



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

THE EDINBURGH 7 SUMMITS
CHALLENGE
UK

Sun 27 Aug - Sun 27 Aug 2023





In aid of MND Scotland

27 Aug - 27 Aug 2023



1 DAYS | UK | TOUGH

Discover hidden parts of one of the world's most stunning cities all while challenging yourself over a tough 35km trek that includes 900m of ascent. Based in the heart of Edinburgh the trek will take you to the summit of Edinburgh's 7 hills that surrounded the city. You'll follow historic waterways, forgotten railways, stop off at castles and palaces and climb to the summit of an extinct volcano!

- View Edinburgh from the top of each of its surrounding 7 hills
- Summit Arthur's Seat - an extinct volcano!
- Discover hidden routes through Scotland's beautiful capital city
- Perfect urban challenge
- Approx. 35km and 900m of ascent in one challenging day

With a challenging 35km and 900m of ascent to conquer this challenge is a significant test of your endurance and will leave you with a real sense of achievement.

YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 27 Aug

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The challenge day!

It will be an early start, with registration and a safety briefing at 6:30am before the challenge begins at 7am. You will first head west, along the Water of Leith before reaching your first hill (Corstorphine Hill) from here you will join the union canal before heading up to the second hill (Craiglockhart Hill East). From here the route heads to it's most southern point at the top of Braid Hill, your third hill. Your views from here will take in the entire route, and framed in the centre of your view will be Edinburgh castle, dominating the horizon. Your next stop will be Blackford hill and the royal observatory (hill number five). You then head westwards towards the extinct volcano of Arthur's Seat that sits perched, overlooking the entire city. After the steep ascent to the summit you will be glad of the welcome gradual descent down to the palace of Holyrood. After stopping for photos at the palace gates there is the final summit of Carlton Hill where you will get to celebrate with incredible views along Princes Street, Edinburgh's old town and the castle.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

We will aim to complete this challenge by 5pm. However, delays can happen, so please make sure you have flexible onward travel plans.

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, groups 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 £40.00 when you book
Then a balance of £105.00
(5 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 £350.00 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.
- Sponsorship forms
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Fitness training notes
- Risk assessment and emergency management planning
- Public liability insurance

On your challenge

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- 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

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 11/06/2023), and the remaining 20% within 4 weeks of completing the challenge (by 24/09/2023). 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.

Raising the sponsorship

We're here to support you, every step of the way. If you have any questions, need advice or fundraising materials, we'd love to hear from you. Just email us at fundraising@mndscotland.org.uk or call us 0141 332 3903.

Typical group size

The typical group size is 30 - 60 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
- High quality route design that incorporates major landmarks and undiscovered highlights
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle
- The very best 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
- Thorough safety management systems in place (Challenge Safe)
- Medal at the finish
- The very highest quality Edinburgh 7 Summits challenge on the market!

Level of difficulty

The Edinburgh 7 Summits 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 extreme environment.

You can tell your supporters that on your Edinburgh 7 Summits Challenge you will be:

- Covering a distance of approx. 35km
- Taking on varied terrain, from footpaths to urban roads
- Completing the steep ascent to the summit of Arthur's Seat
- Ascending over 900m across the whole route

Training

The Edinburgh 7 Summits Challenge is a long, sustained event of up to 10 hours and covering varied terrain. 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 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 mountain leaders at all times. These leaders will navigate the route so you can conserve all of your energy for completing the challenge.

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 expeditions 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.

We operate this as a team challenge. We encourage all participants to work together to complete the challenge. We believe that your experience is always enhanced by taking time to talk to your fellow challenger's and learn about their inspiring stories. Our challenges are not designed as a race, and the route will not be marked with arrows for you to follow.

Weather

This is a UK challenge so please come prepared for all types of weather! There is a very good chance that you may experience all 4 seasons in one day! Whilst we would encourage everyone to check the weather forecast before travelling we would remind everyone to make sure you always carry with you warm tops and waterproofs during the challenge.

Terrain

The terrain on the Edinburgh 7 Summits challenge is a mixture of footpaths and pavements. There are sections of the footpaths down by the Water of Leith that can be wet and muddy. The ascent of Arthur's Seat is rocky, and can be slippery when wet.

Challenge timings

You will need to be at the meeting point for approximately 6:30am with the aim being to begin walking at 7am. The total time to complete this challenge should be between 8-10 hours. We will aim to have everyone finished by 5pm.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return tickets as delays can happen and we cannot guarantee a precise finishing time or be held responsible for any

missed transport.

Getting to and from the Challenge

We normally meet at the SYHA hostel in the centre of Edinburgh. This hostel is a 10 minute walk from Waverley Station.

Edinburgh is very well served by trains and flights from all around the UK. We would encourage all participants to use public transport where possible.

If you are driving, then parking near the accommodation can be very limited.

Please note: We will send you precise instructions about how to get to the meeting point, and the timings of the event, one month prior to the challenge.

Accommodation

Accommodation is not included in the cost of this challenge.

Edinburgh is a city with many different accommodation options. Please visit the VisitScotland website for a whole range of options.

Food and 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 everyone also brings some of their own snacks to keep them going during the day.

Please note: Breakfast before the challenge is not included in your challenge costs.

Clothing and 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 is uneven and can be very rough, so it is vital that you use boots or walking shoes with good grip. Sports trainers are not suitable. 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. You will pass through Edinburgh city centre. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

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:

- Don't underestimate the difficulty of an urban challenge. 35km and 900m is a tough and challenging distance.
- The ascent of Arthur's Seat is steep and rocky and good footwear is a must.
- Despite this being an urban challenge you should still make sure that you have all appropriate clothing and kit.

Emergencies

Your leadership team is trained to deal with emergency situations 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 leader team. This team will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge within the planned time frame. A support vehicle will be available at checkpoints for anyone struggling to complete 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, 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.

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

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit.

In the UK we would encourage all participants to consider booking an additional nights accommodation in the area they are visiting so that they can fully enjoy their challenge experience. Many of our challenges are set in beautiful areas of the UK so why not turn your challenge into a weekend away and go out for a celebration meal in a local pub or restaurant.

For more details about our responsible tourism policy then please click [here](#).

Booking with confidence

We understand that there may be a little uncertainty around booking in the current climate so we have created a '[Booking With Confidence](#)' policy to help you book your next Charity Challenge with absolute confidence.

Book with the knowledge that:

- We are putting significant measures in place to make your challenge Covid Safe
- We have flexible payment options
- We have ATOL and International Passenger Protection financial cover for your peace of mind*

We will offer you a number of options if we cannot operate your challenge due to Covid-19 :

- postpone your challenge to a later departure
- join any other challenge
- transfer your place to another person
- receive a refund of monies paid for the challenge

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Any more questions?

Contact us:

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