available for you to carry in your packed lunch. You will be required to carry your packed lunch with you each day.

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.

### Level of difficulty

The CoppaFeel! Hadrian's Wall Trek involves five days of trekking for 7 to 10 hours each day. It involves a good level of fitness, and you'll need the endurance to do multiple days of consecutive trekking. The terrain follows mainly good quality footpaths, but the nature of any trekking in the UK means that in places these can be muddy and steep. This is a varied challenge as your routes involve coastal walking, mountain trekking and everything in between. There is continuous ascent and descent throughout each day. Each day of walking is remote and away from roads and immediate access to support vehicles.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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