CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

HADRIAN'S WALL TRAIL CHALLENGE UK

Fri 03 Jul - Sat 04 Jul 2026

In aid of your choice of charity

03 Jul - 04 Jul 2026

2 DAYS | UK | TOUGH

This exciting and strenuous marathon distance challenge of 26 miles will have you trekking along this stunning world famous historic landscape. Hadrian's Wall runs across the north of the UK from coast to coast and remains one of the largest ancient monuments in Northern Europe. You will trek in the footsteps of the Roman Empire and take in some of this extraordinary structure that protected the Roman armies from the Scottish.

- A weekend challenge across the North of England
- Visit a UNESCO World Heritage Site
- Trek 26 miles along Hadrian's Wall
- A Roman adventure in the UK

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 03 Jul*

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Arrival and Briefing

Arrive no later than 7pm at the challenge accommodation to meet the team and for a full introduction briefing about the event. Dinner is not included, but is available at the hostel if arranged in advance.

DAY 2 *Sat 04 Jul*

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CHALLENGE DAY!

After an early breakfast, there is a short bus transfer to take us to the start of the trek near Lanercost Priory.

Our route then takes us eastwards along the line of the Roman wall to our finish point in the village of Humshaugh. The route encompasses some of the most prominent remains of the wall and the most stunning views. At the finish of the trek a bus transfer will return us to the accommodation.

When it was first built, Hadrian's Wall ran along the northernmost frontier of the Roman Empire and stretched from the East to West coasts of Britain, from Bowness on Solway to Wallsend on the northeast coast. It is a remarkable feat of construction and now a UNESCO World Heritage Site and cuts through Northumberland National Park.

This is a sustained physical challenge across some varied terrain. You will be walking for approximately 12 hours and covering 26 miles.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £69.00 when you book
Then a balance of £194.00
(9 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £69.00 when you book
Raise a minimum of £395.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Access to your own password protected account including support materials and training schedules
- Travel to and from the challenge start/finish point

On your challenge

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- All challenge management before, during and post event
- Drinks and snacks available throughout the day
- Drinking water on challenge days
- One night's accommodation in a hostel (same-sex dormitories with shared bathroom facilities)

WHAT'S NOT INCLUDED

Before you go

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- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Clothing and equipment listed on your Kit List

On your challenge

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- Packed lunch and drinks
- Departure Tax (if applicable)
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 11 weeks before departure (by 17/04/2026), and the remaining 20% within 4 weeks of completing the challenge (by 01/08/2026). 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.
Typical group size	The typical group size is 20 - 75 participants

Why book with Charity Challenge

- We are a globally respected, multi-award-winning challenge events company.
- You'll have the very best Challenge 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.
- We've used our expert knowledge to create a route that takes in the best parts of the Hadrian's Wall Trail for you to enjoy

Level of Difficulty

The Hadrian's Wall Trail 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 more extreme environment. You can tell your supporters that on your Hadrian's Wall Trail Challenge you will be:

- Covering a marathon distance of 26.2 miles.
- Taking on the varied, undulating terrain of the Hadrian's Wall country and the Northumberland National Park.
- Ascending over 700m across the whole route.
- Trekking for 11-12 hours.

Training

The Hadrian's Wall Trail Challenge is a long, sustained trek of up to 12 hours and covers varied terrain. This requires 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 20 and groups are typically made up of between 20-40 people. There will be one challenge leader for approximately every 10-15 participants.

On occasion, we may be able to run a challenge with less than 20 people. This may incur a small group supplement. If this happens, it will be communicated before your invoice or fundraising deadline.

Group Management

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

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

Weather, safety and decision-making

The weather in the UK can be unpredictable, particularly in mountainous and exposed areas. Charity Challenge plans for adverse weather on all UK challenges and closely monitors forecasts in the lead-up to, and during, each event.

We use the **Met Office weather warning system**, alongside specialist forecasts where appropriate (such as mountain weather forecasts), and live assessments by our experienced Event Managers and challenge leaders.

How we use Met Office weather warnings

- **Yellow weather warnings**indicate that conditions may be challenging. Events will usually go ahead, with leaders managing conditions on the day and making adjustments where required. Rain alone rarely results in changes to our challenges.
- **Amber weather warnings**indicate a higher likelihood of severe weather and increased risk. This may result in significant route changes, altered timings or, in rare cases, postponement or cancellation if safety cannot be assured.
- **Red weather warnings**indicate dangerous conditions and events will not proceed.

Where thunder and lightning are forecast or observed, we follow a strict safety protocol. Challenges will not begin, or will end immediately, until it is safe to proceed.

How decisions are made

All weather-related decisions are made by Charity Challenge's **Event Manager in consultation with the leadership team**, using forecast information and real-time conditions on the ground. Participant safety is always the overriding priority, and leaders' decisions on the day are final.

Decisions around route changes, delays, early finishes or cancellation are based on the **expected weather conditions at the challenge location and along the event itinerary.**

Challenges will **not**be cancelled, postponed, or refunded solely due to severe weather warnings in a participant's local area or place of departure if conditions at the challenge location allow the event to proceed safely.

Unless Charity Challenge cancels or postpones an event, refunds or transfers are not available due to weather or travel disruption, in line with our terms and conditions.

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 and roads, but it's the variation of terrain that makes this challenge a unique and fun experience.

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.

Your challenge begins on the Friday night and we ask you to be at the hostel by 7pm.

The challenge will start early on the Saturday at around 6am.

There is a bus transfer from the accommodation to the start of the trek. This transfer takes approximately 30 minutes.

We expect the final people to arrive at the finish at approx 7pm.

A bus transfer will take everyone back to the accommodation once the trek is completed. (Please note that this bus transfer will only leave once everyone has completed the trek.) It is a 30 minute transfer back to the accommodation.

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

Hadrian's Wall is well served by trains from both Carlisle and Newcastle. However, none of the train stations are within walking distance of the hostel. The closest train station is at Bardon Mill, although not all trains stop at this station. The closest large town is Hexham, which is well served by taxi companies. If you are travelling by train then we would recommend that you pre-book a taxi to meet you at Hexham train station.

Parking is available at the hostel. Please make sure to register your car with reception upon arrival.

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

Accommodation is provided on the night before the challenge. Accommodation is provided in same-sex dormitories at the YHA The Sill at Hadrian's Wall.

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 area. There are lots of excellent accommodation options to suit all budgets.

Please note: We do not offer single room supplements on our UK challenges. If you wish to book a single room then please book this directly with the accommodation provider yourself. Please contact challenges@charitychallenge.com if you have any concerns regarding the accommodation.

Food & Drink

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

- Breakfast at the hostel.
- 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.

Please note that dinner is not included on the night of arrival. Dinner at the hostel is available but must be booked with the hostel by yourself.

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.

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 & 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. 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

Toilet facilities are limited on this route. You will be made of aware of designated toilet points by your walking leaders.

Where public toilets are not available then toileting is available in the great outdoors!Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

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 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:

- 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, and both 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

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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

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the rangers of the Hadrian's Wall National Trail to make sure that we minimise our impact on the local environment. On this challenge in particular we are sensitive that we are passing through a UNESCO World Heritage site. 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. We believe that acting responsibly should add to your enjoyment of the challenge so we won't lecture you about not dropping litter. Instead we'd like to encourage you to support the 'Hadrian's Wall National Trail' who maintain the excellent footpaths we will be walking on. Hadrian's Wall National Trail have an excellent website that provides information on their fantastic work and allows you to donate to them directly. We would also like to encourage all our participants to spend a little extra time in the local area. Why not consider booking an extra night in a local B&B 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 area. For extra information, please visit our Responsible Tourism section.

How much of Hadrian's wall will we see on this route?

We are sensitive that this event takes place in a World Heritage site and that Hadrian's Wall faces ever-increasing pressure from visitors and events, such as this challenge.

With this in mind, our route follows the wall closely, without always following the actual remains of the wall. The route touches base with the wall at various points, and the sense that you are passing through this historic landscape will not be lost.

The Hadrian's Wall trail officer has asked us to pass on the following information regarding the sections where we will be walking alongside the wall:

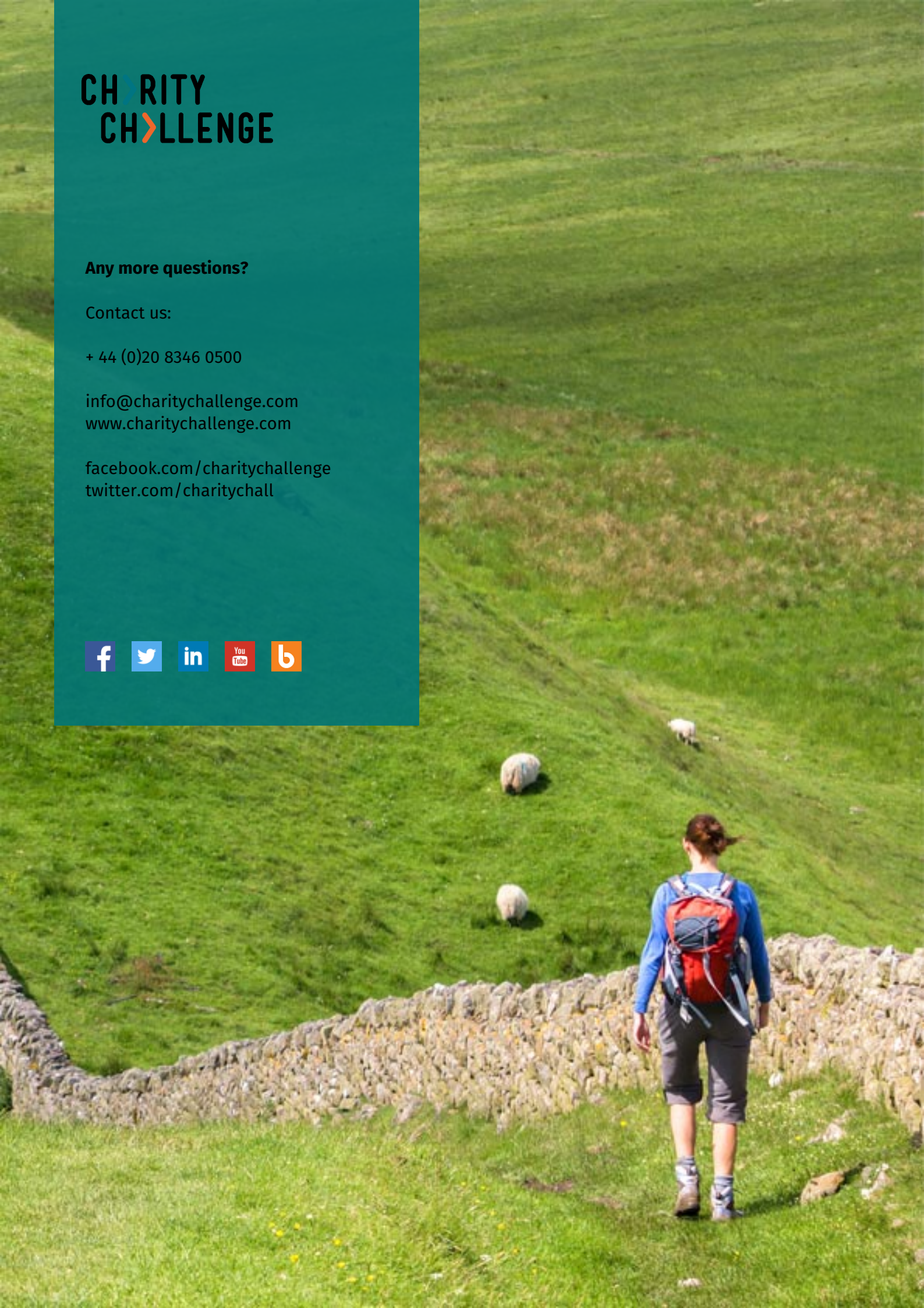
- Please do not walk on the remains of the wall itself.
- Please walk two or three abreast, rather than in a single line. This helps to reduce the amount of footpath erosion that occurs.

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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