



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

ROUNDHOUSE SOUTH DOWNS
CHALLENGE
UK

Sat 08 Jun - Sat 08 Jun 2024





In aid of The Roundhouse Trust

08 Jun - 08 Jun 2024



1 DAYS | UK | TOUGH

This June, join the Roundhouse on an awe-inspiring 42km marathon trek to support the futures of 15,000 young people. Your team will take on an incredible coastal trek along the stunning South Downs, with breathtaking views from Firle Beacon and Beachy Head. Starting just outside of Brighton (an hour away from London) and ending at Eastbourne, test your mental and physical endurance with 12 hours of undulating terrain.

In the lead up to the challenge you'll be fully supported with training and fundraising advice from the Roundhouse team. On the day of the trek, there'll be challenge leaders to guide and support you the whole way, with plenty of snacks and lunch to keep you fueled. You'll also get a Roundhouse t-shirt and medal so you'll always remember the amazing achievement you and your team have accomplished.

- 42km / 26 mile marathon trek along the stunning South Downs
- Fully supported trekking challenge
- Stunning views from the high point of Firle Beacon
- Test your endurance with the undulating terrain of the Seven Sisters Country Park
- Finish in Eastbourne

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 08 Jun

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Challenge Day!

Take on a 42km (26 miles) trek along a remote section of the South Downs National Trail. Set against the dramatic backdrop of the South Downs National Park you will put mind and body through the ultimate test, as you tackle this serious endurance challenge.

Your challenge will start just outside Brighton and from here you will begin to make your way to Eastbourne along the South Downs Way.

During the challenge, you will be led by our experienced support leaders who will be there to motivate and support you along the way.

The route follows the South Downs way and begins by heading east towards the tough climb up on to the top of Firle Beacon. From this vantage point you will have fantastic views of the surrounding area before descending down to the village of Alfrinston. From here you follow the Cuckmere river to the sea before your final section takes you along the cliff tops of the Seven Sisters to the finish in Eastbourne.

Not for the faint-hearted, this is a tough endurance challenge and should not be undertaken lightly, however, the sense of achievement is tremendous. The terrain is extremely varied and anyone undertaking this challenge should be comfortable walking similar distances.

YOUR COMMITMENT

You will be required to pay the non-refundable registration fee of £100 per person at the time of booking.

WHAT'S INCLUDED?

- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Fundraising advice
- Fitness training notes
- Access to your own password protected account including support materials and training schedules
- Full back-up support including first-aid qualified staff and first-aid supplies
- Drinking water, snacks and a packed lunch during the challenge
- A celebratory dinner in Eastborne once you've completed the challenge
- A coach will be arranged after the celebratory dinner to get you back to your car/transportation.

WHAT'S NOT INCLUDED?

- Travel to and from the challenge start or finish point
- Accommodation (please see the essential info section for advice on accommodation)

Level of Difficulty

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

- Completing a marathon distance of 42km
- Trekking a full day on the varied and undulating terrain of the South Downs National Trail
- Ascending nearly 1000m across the whole route

Clothing, equipment and climate

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof and well-worn in boots or trail shoes will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use either boots or trail running shoes with a good grip. Sports trainers are not suitable.

[A full kit list](#) for this challenge is available on the website and this outlines the different kit required for those looking to trek during the challenge.

Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

Challenge Timings

Precise arrival times and instructions will be sent out 1 month prior to the challenge.

Your challenge begins early in the morning and you will need to arrive at the registration point just outside Brighton for 6.30am in order to maximise the time available to complete the challenge. When you arrive you will meet your support team and listen to the safety briefing. We will aim to begin trekking at 7am.

We expect people to be trekking for approximately 10-12 hours. Delays can happen, and the finish time will all depend on the speed that you walk.

At the finish, we will host a celebratory dinner for all our walkers, if you choose not to attend the dinner, you can make your own way back from Eastbourne.

Getting There

The event registration point will be just outside Brighton at the Marine Cliffs Car Park in Rottingdean (BN2 7HQ). This is a pay and display car park.

The event finishes at the Wish Tower on Eastbourne seafront. Roundhouse will then host a celebratory dinner at Bistro Pierre with transport back to the trek's start point in Rottingdean (or Eastbourne/Brighton station for those who need it) afterwards. If you can't stay for the dinner you will need to make your own way back from Eastbourne.

Food & Drink

A packed lunch will be provided as well as checkpoint snacks and drinks. The drinking of alcohol the night before the challenge is strongly discouraged for your own health and safety during this tough challenge.

There'll also be a celebratory dinner, we will be in touch with more details in due course.

Training

The Trek South Downs is a long, sustained event of up to 12 hours and covering remote terrain with steep ascents and descents. Therefore it requires a good level of fitness. The ideal training for this challenge is, naturally, walking along similar terrain. However, if you do not have the luxury of living near the great outdoors, then the gym or running/walking in your local area are good places to start. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 3 months prior to the challenge and gradually build up. Remember to use the clothes, equipment and especially the shoes that you will be wearing on the challenge in order to get them worn in.

The more you exercise before the challenge, the more you will get out of it. Also see your Charity Challenge Fitness Training notes.

Money

During the challenge, there are limited opportunities to spend any money. You will pass through a small village with a shop.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of hiking, with tough ascents and descents. The route is on good paths, but it's the variation of terrain that makes this challenge a unique and fun experience. In particular terrain along the cliff tops of the Seven Sisters Country Park can be loose and rocky, and the ascents and descents here are short but steep.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge, in particular, we

always liaise with the rangers at the South Downs National Park to make sure that we minimise our impact on the local environment. Our leaders care passionately for the environment and will be keen to talk to you about how you can do your bit to conserve the local area and enhance your experience.

Toilets

Public toilets are passed at several places along the route. Outside of these opportunities toilets will be limited to the great outdoors!

Accommodation

No accommodation is provided for this challenge.

Both Brighton and Eastbourne have an abundance of accommodation options.

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, high altitude 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 with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader.

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Any more questions?

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