

**TREK
STOCK** Life
alongside
cancer



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**LONDON ROYAL PARKS
CHALLENGE
UK**

Sun 19 May - Sun 19 May 2024





In aid of Trekstock

19 May - 19 May 2024



1 DAYS | UK | TOUGH

Take part in this tough 1 day urban challenge that takes you right through the heart of London. With a challenging distance of either 10 or 20 miles to choose from, this challenge is a fantastic test of your stamina and will leave you with an incredible sense of achievement.

Your first Royal Park will be Richmond Park as the route takes us straight across historic parkland and beautiful green spaces before we cross the river again and head into Chelsea. Little known Brompton Cemetery is our next Royal Park before we reach the beautiful Kensington Gardens and Hyde Park. Continuing on through Green Park we pass the iconic Buckingham Palace and reach St James's Park, our seventh Royal Park. We make our way to Westminster and Victoria Tower Gardens before heading north to our ninth Royal Park, Regent's Park. From here our route heads down to the river Thames and finishes at Tower Bridge.

- Perfect urban challenge trekking between the Royal Parks of London
- Trek along the banks of the River Thames
- Pass some of the finest architecture in London
- Challenging 10 or 20 mile trek options
- Help Trekstock to give every young adult in their 20s or 30s living with cancer, and its after-effects, the tailored support they're looking for

YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 19 May

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The challenge day!

The trek will start in Richmond Park. You will need to arrive at the registration point by 8am to meet the team, receive your safety briefing, and then begin the trek at 8.30am. The route takes us straight across historic parkland and beautiful green spaces before we cross the river again and head into Chelsea. Little known Brompton Cemetery is our next Royal Park before we reach the beautiful Kensington Gardens and Hyde Park. Continuing on through Green Park we pass the iconic Buckingham Palace and reach St James's Park, our seventh Royal Park. We make our way to historic Westminster and Victoria Tower Gardens before heading north to our ninth Royal Park, Regent's Park. From here our route heads south to Tower Bridge. Here you will celebrate the successful completion of your challenge before heading home.

NB

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary.

We will aim to complete this challenge by 4-6pm. However, delays can happen, so please make sure you have flexible onward travel plans. 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, groups ability etc.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £35.00 when you book

Raise a minimum of £250.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Sponsorship forms
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Fitness training notes
- Risk assessment and emergency management planning
- Public liability insurance

On your challenge

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- All challenge management before, during and post event
- Drinks and snacks available throughout the day
- Packed lunch and drinks
- Checkpoint snacks and drinks

WHAT'S NOT INCLUDED

Before you go

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On your challenge

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- Accommodation during the challenge
- Breakfast before the challenge

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 60% of the minimum sponsorship required must be sent to the charity 4 weeks before departure (by 21/04/2024), and the remaining 40% within 4 weeks of completing the challenge (by 16/06/2024). 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.

Raising the sponsorship

Every day in the UK, 34 young adults are diagnosed with cancer, and we're the only charity that offers tailored support to this age group of cancer patients. We work to tackle social isolation and improve quality of life through and beyond their treatment, by getting young adults in their 20s or 30s moving again physically, socially and psychologically.

We'd love to have you on the team. If you have any questions please do contact aneesa@trekstock.com or call 020 45417601

Typical group size

The typical group size is 100 - 200 participants

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
- High quality route design that incorporates major landmarks and undiscovered highlights
- Fully supported walking challenge. Checkpoints, walking leaders and support vehicle.
- The very best 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)
- Medal at the finish
- The very highest quality London Royal Parks Challenge on the market!

Level of difficulty

The London Royal Parks Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who have taken part in other trekking challenges and now wish to test themselves on a longer route. You can tell your supporters that on your London Royal Parks Challenge you will be:

- Covering an impressive 10 or 20 mile distance
- Taking on varied terrain, from footpaths to urban roads.
- Walking between 8-10 hours

Training

Our challenges are long, sustained events of up to 12 hours and cover varied terrain. They require a good to high level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards your chosen 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.

For marathon distance challenges in more urban environments, we recommend training in similar urban environments. 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 urban 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 12 hour challenge!

For challenges taking place at night, practicing walking at night with your headtorch is also useful although not essential. You should only do this on routes you are very familiar with where there is no risk of getting lost or put in danger. This will prepare you for being comfortable with walking with reduced visibility and using your headtorch.

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 100 people for this challenge. There will be one challenge leader for approximately every 10-15 participants.

Please read the section on group management regarding how we will accommodate the varied walking abilities within a group this size.

Group Management

This is a leader-led challenge and you will be accompanied by our challenge leaders at all times.

For those walkers joining for the 10 mile route you will be asked to wait for the group walking the full 20 mile distance to arrive before beginning your challenge. We will also need to allow those people walking the 20 miles to

have some rest before you can begin.

We employ experienced and fully qualified walking leaders to accompany and lead you. The walking 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.

Partway into the challenge you will have begun to spread-out into your natural walking speeds. For larger groups, once you reach the first 'checkpoint' you may be allocated into a small group and designated a walking leader. These leaders will then be responsible for your safety. If you have any problems or need to join a faster or slower moving group, then please speak to your leader.

If you wish to walk together with friends, colleagues, family etc then this is no problem. Please just ensure that you all keep together and reach the checkpoint at the same time so that we can ensure you all get allocated together.

Your leaders will be aware of several important cut-off times at locations that we need people to reach by a certain time so the group can complete the challenge. This gives everyone plenty of time to reach the summit. Your leaders will manage the group pace and keep you informed about these and your options if they think you might be struggling to achieve these times. In certain situations you may be asked to turn around and descend. We ask everyone to respect the leaders decisions. They are made with the group's safety in mind.

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.

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. Scafell Pike). 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.

Terrain

The terrain on the London Royal Parks Challenge is a mixture of footpaths and pavements. There are sections of the footpaths that can be muddy.

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.

20 mile route

You will need to be at the registration point at 8am on the morning of the challenge. The trek will begin at approx. 8.30am. The total time to complete this challenge should be between 8-10 hours. We will aim to have everyone finished by 4-6pm.

10 mile route

You will need to meet at the registration point in Kensington Gardens for 1pm. Here you will be met by a challenge

leader and you will then need to wait for the group walking the full 20 miles to arrive before you begin walking. You will be walking for approximately 3-5 hours and will be finishing between 4-6pm.

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

20 mile route

The registration point for this challenge will be on the edge of Richmond Park. You will need to aim to be at this start point for 8am.

10 mile route

The registration point will be in Kensington Gardens at 1pm.

The challenge finishes at Tower Bridge. We aim to complete this challenge by 4-6pm.

Please note: We will send you precise instructions about how to get to the registration points, 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

No accommodation is provided for this challenge. There is a wide variety of accommodation options available in London if required.

Food and drink

The following meals are included in the cost of this challenge:

- A packed lunch will be available to you during the day. This usually consists of a sandwich, fruit, crisps and a snack bar.
- At each checkpoint there will be water and checkpoint snacks available. These typically include a piece of fruit, crisps and chocolate/cereal bar per person per day.

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

Please ensure you have had a substantial breakfast before arriving and that you arrive with your water bottles already filled.

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 is a tough challenge and 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.

Footwear

On the Royal Parks Challenge, many people prefer to wear a trail running shoe instead of walking 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 on any of our challenges that take place in the mountains or countryside. As some of the paths can be muddy, some people find a waterproof running shoe ideal.

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.

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 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

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.

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, sunscreen and extra water. On some challenges, it will mean bringing kit for all weathers!

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

Toilets

We have tried to design a route that is interesting and varied, but naturally, walking with a group through a busy city can make finding public toilets along the route a little tricky. There will be several points throughout the day when public toilets will be available. Your leaders will make you aware of when these toilet stops will take place.

Money

During the challenge, there are limited opportunities to spend any money. We will be trekking through busy urban areas of London and will pass plenty of shops, however we do need to keep to our timings so breaks will be limited to a few checkpoints where water and snacks will be provided by our support vehicle. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have

set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a few important points that you should be aware of:

- Don't underestimate the difficulty of an urban challenge. 20 miles is a tough and challenging distance
- Walking 20 miles means you will be walking for approximately 8-10 hours so you should ensure your training has been tailored towards this
- Despite this being an urban challenge you should still make sure that you have all appropriate clothing and kit

Emergencies

Your leadership team is trained to deal with emergency situations 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.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions [here](#). If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Responsible Tourism

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit.

In the UK we would encourage all participants to consider booking an additional nights accommodation in the area they are visiting so that they can fully enjoy their challenge experience. Many of our challenges are set in beautiful areas of the UK so why not turn your challenge into a weekend away and go out for a celebration meal in a local pub or restaurant.

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

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Any more questions?

Contact us:

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