CH>RITY
CH>LLENGE

TRIP NOTES

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CHILTERNS CHALLENGE UK

Sat 10 Jun - Sat 10 Jun 2028

In aid of your choice of charity

10 Jun - 10 Jun 2028

1 DAYS | UK | TOUGH

A marathon trekking distance challenge along two of the UK's most spectacular National Trails, the Thames Footpath and The Ridgeway. Starting and finishing in the village of Goring, this spectacular trekking route will take you along a stunning section of the River Thames, through quaint Oxfordshire villages and then a spectacular section of the prehistoric Ridgeway, "Britain's oldest road".

You will have a choice of two different trekking distances - 25km or 42km - in this beautiful area. You will join your fellow trekkers and be accompanied every step of the way by one of our trek leaders.

- Choice of two trekking distances (25km or 42km)
- Trek along the iconic River Thames and the Ridgeway National Trails
- Fully accompanied by trek leaders every step of the way
- A stunning route through spectacular scenery just one hour from London
- Raise vital funds for the charity of your choice

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 10 Jun*

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Challenge Day!

You will receive a warm welcome when you arrive at the registration point and meet your trek leaders and your fellow trekkers in your group. Your trek leader will run through a full safety briefing and then it will be time to begin!

The 42km route begins by following the mighty River Thames south and you will pass the gorgeous villages of Goring, Streatley and Whitchurch before turning away from the river and heading into the Chiltern hills, a designated area of outstanding natural beauty. Here the terrain will become increasingly undulating which will be sure to start to test you.

After 17km those who have selected the 25km route will join and we shall continue as one group.

After passing numerous idyllic Oxfordshire country houses and estates, we will reach The Ridgeway, a prehistoric route that has a claim to be Britain's oldest road. Our section is particularly spectacular as the 'ridge' is very clearly defined.

The final stretch of the route takes us back along the River Thames to where you began the day.

Here we will be greeted with a celebratory medal to mark our achievement.

NB

Please note: The route will vary depending on the distance selected. Charity Challenge reserve the right to make any amendments necessary to this itinerary. Precise timings during the challenge may vary depend on things such as weather, the group's ability etc.

Please contact our sales team on info@charitychallenge.com for an exclusive quote.

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)
- Receive an engraved medal at the finish
- The very highest quality Chilterns Challenge on the market!

Difficulty

The Chilterns Challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and for those people who have taken part in other trekking challenges and now wish to test themselves in a slightly more extreme environment, then the full marathon distance is a great test of your endurance.

You can tell your supporters that on your Chilterns Challenge you will be:

- Taking on the varied, undulating terrain of Oxfordshire and part of the Chiltern hills.
- Ascending over 700m across the whole route (for the 42km route)

Training

The Chilterns Challenge is a long, sustained event of up to 12 hours and covering uneven terrain with sections of ascents and descents. Therefore it requires a good 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 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.

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!

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.

How is this event managed?

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

We employ experienced and fully qualified walking leaders to accompany and lead you. The 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 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 complete the trek. Your leaders will manage the group pace and keep you informed about these times and your options if they think you might be struggling to achieve them. In certain situations you may be asked to finish the trek early. You will be accompanied by a leader should this happen. 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.

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 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

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes one long day of trekking, with a surprising number of gradual ascents and descents. The route is on good paths and quiet country roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

Challenge Timings

Please note that final event timings will be sent to you one month before the challenge date. The timings listed below should be used as guide.

Marathon (42km) Route - Registration will take place at 7:30am, and the trek will begin at 8am.

Half-marathon (21km) Route - Registration will take place at 12.30pm, and the trek will begin once the marathon group arrives. You will then walk the next 21km together.

We expect for everyone to be finished by 6.00-7.00pm.

When you arrive you will be able to register and meet your support team and listening to the safety briefing.

Delays can happen, and the return time will all depend on the speed that you walk, so please do try and book flexible

return arrangements. at each checkpoint we will be imposing cut-off times so that we can safely manage the event.

Getting there

The marathon distance event will start and end in the village of Goring, just south of Oxford.

The half-marathon distance event will start in the village of Nuffield and finish in Goring. Please note that no transfers will be provided.

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. We would like to encourage all participants whenever possible to book a few extra nights in the local area to fully enjoy their challenge and to put money back into the local communities.

The Experience Oxfordshire website has a full list of local accommodation options.

Food & 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 - The most appropriate footwear for this challenge is a pair of walking boots/trail walking shoes.

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

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

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!

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

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

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

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

Please click here for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Snow + Rock, Water to Go, Sporttape and Nomad & MASTA.

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

Toilets

There will be toilet facilities both at the start and end of the trek; however during the challenge such facilities will be limited to the great outdoors!

Money

During the challenge there are limited opportunities to spend any money. We would advise you should need no more than £20.00, excluding your travel cost

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, 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 absolutely paramount!

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

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your shoes have good grip. Trainers are not appropriate as they lack grip.
- The weather can change in the course of the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers.
- This event includes short sections along country roads. Please take care along these sections and keep to the sides of the roads in single file.
- This is a long distance, endurance event. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leadership team is trained to deal with emergency situations in remote areas and will be carrying mobile phones and radios in case the emergency services need to be contacted. The event is not run as a race and you will never be encouraged to walk at a pace ‘beyond your ability’. There will always be a wide variety in people’s walking abilities which will be carefully managed by the leader team. This team will keep the group together for maximum safety and set a sensible pace for all to achieve this challenge within the planned time frame. Should you find yourself unable to continue for any reason, then our support team, including our support vehicle, will be able to assist you coming off the challenge. Emergencies will be coordinated with the local emergency services.

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, 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-exiting 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 or doctor.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. 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. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'. You can read more about this here.
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.
- Keeping noise to a minimum when passing houses in residential areas.
- Refraining from bringing glowsticks with you on our night challenges. This prevents them from becoming litter on the mountains when they are dropped.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.
- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a

local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

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

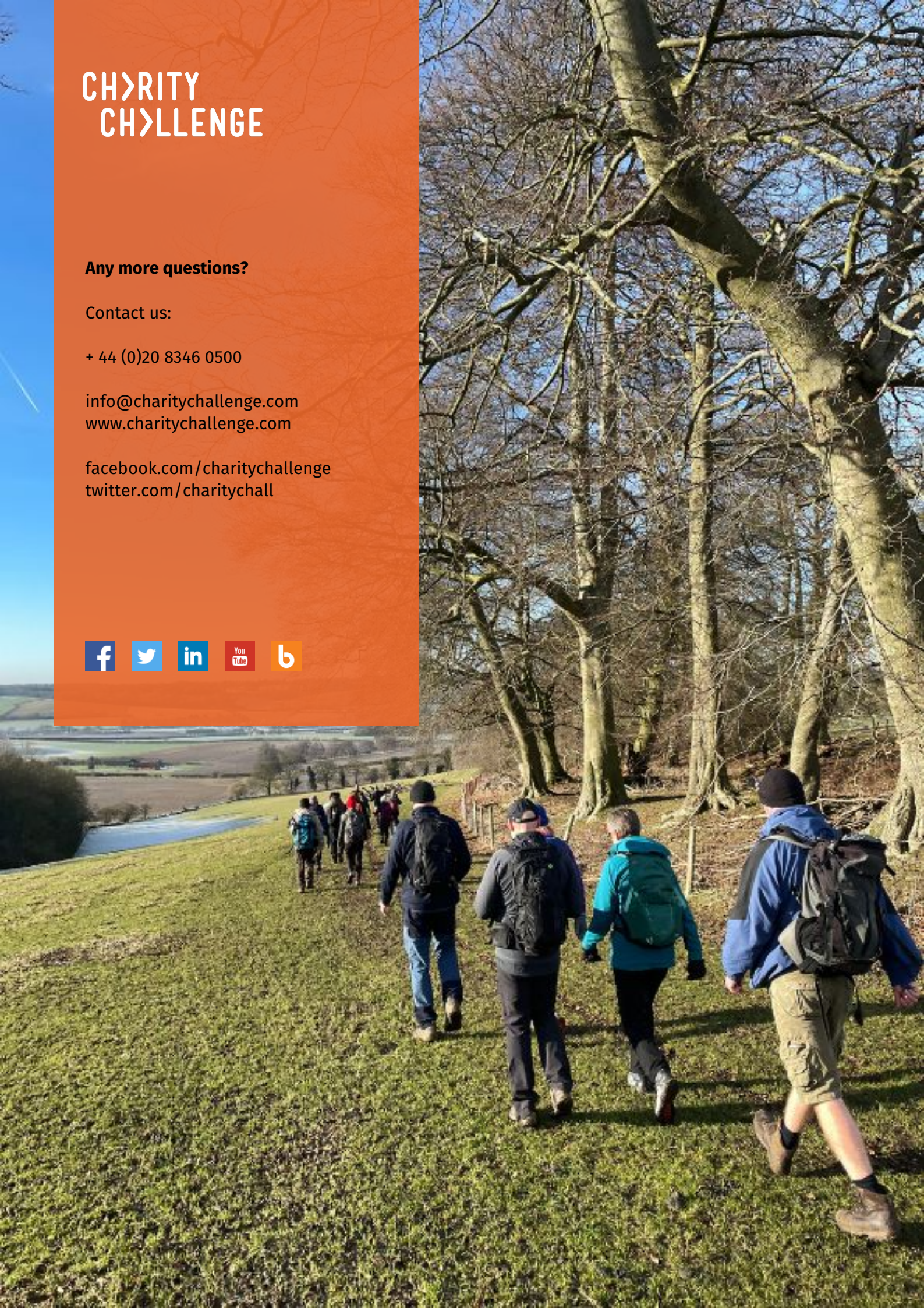
For more details about our responsible tourism policy then please click here.

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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