

**CoppaFeel!**  
breast cancer awareness



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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COPPATREK! BRECON BEACONS  
(BANNAU BRYCHEINIOG)  
UK

Sat 08 Jun - Fri 14 Jun 2024





## In aid of CoppaFeel!

08 Jun - 14 Jun 2024

**CoppaFeel!**  
breast cancer awareness

### 7 DAYS | UK | TOUGH

The Brecon Beacons (Bannau Brycheiniog) is one of the UK's most adventurous National Parks from iconic mountains, to stunning waterfalls, and not to mention that the whole area is dripped in mythical folklore! 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 8 miles north of the beautiful town of Brecon, 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 walks that the area has to offer including summiting the highest mountain, Pen Y Fan (886m) and trek to some of the most remote waterfalls and lakes that this rugged area 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 the wild and rugged Brecon Beacons (Bannau Brycheiniog)
- Trek some of the most challenging sections of this stunning National Park
- Visit some of the areas iconic mountains, waterfalls and emerge yourself in local legends
- Summit iconic Pen y Fan, the highest mountain in southern Wales
- 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 08 Jun

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#### Arrival at the campsite

Your challenge will begin at Lower Porthamel campsite, just north of the historic town of Brecon.

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 09 Jun

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#### The Dragon's Back (Approx. 19.1km and 674m 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 at the foot of the Black Mountain. The route heads uphill immediately, passing the remains of Castell Dinas, a ruined Norman castle in a stunning location. From here we continue upwards to the summit of Waun Fach (811m) the highest peak in the Black Mountains. To get there you must traverse the 'dragon's back', a ridgeline said to resemble that of a slumbering dragon! From the summit the route heads north and back to the campsite and the chance to rest tired feet and 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 10 Jun

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#### The Waterfall circuit (Approx. 21.5km and 354m ascent)

Today's trek sees us heading south of Brecon to the fairy kingdom! We will challenge ourselves on a tough day of trekking in the heart of 'waterfall country'. Although this may be a day filled with spectacular waterfalls the difficulty should not be underestimated as it is one of our longest days of trekking. The terrain today can be 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 11 Jun

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#### Table Mountain (Approx 22km and 624m ascent)

Today's trek is a looped walk that starts and finishes in the small foodie town of Crickhowell. Immediately above the town is the flit-topped 'Table Mountain', which we head to first. From its summit we will have stunning views of the whole area. Our route continues to take us north and further into the Black Mountains before descending back to Crickhowell. Surrounded by hills, Crickhowell is at the heart of Bannau Brycheiniog (Brecon Beacons) National park and it is a great start and finish point for our days walk through the surrounding hills. 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 12 Jun

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##### **Pen y Fan (Approx. 18.6km and 1174m of ascent)**

Today we take on our highest peak, Pen y Fan (886m). Not only this, but you will also be summiting 3 other peaks on a stunning trek along the ridgeline. Today is likely the toughest day of the challenge but the rewards will be well worth the extra effort. Begging in the village of Llanfrynach we will be taking on this famous mountain via the more remote east side of the ridge. The morning will see us slowly climb onto the ridgeline before heading west, ticking off the summits of Fan y Big and Cribyn before reaching Pen y Fan. After celebrating our achievement there is still one more summit, Corn Du, before we have a short, steep descent to the valley where our bus transfer will be waiting to take us back to the campsite.

Accommodation: Camping.

Meals: Breakfast, Lunch, Dinner

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#### DAY 6 Thu 13 Jun

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##### **River Wye circular (Approx. 18.8km and 232m of ascent)**

Our final day of trekking will see us trekking a circular loop that starts and finishes in the campsite and takes us along the banks of the river Wye. This is a beautiful riverside walk on some of the areas least walked footpaths and country lanes. With a weeks worth of trekking in our legs we will need to summon up every ounce of our remaining strength to reach the finish line.

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

Accommodation: Camping.

Meals: Breakfast, Lunch, Celebration Dinner

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#### DAY 7 Fri 14 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 6) 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 **£2,250.00** 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, 9 weeks before departure date (by 05/04/24).
- Pledge to raise the remainder of the sponsorship target (a further £1,160) within 4 weeks of completing the challenge (by 12/07/2024).
- 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?

#### BEFORE YOU GO

- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- Fitness training notes
- Access to your own password protected account including support materials and training schedules

#### ON YOUR CHALLENGE

- Three meals a day (unless otherwise stated in the itinerary)
- Full back-up support including first-aid qualified staff and first-aid supplies
- All challenge management before, during and post event
- All internal transfers
- Dinner on the night of arrival
- Qualified walking leaders, support vehicle and campsite support crew
- Camping accommodation in 5 man tents (3 person share)
- Charity Challenge buff

### WHAT'S NOT INCLUDED?

#### BEFORE YOU GO

- Clothing and equipment listed on your Kit List

### 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!

### Level of difficulty

The CoppaFeel! Brecon Beacons (Bannau Brycheiniog) 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.

### 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 CoppaFeel! Bannau Brycheiniog (Brecon Beacons) 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.

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 endurance 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.

For challenges that involve steep terrain such as hills or mountains or even the coast, 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.

Focus on building up the distance walked so you are comfortable walking long distances with limited breaks. You should aim to walk at 3kmph as this is the speed we usually walk at to complete our Coppafeel challenges.

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 any walking boots or shoes 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 multi-day 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.

*Whilst Charity Challenge will endeavour to do all they can to ensure you can trek each day, there may be instances where you could be asked to sit out for part of the route, should you be deemed at risk to yourself or the group. Adequate training for this challenge is very important, and will increase the likelihood of you being able to complete the challenge in full.*

### 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.

### Group Management

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.

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.

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.

*Whilst Charity Challenge will endeavour to do all they can to ensure you can trek each day, there may be instances where you could be asked to sit out for part of the route, should you be deemed at risk to yourself or the group. Adequate training for this challenge is very important, and will increase the likelihood of you being able to complete the challenge in full.*

### Weather

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

Trekking along remote 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 certain sections will be taken by your leaders and we ask you to always

respect their decisions.

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.

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.

For challenges taking 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. Pen y Fan). You can also check the [Mountain Weather Information Service](#) forecast.

### 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.

### Challenge Timings

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

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.

### Getting to and from the Challenge

The campsite is in a remote location approximately 8 miles north of Brecon. Car parking is NOT available at the campsite.

We will be organising car parking for everyone at a separate location from where a bus transfer will transfer you to the campsite. More details about parking will be provided one month prior to the date of the challenge in your Final Details document.

### Accommodation

During the challenge you will be camping. You will be provided with a 5-person tent for 3 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.

## 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 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. If you have any concerns about this then please don't hesitate to contact us.

## 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.

Because car parking is not available at the campsite you will be required to carry all of your luggage on the bus transfer. You will not be able to return to your cars during the challenge.

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.

### 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. 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!

### 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 few 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.

### 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.

### 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.

### 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.

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

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

### 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 Brecon is a great place to spend a few extra nights. Similarly there are lots of stunning villages, such as Crickhowell and Talybont-on-Usk, which are well worth a visit and are home to some excellent local pubs.

For lots of ideas about places to stay and things to do please visit the excellent Brecon Beacons National park website. (<https://www.breconbeacons.org/>)

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.

# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)

[www.charitychallenge.com](http://www.charitychallenge.com)

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