CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

HADRIAN'S WALL TRAIL CHALLENGE UK

Fri 12 Jul - Sat 13 Jul 2024

In aid of your choice of charity

12 Jul - 13 Jul 2024

2 DAYS | UK | TOUGH

This exciting and strenuous marathon distance challenge of 26 miles will have you trekking along this stunning world famous historic landscape. Hadrian's Wall runs across the north of the UK from coast to coast and remains one of the largest ancient monuments in Northern Europe. You will trek in the footsteps of the Roman Empire and take in some of this extraordinary structure that protected the Roman armies from the Scottish.

- A weekend challenge across the North of England
- Visit a UNESCO World Heritage Site
- Trek 26 miles along Hadrian's Wall
- A Roman adventure in the UK

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 12 Jul*

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Arrival and Briefing

Arrive no later than 7pm at the challenge accommodation to meet the team and for a full introduction briefing about the event. Dinner is not included, but is available at the hostel if arranged in advance.

DAY 2 *Sat 13 Jul*

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CHALLENGE DAY!

After an early breakfast, there is a short bus transfer to take us to the start of the trek near Lanercost Priory.

Our route then takes us eastwards along the line of the Roman wall to our finish point in the village of Humshaugh. The route encompasses some of the most prominent remains of the wall and most stunning views. At the finish of the trek a bus transfer will return us to the accommodation.

When it was first built, Hadrian's Wall ran along the northernmost frontier of the Roman Empire and stretched from the East to West coasts of Britain, from Bowness on Solway to Wallsend on the northeast coast. It is a remarkable feat of construction and now a UNESCO World Heritage Site and cuts through Northumberland National Park.

This is a sustained physical challenge across some varied terrain. You will be walking for approximately 12 hours and covering 26 miles.

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 £65.00 when you book
Then a balance of £190.00
(9 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £65.00 when you book
Raise a minimum of £390.00 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.
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- 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
- All challenge management before, during and post event
- Drinks and snacks available throughout the day
- One night's accommodation in a hostel (same-sex dormitories with shared bathroom facilities)
- Packed lunch and drinks

WHAT'S NOT INCLUDED

Before you go

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- Clothing and equipment listed on your Kit List

On your challenge

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- Personal spending money
- 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 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 26/04/2024), and the remaining 20% within 4 weeks of completing the challenge (by 10/08/2024). 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 20 - 75 participants

Why book with Charity Challenge

We are a globally respected, multi-award-winning challenge events company.
You'll have the very best Challenge 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.
We've used our expert knowledge to create a route that takes in the best parts of the Hadrian's Wall Trail for you to enjoy

Level of Difficulty

The Hadrian's Wall Trail 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 Hadrian's Wall Trail Challenge you will be:

- Covering a marathon distance of 26.2 miles.
- Taking on the varied, undulating terrain of the Hadrian's Wall country and the Northumberland National Park.
- Ascending over 700m across the whole route.
- Trekking for 11-12 hours.

Training

The Hadrian's Wall Trail Challenge 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 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 accompanied by our challenge leaders at all times.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts 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 and roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

Challenge Timings

Your challenge begins on the Friday night and we ask you to be in the hostel by 7pm. Exact details will be provided one month before your challenge.

The challenge will start early on the Saturday at around 6am.

There is a bus transfer from the accommodation to the start of the trek. This transfer takes approximately 30 minutes.

We expect the final people to arrive at the finish at approx 7pm.

A bus transfer will take everyone back to the accommodation once the trek is completed. (Please note that this bus transfer will only leave once everyone has completed the trek.) It is a 30 minute transfer back to the accommodation.

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

Hadrian's Wall is well served by trains from both Carlisle and Newcastle. However, none of the train stations are within walking distance of the hostel. The closest train station is at Bardon Mill, although not all trains stop at this station. The closest large town is Hexham, which is well served by taxi companies. If you are travelling by train then we would recommend that you pre-book a taxi to meet you at Hexham train station.

Free parking is available at the hostel. Please make sure to register your car with reception upon arrival.

Accommodation

Accommodation is provided on the night before the challenge. Accommodation is provided in same-sex dormitories at the **YHA The Sill at Hadrian's Wall.**

We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local area. There are lots of excellent accommodation options to suit all budgets.

Food & Drink

Meals while on the challenge include breakfast, and a packed lunch and snacks during the trek. We strongly encourage you to bring additional sweets and snacks if desired.

Dinner is not included on the night before the challenge. Dinner is available if ordered in advance at the hostel and details about arranging this will be provided one month before your challenge date. If you wish to eat elsewhere on the evening before then that is fine but the drinking of alcohol is strongly discouraged for your own health and safety during this tough challenge.

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 either boots 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 The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Toilets

There will be bathroom facilities both at the start and end of the trek. However, during the challenge, such facilities will be limited to the great outdoors!

Money

During the challenge, there are limited opportunities to spend any money. 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 few 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 shoes have good grip. Trainers are not appropriate as they lack grip.
- The weather can change in the course of the day. Please make sure you carry an additional warm layer, and both waterproof jacket and trousers.
- This event includes short sections along country roads. Please take care along these sections and keep to the sides of the roads in single file.
- This is a long distance, endurance event. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leader team are trained to deal with emergency situations in remote areas and will be carrying mobile phones 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 keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within 10-12hrs. Should you find yourself unable to continue for any reason, then our support team, including our support vehicle, will be able to assist you coming off the challenge. Emergencies will be coordinated with the local Mountain Rescue service.

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 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 these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

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

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers of the Hadrian's Wall National Trail to make sure that we minimise our impact on the local environment. On this challenge in particular we are sensitive that we are passing through a UNESCO World Heritage site. 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 'Hadrian's Wall National Trail' who maintain the excellent footpaths we will be walking on. Hadrian's Wall National Trail have an excellent website that provides information on their fantastic work and allows you to donate to them directly. 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.

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

We are sensitive that this event takes place in a World Heritage site and that Hadrian's Wall faces ever-increasing pressure from visitors and events, such as this challenge.

With this in mind, 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 will not be lost.

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.

CHARITY CHALLENGE

Any more questions?

Contact us:

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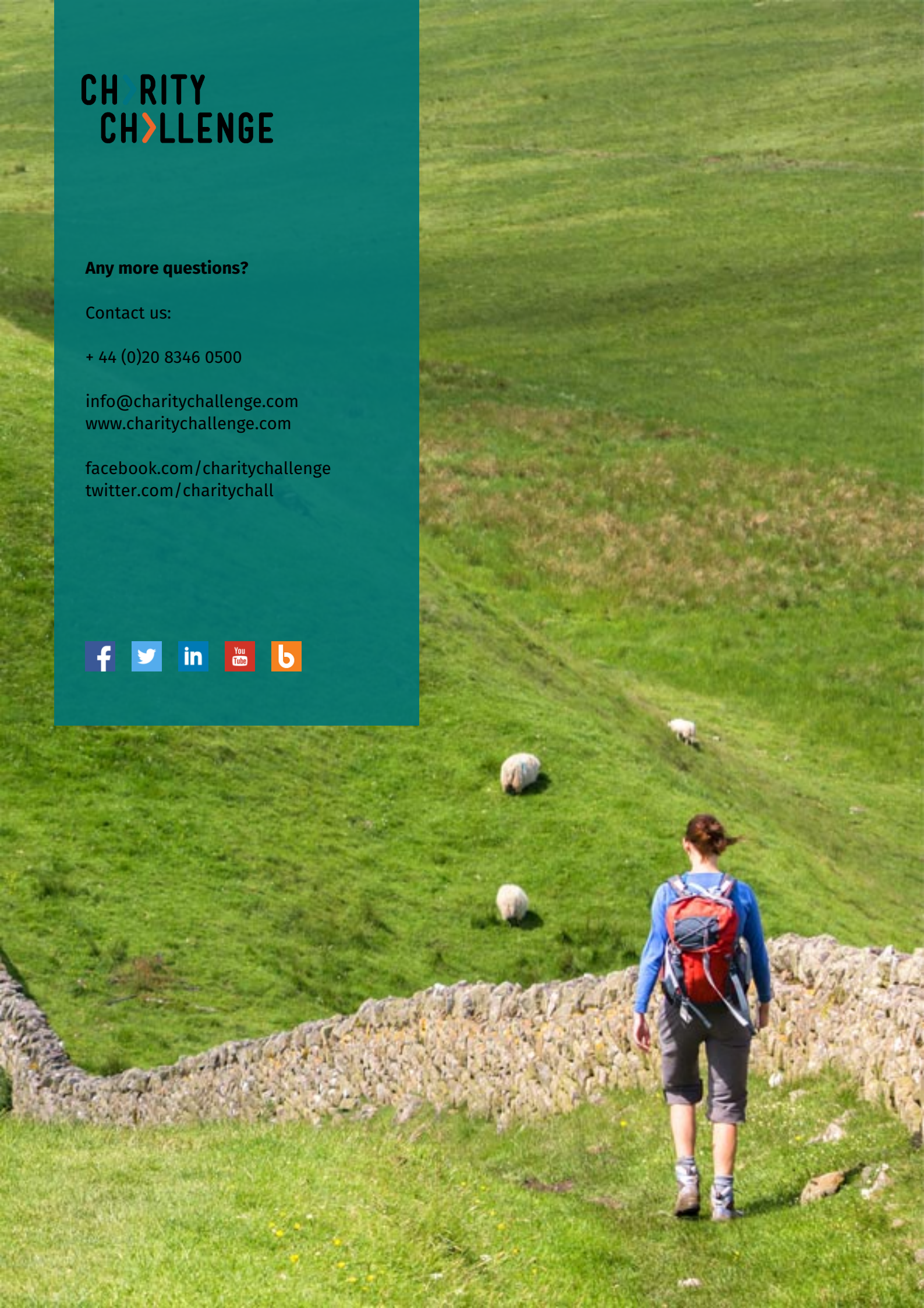
www.charitychallenge.com

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