



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**SOUTH DOWNS CHALLENGE
UK**

Fri 13 Oct - Sat 14 Oct 2023





In aid of Future Dreams

13 Oct - 14 Oct 2023



2 DAYS | UK | CHALLENGING

This incredible coastal trek starts in Alfriston on the South Downs Way and takes you on 21km of testing, undulating terrain before finishing in Eastbourne.

You will cross the challenge, undulating cliff tops of the Seven Sisters and finish the trek in Eastbourne.

- 21km half marathon trek along the stunning South Downs
- Fully supported trekking challenge
- Raise money for a fantastic charity
- Test your endurance with the undulating terrain of the Seven Sisters Country Park
- Finish on Eastbourne's historic seafront

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 13 Oct*

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Arrival

You will need to arrive at the YHA South Downs by 8pm on the Friday evening. After checking-in to your room there will be a full safety briefing with your leaders.

Please note that dinner at the hostel is not included.

DAY 2 *Sat 14 Oct*

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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 21km 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 the small village of Alfriston and from here you will begin to make your way to Eastbourne along the South Downs Way.

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 by heading south as you follow the Cuckmere river to the sea before your final section takes you along the cliff tops of the Severn 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.

At the end of the challenge, we will finish by the sea and after celebrations we will provide a coach transfer back to the start point in Alfriston for those heading straight back. For those wanting to stay for a team meal, the charity will make a reservation for the group and you will need to organise your own taxi transfers back to the start point in Alfriston.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £65.00 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
- Accommodation during the challenge

WHAT'S NOT INCLUDED

Before you go

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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 28/07/2023), and the remaining 20% within 4 weeks of completing the challenge (by 11/11/2023). 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.

Raising the sponsorship

Thank you for supporting Future Dreams Breast Cancer Charity. Your support will allow Future Dreams to continue and develop its virtual and in-person support services to the breast cancer community, promote breast health awareness and fund vital research into secondary breast cancer.

Typical group size

The typical group size is 30 - 48 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 21km
- Trekking a full day on the varied and undulating terrain of the South Downs National Trail
- Ascending nearly 600m 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.

You will need to arrive at the hostel for 8pm on the Friday evening. After checking-in to your room there will be a full safety briefing with your leaders.

On the morning of the challenge you will need to make your own way to the village of Alfriston for 9am in order to maximise the time available to complete the challenge. We will aim to begin trekking at 9.30am.

We expect people to be trekking for approximately 7-8 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.

We will provide a bus transfer back to Alfriston at the end of the trek. Those staying on for a team meal after the trek will need to organise their own taxi transfers back to Alfriston.

Getting There

The event registration point will be at the [YHA South Downs](#).

The trek begins in the village of Alfriston and finishes at the Wish Tower in Eastbourne.

You are required to make your own way from the hostel to the start of the trek in Alfriston. If you require a lift then please notify your leaders and they will be able to coordinate.

Food & Drink

Please note that dinner on arrival at the hostel is not included. If you wish to book dinner at the hostel then you must do so in advance.

Breakfast on the morning of the challenge is provided at the hostel. 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.

Once the challenge finishes, you can choose to stay for dinner at a hotel overlooking the sea (not included in the cost of the challenge). We will share details and once we have numbers of people interested, we can make a booking.

Accommodation

One nights accommodation is provided at the YHA South Downs. Accommodation is in same-sex hostel style dormitories with shared bathroom facilities.

Please note: Cars cannot be left at the hostel on the day of the challenge. If you are driving to the hostel then you will be required to drive your car to the start of the trek in Alfriston where there is a pay-and-display car park.

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.

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.

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.

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Any more questions?

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