

I made new, life-long friends
and smashed what I thought
were my own personal limits



Mind Hike 2019

Islands or Highlands

Registration fee: £95

Minimum sponsorship £690

www.mind.org.uk/mindhike

Reg. Charity No. 219830



Mind Hike – Islands or Highlands

You'll never walk alone!

Mind's flagship team trek is a life-changing experience. It will test both your physical and mental endurance, while you traverse some of Britain's most beautiful and unspoiled countryside. It's going to be tough, but you will draw strength and inspiration from your team mates and finish with an experience you'll never forget.

Mind Hike will also raise much-needed money to help make sure essential services like the Mind Infoline can keep supporting people who often have nowhere else to turn.

Our Hike is a test of fitness, endurance and team spirit – but dealing with a mental health problem is no walk in the park either. In fact, trying to cope with a mental health problem alone sometimes feels like an impossible challenge. Having someone to turn to for advice and support makes all the difference. Whether it's a family member, friend or one of our highly skilled Infoline operators.

Itinerary

The following itinerary is based on running this activity over a long weekend. All timings are approximate and are subject to change.

Friday evening: Participants arrive to a welcome from Mind and then a safety briefing from the trek leaders. Hostel accommodation and dinner is included.

Saturday morning: A hearty breakfast, and then you set off on the first 12 hours of your challenge! A packed lunch, dinner and refreshments will be provided throughout the day.

Sunday morning: Finish (approximately 24 hours later)! A celebratory breakfast brunch will await you.



The route

The island route will traverse the rugged landscape of the Isle of Arran taking in striking scenery and historically significant landmarks, castles and views of the famous Goat Fell.

The Highlands really is the Scotland of your imagination. It's an amazing concoction of culture, history, architecture and unparalleled scenery. Think big skies, mind-blowing landscapes and hospitable people - it really doesn't get any better!

The terrain includes well-worn footpaths, remote tracks and country lanes, making this a very diverse and challenging route. The route is undulating, with some hilly climbs, so training for this challenge is necessary.

What's included before the challenge:

Fundraising support

Training advice

Access to your own password-protected Account area

Support materials (kit list, itinerary, responsible tourism policy, public liability insurance etc.)

Information day

Accommodation: Two nights stay at a local hostel in the highlands or on the Isle of Arran.

What's included on the day:

Expert mountain leaders throughout the entire challenge

Two nights' hostel accommodation (single-sex dormitories)

Breakfast, lunch and dinner on Saturday

Celebration breakfast on Sunday

Drinking water

Snacks throughout the challenge

All challenge and safety management

The Challenge

Highlights!

- A daytime and a night time hike, both starting and finishing from one central venue
- Trek through stunning mountains and challenging coastlines
- Challenge yourself against wild, remote and rugged terrain

Fitness

The Mind Hike trek is a tough challenge and training is very important! You will cover a long distance with little sleep. You will need to have a good level of physical fitness and make sure that you do at least six weeks of training including long walks and strength exercises. Preparing for your sleep deprivation might be more difficult – but willpower will come in handy!

We will send you a training plan and be in regular contact with training tips to help you.

Kit list

Warm Clothing: medium weight fleece, lightweight gloves, fleece hat.

Trek Clothing: long cotton trekking trousers, comfortable trekking shirts (long/short sleeved), walking boots (broken in with ankle protection), 2 x walking socks, 3 x liner socks, underwear.

Waterproofs: 1 outer fully waterproof jacket (GORE-TEX, e-Vent), 1 pair outer waterproof bottoms.

Trekking items: head torch with spare batteries, walking poles, bladder system (water bottles), snack food.



Included in your trip

Full pre-event consultation. Qualified mountain guides and first-aiders. Support vehicle during challenge. Two nights' accommodation.

Meals included:

Sat: Breakfast, Packed Lunch, Checkpoint snacks, Dinner.

Sun: Refreshments at the finish. Celebration Brunch.

Excluded from your trip

Transport to and from your hostel. Gear on the kit list.

Transport / transfers

It is up to each individual participant to organise their own transportation to both the start and end of the event.

Accommodation

Friday night – shared hostel accommodation

Saturday night - Although this is when we will be taking part in the challenge, we have the accommodation booked so that we can return on Sunday morning to freshen up

Sunday night – not included, but you are welcome to arrange for an additional night stay at the hostel.

Notes

Although every effort will be made to complete this event within a 24-hour window, certain factors remain outside of our control including traffic and weather. The speed at which the party progress remains the decision of the mountain leader/guide whose word on this matter is final.

Weather

Expect variable weather conditions. We will be trekking in the dark and during the day, against Scotland's unpredictable weather. So be prepared. We may encounter scorching temperatures but equally freezing cold and strong winds so pack for extremes. You can expect rain at some time... additional clothing can be transported in the support vehicle during the challenge.

Safety information

All outdoor activities contain an element of risk. Your leader will be first aid qualified and will carry appropriate safety kit, such as mountain safety shelters, walking rope and mobile radios. The leader's primary role is to ensure your safety, but it is your responsibility to listen to their guidance and instructions.

Apply now:

community@mind.org.uk

<http://www.mind.org.uk/mindhike>

020 8215 2438

mind.org.uk