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TRIP NOTES

BELIEVE ACHIEVE INSPIRE

DEFEAT THE PEAK - SURREY THREE PEAKS CHALLENGE UK

Sat 26 Sep - Sat 26 Sep 2026

In aid of Macmillan Cancer Support

26 Sep - 26 Sep 2026

MACMILLAN CANCER SUPPORT

1 DAYS | UK | CHALLENGING

Discover three of Surrey's iconic peaks on this 35km circular route through the beautiful Surrey Hills. Be part of a fun and supportive team as you uncover some of the region's most stunning natural landmarks, all just a short journey from London.

This rewarding trek takes you through the heart of the Surrey Hills, a designated Area of Outstanding Natural Beauty finishing on the iconic Box Hill. Journey across a variety of terrain, from wide countryside paths to serene woodland trails, and experience a quieter, picturesque side of Surrey. Enjoy breathtaking views, peaceful village charm, and perhaps even spot local wildlife, such as roe deer and red kites. But don't forget to save some energy for those final kilometres...and a celebratory drink at the end!

With a challenging 35km route and 1,050m of ascent, this trek will leave you with an immense sense of achievement while supporting a great cause.

- Discover three iconic peaks of the Surrey Hills
- A designated Area of Outstanding Natural Beauty
- Challenging yet accessible 35km circular trek
- Wander through serene woodland and rolling countryside
- Enjoy sweeping views and peaceful village charm

YOUR CHALLENGE DAY BY DAY

DAY 1 *Sat 26 Sep*

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Challenge Day

Arrive at the start near Dorking for registration and a full safety briefing to prepare for your Surrey Three Peaks adventure. Meet your teammates and experienced walking leaders, who will guide and support you throughout the challenge. A cheer across the start line will set you off on this scenic journey, beginning with a gentle section to ease you into the day.

Your Peaks:

- Holmbury Hill – A serene woodland summit with glimpses of the rolling Surrey Hills.

- Leith Hill – Surrey's highest point, offering panoramic vistas and a true sense of achievement.

- Box Hill – Breathtaking views from this renowned beauty spot.

Traverse a mix of wide paths, woodland trails, and quiet countryside as you conquer these three iconic peaks. Along the way, enjoy tranquil landscapes, charming villages, and peaceful stops to recharge your energy. This 35km circular route is designed to challenge and inspire, leaving you with a lasting sense of accomplishment as you return to a well-earned celebration at the finish line.

Please note: Charity Challenge reserve the right to make any amendments necessary to this itinerary. Precise timings during the challenge may vary depending upon things such as weather, groups ability etc.

In Summary

Minimum Sponsorship

Pay a non-refundable registration fee of £45 when you book and pledge to raise £300 for Macmillan Cancer Support within 4 weeks of the challenge.

Self Funder

Pay a non-refundable registration fee of £45 when you book, then a balance of £125 (5 weeks before your challenhge) and pledge to raise as much as you can for Macmillan Cancer Support within 4 weeks of the challenge.

What's included?

Before you go

- 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.
- Sponsorship forms
- Access to your own password protected account including support materials and training schedules
- Public liability insurance
- Risk assessment and emergency management planning
- Fitness training notes
- Fundraising advice
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

- All challenge management before, during and post event
- Packed lunch and drinks
- Charity Challenge buff, medal and certificate
- Full back-up support including first-aid qualified staff and first-aid supplies

What's not included?

Before you go

- Travel to and from the challenge start/finish point
- Clothing and equipment listed on your Kit List

On your challenge

- Evening Meals
- Accommodation during the challenge (usually in twin share)
- Breakfast before the challenge

The details

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. You will need to raise your fundraising target within 4 weeks of your challenge.

Why book with Charity Challenge?

- We are a multi-award winning challenge events specialist with over 25 years 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
- Receive an engraved medal at the finish
- The very highest quality Surrey Three Peaks on the market!

Difficulty

This challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and who have taken part in a similar event previously and are prepared to put in the necessary training to push themselves on a more challenging trek.

You can tell your supporters that on your Surrey Three Peaks Challenge you will be:

- Covering a distance of 35km
- Traversing varied terrain, from woodland trails to open countryside paths
- Ascending over 1,050m across the stunning Surrey Hills

Training

Our challenges are long, sustained events of up to 7-9 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 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, 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 full day 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 account 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 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 times and your options if they think you might be struggling to achieve them. In certain situations you may be asked to turn around and descend. 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

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 just outside London, the difficulty of the Surrey Three Peaks Challenge should not be underestimated. This trek includes a full day of hiking across varied terrain, from serene woodland trails to open countryside paths. The route is mostly on good tracks and trails, but the changes in terrain and ascents make this challenge a unique and enjoyable experience.

Challenge Timings

Confirmed details and timings will be provided in your Final Details, sent out one month prior to the challenge.

- Registration Time: 7:30am at the starting point.

- Start Time: Approximately 8:00am.
- Duration: The challenge is expected to take 8-10 hours.
- Finish Time: We aim for all participants to complete the trek by 5:00-6:00pm.

This full-day adventure promises to challenge and reward you, leaving you with a great sense of achievement by the end.

Please note: Whilst we shall do all we can to stick to this finish time, please make sure you book flexible return travel 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

The best train station for the Surrey Three Peaks Challenge is Westhumble Station, conveniently located approximately an hour from Central London with frequent train services. From the station, it's just a 10-minute walk to the start point, which will be confirmed in your final details.

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

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.

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.
- Celebration cake and hot drink after the challenge

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 trail shoes/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.

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.

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, The Altitude Centre, 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, and waterproof jacket/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.

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Any more questions?

Contact us:

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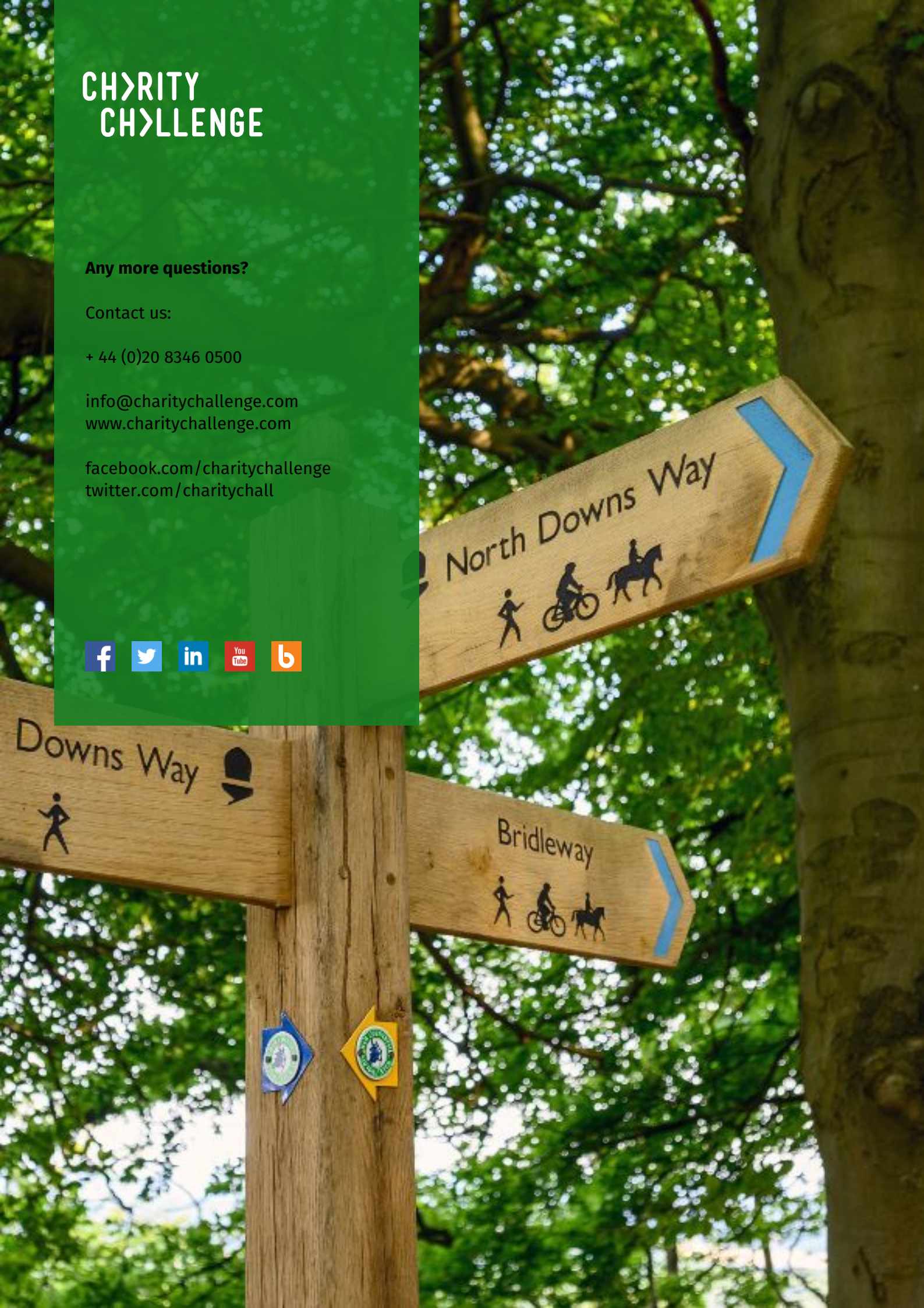
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