

CH>RITY  
CH>LLENGE



TRIP NOTES

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**BELIEVE  
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**ISLE OF SKYE CHALLENGE  
UK**

Fri 12 Jul - Wed 17 Jul 2024





## In aid of your choice of charity

12 Jul - 17 Jul 2024

### 6 DAYS | UK | EXTREME

The dramatic volcanic landscapes of the Isle of Skye are steeped in myth and adventure. With ridgelines prized by mountaineering heroes, Skye's awe-inspiring summits, coastline and incredible rock formations are on the bucket list of all true adventurers.

In one of the last remaining outposts of genuine wilderness in the UK, this challenge will see you undertake four days of trekking as you discover hidden lochs, ascend the UK's most challenging mountain range – the Black Cuillin – and trek through remote glens to unlock spectacular secret corners of the captivating 'Misty Isle'.

Based in the heart of Skye, you'll stay in the picturesque fishing village of Portree - our 'basecamp' for the challenge and launchpad for the adventure ahead. We've even included a coach transfer to and from Inverness, the capital of the Highlands, which is well served by flights and trains from across the UK.

With fully qualified walking leaders you'll have all the support you need to tackle this daring new challenge and make memories to last a lifetime.

- Four days of trekking on the Isle of Skye's iconic ridges, glens and coast
- Summit one of the peaks of the UK's most challenging mountain range, the Black Cuillin
- Discover spectacular hidden corners of the captivating 'Misty Isle'
- Traverse the Trotternish Ridge, one of the most dramatic ridge traverses in Britain
- Trek through one of Scotland's most impressive glens, Glen Sligachan

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 12 Jul*

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#### Arrival

The adventure begins in the mid afternoon when you meet your fellow trekkers in Inverness for the bus transfer to our hostel in Portree, at the heart of the Isle of Skye. Once settled into the hostel we'll meet for dinner, followed by 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: Hostel. Meals: Dinner

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### DAY 2 *Sat 13 Jul*

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#### Trotternish Ridge (Approx. 18km and 1,180m of ascent)

After a hearty breakfast we'll have a short bus transfer to the start of our trek. Today will see us trekking one of the most dramatic ridge traverses in Britain: The Trotternish Ridge. This vast, undulating landslip will soon have our legs pumping as we navigate its rugged terrain. We'll be rewarded with tremendous views of the island, tantalising us with glimpses of our other routes for the next few days. We will pass under amazing rock formations, finishing under the iconic rocky pinnacle of the Old Man of Storr. From here we head back to the hostel to recharge our batteries with dinner and a good night's sleep.

Accommodation: Hostel. Meals: Breakfast, Lunch, Dinner

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### DAY 3 *Sun 14 Jul*

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#### Glen Sligachan (Approx. 18km and 370m of ascent)

Today's trek will take us through one of Scotland's most impressive glens and a true wilderness walk: Glen Sligachan. After a short bus transfer, we'll immediately become immersed in the wildness of the glen, with the foreboding yet darkly beautiful cliffs of the Black Cuillin rising on one side and the rust coloured slopes of the Red Cuillin on the other. We'll cross burns and ford rivers, discovering breathtaking views of remote lochs. As we pass herds of red deer, we'll discover the remote bothy at the dramatically located Camasunary Bay. Despite the route's penchant for bogginess, this sought after wilderness walk is known as one of the most beautiful on the island and those who meet its challenge are well rewarded for their efforts. At the finish, we'll get to relax on the bus for our transfer back to the hostel and a delicious dinner.

Accommodation: Hostel. Meals: Breakfast, Lunch, Dinner

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### DAY 4 *Mon 15 Jul*

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#### Duirinish Coast (Approx. 19km and 700m of ascent)

Today's route will see us discovering the spectacular Duirinish coastline. Dramatic clifftop paths provide some steep and undulating ground with fantastic views of waterfalls dropping into the sea before reaching McLeod's

Maidens – three legendary sea stacks said to be the drowned wife and daughters of one of the chiefs of Clan MacLeod. With wild moorland, forest, rivers and burns to ford, today's challenging mix of terrain will put all the skills we've learnt so far to the test and strengthen our teamwork for tomorrow's final ascent. We finish today with a short transfer back to the hostel for dinner and a good night's sleep.

Accommodation: Hostel. Meals: Breakfast, Lunch, Dinner

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#### DAY 5 Tue 16 Jul

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#### **Bruach na Frithe (Approx. 14km and 947m of ascent)**

Our final day of trekking will see us tackling this Munro on the iconic Black Cuillin ridge. Known as the UK's most challenging mountain range, the Black Cuillin will see us digging deep to conquer this volcanic behemoth of mountaineering grandeur. A steep ascent, with some scree and easy scrambling will open up breathtaking views along the ridgeline and out to the Small Isles. We'll be walking where compasses dizzily spin, a volcanic phenomenon of the iron rich rock, to emerge triumphantly on the rocky summit where golden eagles are known to soar. After enjoying the dramatic views, it's back down to our transfer to the hostel, where we will be able to celebrate with the whole team as we contemplate all we have achieved together.

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

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#### DAY 6 Wed 17 Jul

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#### **Departure**

After a final breakfast you will board the bus for your transfer to Inverness Airport, where you'll say goodbye to everyone having formed new friendships that are sure to last a lifetime.

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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.**

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

**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.**

## 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 £175.00 when you book  
Then a balance of £870.00  
(9 weeks before your challenge)  
Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £175.00 when you book  
Raise a minimum of £1775.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas
- Fitness training notes
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to your own password protected account including support materials and training schedules

### On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- Dinner on the night of arrival
- Bus transfer to and from Inverness at either end of challenge
- Charity Challenge buff
- Accommodation during the challenge (usually same-sex dormitories)

## 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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## 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 14/08/2024). 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.

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### Typical group size

The typical group size is 20 - 40 participants

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### Optional extras

Single room supplements\*  
(\*subject to availability)

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### 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
- The very best Mountain 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)
- Celebration meal and medal at the end of the challenge
- Transfer from Inverness to Portree and back at the end of the challenge included in the challenge cost
- The same high-quality Charity Challenge experience that you would associate on our international challenges, but in the wilds of the UK!

### Level of difficulty

This challenge is graded as **extreme**. This is perfect for adventurous types who have previous experience with strenuous mountain walking within the UK, and who are looking for their next challenge.

You can tell your supporters that on your Isle of Skye Challenge you will be:

- Trekking between 7 to 10 hours each day for 4 days. It involves a good level of fitness, and you'll need the endurance to do multiple days of consecutive trekking. The terrain on Skye can be wild and rugged. Whilst some routes will have reasonably good paths, others can be boggy and indistinct. The summit day has scree slopes and may occasionally require a short, easy scramble. This is a true Scottish challenge and there is continuous ascent and descent throughout each day, plus burns and rivers to ford. Each day of walking is remote and away from roads and immediate access to support vehicles.

### 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. Even if you are active and exercise regularly, it's good to adapt your training towards this particular challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the challenge ahead.

We recommend you start training as early as possible, ideally at least 4-6 months before your challenge. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

The Isle of Skye Challenge 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.

As this challenge involves steep mountainous terrain, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in your walking boots and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your challenge!

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

### 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 leaders at all times.

We employ experienced and fully qualified mountain leaders to accompany and lead you. The mountain leaders are first aid qualified and have extensive experience in leading challenges throughout the UK. 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 mountain first aid kits with them at all times.

This challenge is designed and run as a team event and we encourage everyone taking part to support each other throughout the trek. This challenge is not designed as a race for individuals.

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 four 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.

**Please note that this route will not be marked by event arrows, nor is the event designed as an event for individuals to race. It is designed to be a team event, with like-minded people, all raising money for charity, supporting each other throughout the challenge.**

## 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 suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

As this challenge takes place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast [here](#). You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Bruach na Frithe). You can also check the [Mountain Weather Information Service](#) forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

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

Trekking on Skye 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 intended routes will be taken by your leaders and we ask you to always respect their decisions.

## Terrain

The terrain on Skye can be wild and rugged. Whilst some routes will have reasonably good paths, others can be boggy and indistinct.

This is a true Scottish challenge, with significant ascent and descent throughout each day. The summit day has scree slopes and may occasionally require a short, easy scramble.

Each day of walking is remote and away from roads and immediate access to support vehicles.

There will be several burn and river crossings. You will need to bring suitable river crossing shoes with you to tackle these and we also recommend bringing walking poles to help you balance. Your leaders will identify suitable crossing points and help you across. Please note that if the rivers are in spate, the route may need to be changed and this is at the discretion of your leaders.

The coastal route has sections along cliff tops with sharp drops. The footpath always keeps you away from any edges and your leaders will make you aware of any of these sections.

## Challenge timings

**Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.**

On the day of arrival, you should plan to meet at Inverness Airport for mid-afternoon for the bus transfer to Portree on the Isle of Skye.

Dinner is intended to be around 7pm, with the welcome and safety briefing taking place immediately after dinner.

On each day of the trek, you can expect to start with breakfast at around 7am, with the aim to start trekking by 8:30am. We aim to finish each day by 6pm. However, these timings will be adjusted according to weather forecasts, the group's ability etc.

On each day there will be minibus transfers of 15 minutes to 1 hour to/from the trek area.

On the day of departure, we will aim to return to Inverness Airport for mid-morning.

**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

A bus transfer from Inverness to Portree and back at the end of the challenge is included in the cost of your

challenge. More details will be provided closer to the time. Inverness is well serviced by bus, train and rail links. We expect to leave Inverness mid-afternoon on the first day, returning by late morning on the final day.

For those who prefer to drive, the hostel is located in Portree, in the centre of the Isle of Skye. Car parking is nearby in local pay and display car parks.

Transfers to and from the trek locations whilst on the challenge are also included in the cost of the challenge.

**Please note: We will send you precise instructions about how to get to the registration point, and the timings of the event, one month prior to the challenge. We reserve the right to use alternative registration points and finishing points when necessary.**

### Accommodation

During the challenge you will be staying in same sex dormitories at the hostel.

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.

**Please note: We do not offer single room supplements on our UK challenges. Please contact [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com) if you have any concerns regarding the accommodation.**

### 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. A packed lunch will be provided for each trekking day.

We strongly encourage you to bring additional sweets and snacks if desired.

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.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals and checkpoint snacks are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

### Clothing and equipment

This challenge takes place in a remote and mountainous environment, away from roads and immediate access to vehicle evacuation. It is therefore extremely important that you come prepared with the correct kit for this challenge to give yourself the best chance of successfully completing it. Please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the challenge.

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 other clothing and necessities for the hostel. This kit bag is left at the hostel each day.

### Footwear

The most appropriate footwear for this challenge is a pair of walking boots.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

This challenge will include river crossings. We strongly recommend you bring separate 'river crossing' shoes (e.g. sturdy sandals) and walking poles.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

### Waterproofs

As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for several hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

### Walking Poles

We highly recommend bringing walking poles to help you look after tired knees on steep ascents and descents. Your leaders will be happy to show you how to use them on the challenge, or you can check online in advance for videos on how to set them up for your height and the best way to use them.

### Personal First Aid

Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an epipen, please make sure you bring two and that your leaders know where they are kept.

### Head Torch

As this challenge is remote, we must be prepared for all scenarios. For this reason, we ask you to bring with you a good quality head torch along with spare batteries. Good quality head torches can be expensive, so rather than buying one it is possible to hire a very good quality one from Outdoorhire for £6. (Please click [here](#) for more info)

### Layers

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain or on the coastline can vary significantly from that in a valley or inland. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

### Important kit for walking in Scotland

Trekking in Scotland can feel very different to other parts of the UK that you may be familiar with. We would recommend that everyone consider a pair of gaiters and a midge head net as essential 'Scotland kit'!

*Midge head net and spray* - Many of you will already have heard stories about the midges found in Scotland. Whilst many of these stories are exaggerated it is possible that midges will be present on this challenge. We would recommend that you bring along a 'midge spray' and a midge head net. Both are available from all good outdoor shops and cost only a few pounds each.

*Gaiters for boggy ground* - Walking in Scotland can be a wild and remote experience. Your route will always follow recognised footpaths but on the day route the footpath is likely to be boggy in places. Gaiters are a piece of kit that offers additional protection between your boots and trousers. These help to keep your boots and trousers dry and less covered in mud. Scottish footpaths can often be boggy and so gaiters are very important.

Once you book you will have access to kit discounts with our partners OutdoorHire and Cotswold Outdoor.

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. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

### 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. Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

### Money

There are limited opportunities to spend any money whilst trekking each day. There may be the occasional opportunity to buy a drink and a snack so we would advise making sure you take approx. £20 in your day pack for this purpose. We will be staying near the town of Portree which has several shops and pubs and if there is time once the trek is finished you may have the opportunity to explore the town.

### 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:

- Make sure you have all the kit listed as essential on the kit list.
- The weather on Skye can be extremely variable and the weather on the summits can be very different to down in the glens. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- This is a significant physical challenge over a prolonged period. Please make sure that your fitness level is suitable to take on the challenge.
- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. The ground can also be very boggy. Please make sure that your walking boots are waterproof and have good grip. Trainers are not appropriate as they lack grip. We recommend you bring gaiters to help keep your feet dry.
- This challenge will involve several burn and river crossings. Your leaders will identify suitable crossing points and you will need to bring river crossing shoes with you. We also recommend bringing walking poles to help you balance. If the rivers are in spate, your route may be changed at the discretion of your leaders.
- The ascent of Bruach na Frithe is particularly steep and has small sections of scree. You may need to use your hands to a small extent and we highly recommend bringing walking poles.
- The Black Cuillin summit day is a significant undertaking and your leaders may adjust the summit chosen depending on weather conditions and to meet the abilities of the group.
- Each day will involve a long walk without access to roads and facilities. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

### Emergencies

Your leadership team is 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 the planned time frame. 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

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We 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](#).

Any medical emergencies would be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation.

## 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. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'. You can read more about this [here](#).
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.
- Keeping noise to a minimum when passing houses in residential areas.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.

- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

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

### Trekking in the Black Cuillin

**IMPORTANT INFORMATION: Please read the following information carefully regarding our policy on taking participants trekking in the Black Cuillin.**

The Black Cuillin is for many people the ultimate mountainous adventure playground in the UK. Our planned itinerary includes one day of trekking in these mountains which are sure to be the highlight of the challenge. However, the terrain on these mountains is extremely rocky and in place there is loose rock that needs to be negotiated carefully. The route we have chosen is on one of the more accessible peaks in the mountain range (Bruach na Frithe) and it is suitable to all people with a sense of adventure. It does not require any technical skills or equipment nor any serious exposure other than that normally associated with hill walking.

However, trekking in the Black Cuillin is a significant challenge and our leaders will be monitoring every participant throughout the week to ensure that we feel happy that we can keep you safe whilst in the Black Cuillin. If our leaders do not feel that this day of the itinerary is suitable for you then they will speak to you and arrange an alternative route.

Charity Challenge will only ever take groups into the Black Cuillin in good weather. Rain, wind and low cloud will all result in this day being taken off the itinerary and the alternative route taken. Again, any decision that your leaders make regarding the weather will be final, and we ask you to respect their professional opinion.

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## Any more questions?

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