

CoppaFeel!
breast cancer awareness



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**COPPATREK! PEAK DISTRICT
CHALLENGE
UK**

Sat 14 Sep - Sat 14 Sep 2024





In aid of Coppafeel!

14 Sep - 14 Sep 2024



YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 14 Sep

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Day of the challenge!

Your challenge will begin right in the heart of the Peak District at Barn Farm campsite (Postcode: DE4 2BL), close to the village of Birchover. For those taking part in the full marathon route then it will be an early start. After meeting up with all your fellow trekkers there will be the full safety briefing with your leaders before the trek begins. The Peak District is home to some of the very best trekking that the UK has to offer and your route will take in many of the highlights of this incredible landscape.

For those taking part in the half marathon route, you will have a slightly later start. Your route will follow a similar route to the full marathon but will loop back to the start after the appropriate distance. All the time you will be supported by CoppaFee! and your leaders.

At the finish line you'll be greeted by a celebration drink and meal where there will be lots of time to catchup with old and new friends.

Please note: Accommodation is not included in this challenge and must be booked separately.

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 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.

This page provides you details of the costs of your challenge.

The costs below are per person.

Pay a non-refundable registration fee of **£35** when you book and pledge to raise at least **£250.00** for CoppaFeel!.

You should send your sponsorship money to CoppaFeel! as you raise it.

CoppaFeel! ask that all participants have raised at least **£100** 4 weeks ahead of the event (16/08/2024) which will allow us to cover the cost of your place on the trek.

The **£250** fundraising target covers the cost of your place plus additional funds towards CoppaFeel's life-saving awareness work.

- 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

- Full back-up support including first-aid qualified staff and first-aid supplies
- All challenge management before, during and post event
- Qualified walking leaders, support vehicle and campsite support crew
- Charity Challenge buff

WHAT'S NOT INCLUDED?

BEFORE YOU GO

- Clothing and equipment listed on your Kit List

COPPATREK! CAMPING FRIDAY ONLY – £15.0

Camping can be booked at the start/finish of the trek.

Please select this option if you wish to book for the Friday night ONLY.

The cost of camping is £15 per person per night.

Please note: The cost is per person and not per tent.

- Registration fee £15.0
- Balance £0.0
- Single Room £0.0

COPPATREK! CAMPING SATURDAY ONLY – £15.0

Camping can be booked at the start/finish of the trek.

Please select this option if you wish to book for the Saturday night ONLY.

The cost of camping is £15 per person per night.

Please note: The cost is per person and not per tent.

- Registration fee £15.0
- Balance £0.0
- Single Room £0.0

COPPATREK! CAMPING FRIDAY AND SATURDAY – £30.0

Camping can be booked at the start/finish of the trek.

Please select this option if you wish to book for both the Friday AND Saturday night.

The cost of camping is £15 per person per night.

Please note: The cost is per person and not per tent.

- Registration fee £30.0
- Balance £0.0
- Single Room £0.0

Why book with Charity Challenge?

- Fully supported one-day UK challenge
- Fully qualified, experienced Mountain Leaders to lead throughout
- Packed lunch and checkpoint snacks and water provided
- 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 CoppaTrek! Peak District involves between 7 and 12 hours of trekking, depending upon the distance you choose to undertake. It involves a good level of fitness, and you'll need the endurance to trek for that length of time. 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 continuous ascent and descent throughout the day. At times the walking is remote and away from roads and immediate access to support vehicles.

Training

This is a tough, endurance challenge that requires everyone to have taken their training seriously. It involves an early morning, and a long day of walking with 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 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.

Your training should include some hills so that you can be comfortable with the ascent and descent experienced on this challenge. There is no substitute for walking in the hills so try, if possible, to get out on a weekend and train in an area with steep hills. The more you exercise before the challenge, the more you will get out of it.

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 4kmph as this is the speed we usually walk at to complete our marathon distance 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 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

We are hoping that there will be between 150 to 200 people joining us for this challenge.

For both the full and half marathon routes all trekkers will begin at the same time and will aim to walk as one group. After approximately one hour of trekking your leaders will begin to consider whether to split the group into smaller teams of people who are walking at a similar pace. We would encourage everyone to work as part of a team and to support each other throughout the challenge.

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.

Many of the leaders working on this challenge have worked on previous CoppaFeel! challenges. You will be accompanied by these fully qualified walking leaders, who are all first aid trained, at all times. 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.

As we are expecting in the region of 200 people across both distances we will be helping everyone to walk in a team of people of a similar walking speed. The whole group will start at the same time and for the first few kilometres you will

be encouraged to walk at a pace that you are comfortable at walking for the entire day. After approximately 1 hour of walking there will be a checkpoint where you will be allocated into smaller teams of between 20-30 people. Each team will then be allocated walking leaders and this will be your team for the rest of the challenge. If you wish to walk with friends then please just arrive at the checkpoint together and we will keep you all together.

Our aim is to walk at a speed that is appropriate for all group members. It is important to remember that this is a long distance endurance trek, and so we will walk at a pace that is appropriate to keeping you going for the trek distance. 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.

Weather

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

Trekking on 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.

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. Whernside). 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 the day. 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

Full marathon

On the day of arrival, you should plan to arrive at the start for 6am. There will be a safety briefing from your leaders before the trek begins at 6.30am. This is a long day of trekking so it is extremely important that everyone arrives on time so that we can begin promptly. We anticipate that the trek will take between 10-12 hours to complete. We will plan to have everyone back at the finish by 6.30pm at the latest.

Half marathon

For those trekkers taking part in the half marathon route then you will need to arrive at the start for 10am. Your trek will begin at 10.30am. We anticipate it will take you between 7-8 hours to complete this route, with the plan being to finish at a similar time to those who have undertaken the full marathon route.

Important information regarding trek timings

For both the full and half marathon routes there will be designed cut-off times that ensure that we can keep the trek running smoothly. Should you and your team be struggling to meet these cut-off times then your leaders will discuss this with you. The route is designed to offer alternative routes so that you can still complete as much of the challenge as possible whilst still getting everyone to the finish in time for the celebration meal. We are aiming to have everyone finished by 6.30pm. This gives everyone ample time to complete the challenge. All leaders decisions regarding cut-off times will be final, so please respect any decisions they make.

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

Getting to and from the Challenge

Your challenge will be based from Barn Farm campsite (Postcode: DE4 2BL), at the southern end of the Peak District and close to the twons of Matlock and Bakewell.

The campsite website can be found [here](#). On the website you can find driving instructions on how to find the campsite. We would advise you read these carefully to avoid some particularly narrow country lanes!

Parking will be provided at the campsite.

We would ask everyone to consider arranging to share lifts whenever possible to reduce the environmental impact as much as possible.

The nearest train station is in Matlock. From Matlock it is a 20 minute taxi journey to the campsite. We would advise that you pre-book a taxi.

Leadership

Many of the leaders working on this challenge have worked on previous CoppaFeel! challenges. You will be accompanied by these fully qualified walking leaders, who are all first aid trained, at all times. 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.

Accommodation

Accommodation is not included in this challenge. However, the challenge location, and venue for the celebration meal, is at a local campsite who have reserved spaces for participants on this trek.

If you would like to book camping accommodation then you will be able to do this via your Charity Challenge account area. Camping costs £15 per person per night. This cost is per person, and not per tent. Charity Challenge have reserved spaces for both the Friday and Saturday night.

To make a booking to stay at the campsite as part of this group then you can either add the 'Camping Extension' option to your booking at the time of registering for the challenge, or you can log into your 'account area', via the Charity Challenge website, and click on the 'Extensions' menu. From here you will be able to reserve and pay for your camping spot.

Space at the campsite is limited, so all tents need to be appropriate to the number of people staying in them (ie: please don't bring a giant 8 person family tent if it is just you staying!) You are required to bring your own tent, and all sleeping equipment, for this challenge.

If you do not wish to camp then there are lots of other local accommodation options available.

Please note: Each person wishing to stay at the campsite must make their own booking. We are unable to accept people paying for multiple places at the campsite.

Please note: Please ONLY book camping at this campsite via Charity Challenge. Please do not book with the

campsite directly as otherwise you will not be part of our group booking.

Food and Drink

You will be provided with a packed lunch and water and snacks at the checkpoints. At the finish there will be a celebration meal provided for you. We would also recommend that you bring with you some of your favourite snacks to keep you going!

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 any concerns about this then please don't hesitate to contact us.

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.

Please note: Breakfast in the morning is not included.

Clothing and equipment

During this challenge you will need to have one day pack that you use to carry everything you need for the day of trekking.

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 September 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 hat and gloves.

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 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.

Toilet facilities will be available at the start and finish of the trek.

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 couple of important points that should be aware of:

- Make sure you have all the kit listed as essential on the kit list.
- Although the challenge takes place in September, 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.

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 the trek, then we will arrange for you to be collected by the support vehicle and taken to the finish point.

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.

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, 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.

For lots of ideas about places to stay and things to do please visit the excellent [Peak District National Park website](#).

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.

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Any more questions?

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