



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

MIND HIKE 2021: DAWN TO
DUSK
UK

Fri 08 Oct - Sat 09 Oct 2021





In aid of Mind

08 Oct - 09 Oct 2021



2 DAYS | UK | TOUGH

In 2021, Mind Hike: Dawn to Dusk is going to Hadrian's Wall, to incredible UNESCO world heritage site in beautiful Northumberland. During the course of the challenge you will pass ancient Roman forts, historic abbeys, villages dating back over 1,000 years and, of course, the iconic wall itself!

Mind Hike: Dawn to Dusk is Mind's bespoke, all inclusive, trekking event, which sees teams of hikers challenging themselves and each other to hike for 12 hours, while raising money for Mind. This is a unique 'team' event, designed specifically for Mind, as mental health is all about supporting each other.

- 12 hour team trekking challenge. Be part of 'Team Mind'.
- Trek along the incredible UNESCO world heritage site of Hadrian's Wall
- Inclusive and supportive atmosphere
- Enjoy the achievement with a celebratory dinner after the trek
- Raise life-changing funds for Mind, the mental health charity

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 08 Oct*

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Day 1: Arrival and Briefing

The base for this challenge is in the newly refurbished YHA The Sill, located along Hadrian's Wall itself. This hostel has been specially designed to be environmentally conscious and also serves as the visitors centre for the Northumberland National Park.

You will need to plan to arrive at the accommodation by 5pm on Friday evening.

This will give you plenty of time to get settled in before dinner at approximately 6pm.

Following dinner there will be a comprehensive welcome and safety briefing where everyone will have the opportunity to meet each other and your challenge leaders.

It is vital that you attend the Friday evening safety briefing, so please plan your travel accordingly.

DAY 2 *Sat 09 Oct*

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Day 2: The Challenge begins!

Everyone is sure to be feeling a little bit nervous on Saturday morning but after a hearty breakfast those nerves will soon be replaced by excitement! The trek will begin at 6am. Ahead of us will be approx. 12 hours of stunning scenery.

With your experienced trekking leaders there to support you, you will work together as a team to complete this endurance event. The route will include the iconic section along the spectacular escarpment that passes sycamore gap and Housesteads roman fort with dramatic views of Hadrian's Wall stretching into the distance.

Your challenge is to keep trekking for 12 hours of walking before celebrating completing the challenge with a team dinner back at the YHA before saying goodbye to friends who you'll have shared this incredible experience with.

NB

NB: Please note that whilst we will do everything we can to stick to the original itinerary and timings we do reserve the right to make any changes necessary.

Minimum sponsorship

Registration fee of **£50.00** when you book.

Raise a minimum of **£375.00** for Mind.

Minimum sponsorship option

You will be required to pay the registration fee of **£50.00** at the time of booking and raise a minimum amount of sponsorship, **£375.00** for Mind. You should send your sponsorship money to Mind as you raise it. At least 80% of the minimum sponsorship required (**£300.00**) must be sent to the charity 10 weeks before departure (by 30/07/2021). If you have raised the necessary funds, Mind will then pay the balance of your expedition costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

WHAT'S INCLUDED?

Before you go

- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)

On your challenge

- Drinking water on challenge days
- Drinks and snacks available throughout the day
- All internal transfers
- All challenge management before, during and post event
- Packed lunch and drinks
- Hot buffet at the end of your challenge
- Dinner on the night of arrival
- Celebratory drink at the finish line
- Accommodation during the challenge
- Drinks and snacks available throughout the day
- Packed lunch and drinks
- Hot breakfast before the challenge

WHAT'S NOT INCLUDED?

Before you go

- Clothing and equipment listed on your Kit List

On your challenge

- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines

You will be required to pay the registration fee of **£50.00** at the time of booking and raise a minimum amount of sponsorship, **£375.00** for Mind. You should send your sponsorship money to Mind as you raise it. At least 80% of the minimum sponsorship required (**£300.00**) must be sent to the charity 10 weeks before departure (by 30/07/2021). If you have raised the necessary funds, Mind will then pay the balance of your expedition costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Raising the sponsorship

Thank you so much for choosing to fundraise for Mind. We really appreciate your support. Should you need any further assistance or help with your fundraising then please contact the team at **community@mind.org.uk** and we will endeavour to get back to you as soon as we can!

Typical group size

The typical group size is 60 - 80 participants

How is this challenge different from the 24 hour Mind Hike?

This 'Dawn to Dusk' challenge is different to the other Mind Hike events that we also have taking place this year.

The Dawn to Dusk challenge is a **12 hour** trekking challenge, where as the 'Mind Hike' is a **24 hour** trekking challenge. The Dawn to Dusk challenge is designed as a more accessible version of the popular Mind Hike event. This is not to say this is an easy challenge, and it should not be underestimated.

What we have put in place on our challenges in response to Covid-19

We are proud to have acquired the UK Industry Standard mark, "We're good to go" in partnership with the Tourist Organisations of Great Britain and Northern Ireland. This means that our business has followed government and industry Covid-19 guidelines, has a risk assessment in place and a process to maintain cleanliness and aid social distancing.

This challenge is planned to start running in 2021 when we hope that we will live in a 'post-Covid' world. Please rest assured that Charity Challenge will continue to monitor all of the latest advice from both the government and local authorities and will ensure that all of our safety systems are up to date. Our safety advice for our UK challenge's running in the autumn of 2020 can be viewed here. This document will be amended as and when the advice changes.

In 2020 we were very proud to be able to operate some of our UK based challenges in a Covid-secure environment. Some of the things that we put in place to enable this to happen included:

- Provided everyone taking part in our challenges with a 'Challenge Safe kit' that included a bottle of hand sanitiser, buff and face mask.
- Employed more leaders on our challenges so that we could split groups into smaller teams of 5-6 people.
- Provide pre-challenge online safety briefing videos to all of our participants that outlined specific advice for each challenge.
- Conducted online training with all of our leaders about creating a Covid-secure challenge experience.
- Provided single rooms for every household/social bubble attending one of our challenges.

What will happen if Covid-19 prevents this challenge from taking place

We will hard to create a safe and secure challenge environment that is in line with the latest government guidelines.

If these government guidelines mean that we have to cancel the challenge then you will be offered an alternative date for the challenge, or the opportunity to receive a full refund of your registration fee.

If we are required to postpone the challenge then you will be contacted and made aware of the new date.

Why book with Charity Challenge

- Unique 'team' event designed specifically for Mind. We encourage everyone to support each other to complete this challenge and find strength from each other that you never thought you had.
- Everything included from the moment you arrive. We include everything from hostel accommodation, your evening meal when you arrive, plenty of food and snacks whilst on the trek and then the opportunity to rest at the hostel upon completing the challenge before a celebration brunch.

- The very best trek 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.
- Brilliant route design. These routes are designed specifically for this 12 hour challenge. They are designed to be just the right degree of difficulty and interest with plenty of support available throughout the route.
- Ethical consideration. For every participant we donate money to local conservation charities in order to protect the beautiful route that we use. We also try wherever possible to use local suppliers, which helps us to put money back into the local area.
- The highest quality night-time charity challenge experience on the market!

Challenge Timings

Please note that precise timings and instructions will be provided 1 month prior to the challenge date. the following timings should be used as guidance when planning.

Your challenge begins on the evening before the trek, and you should arrive at the YHA The Sill for 6pm in the evening. You will then meet the leaders, as well as the rest of your challenge team, and then it will be time for dinner and your evening briefing. It is vital that everyone attend this safety briefing.

On the day of the trek itself, you will have a very early start for your hearty breakfast before the trek begins at approx. 6am.

The route is designed to take 12 hours to complete, and finishes back in Whitby by approx. 6pm for a celebration dinner.

Delays can happen, and the return time will all depend on the speed of your group, so please do try and book flexible return arrangements.

Training

The Mind Hike Dawn to Dusk is an endurance trekking event over 12 hours, therefore requiring a good to high level of fitness. The ideal training for this challenge is, naturally, walking in the outdoors. However, if you do not have the luxury of living near the great outdoors, then the stairs at home (or an office block) are a great place to start. Try building in a walk to work if possible, or perhaps at lunch. Most training should be part of an ongoing lifestyle, but if this is not the case then you should begin training 2-4 months prior to the challenge and gradually build up as suggested. Remember to use the walking boots that you will be wearing on the challenge in order to get them worn in, and take the daysack that you will be using during the challenge.

There is no substitute for walking in the outdoors, over similar terrain that you will face on the challenge, so try if possible to get out on a weekend and train in an appropriate area. It can be a great way to discover nearby places that you never knew existed! You should progress to training with your boots on from week 4 at the latest, but preferably from week 1. The more you exercise before the challenge, the more you will get out of it. The hardest part of this challenge to train for is the fact that you will need to walk for 12 hours. Whilst it is not expected that you will have practiced this we would recommend that you be comfortable with long days of walking for at least 7-8 hours, plus you should be comfortable walking for consecutive days. It is a good idea to have a training weekend where you perhaps walk for 7-8 hours on one day and then another walk the following day. Also see your Charity Challenge Fitness Training notes.

Money

During the trek there will be limited opportunities to purchase extra snacks as we pass through villages (please do not rely on shops being open as it is not always possible to guarantee this). Therefore you may wish to take some money with you on the trek. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

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.

Group Size

The Mind Hike Dawn to Dusk is run as a team event with a maximum of 120 people taking part.

The team at Mind will be creating the teams for this event of approximately 30 people per team. If you wish to be in the same team as friends then please let them know.

The aim of this challenge is to work together as a team to help each other through the challenge. This is a great opportunity to meet other inspirational people like yourselves and to draw strength from each other.

There will be one leader per approximately 10-15 participant.

Leadership

We employ experienced and fully qualified walking leaders who all hold the Mountain leader qualification. The leaders are first aid qualified and have extensive experience in leading challenges throughout Britain and overseas. 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.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! This challenge takes place in October, so you should come prepared for colder days and a higher possibility of wet weather. Please check the weather forecasts up to ensure that you bring clothing suitable for warm sunny walking weather and also sudden wind and downpours should they occur.

Terrain

Despite its location in the UK, the difficulty of this trek should not be underestimated as it includes 24 hours of hiking, with tough ascents and descents along the coast, with the added challenge of walking in the dark. The route

is predominantly on good paths, but it's the variation of footpaths that makes this challenge a unique and fun experience.

Whilst this challenge does not include any real hill walking, there are sections of the routes that include a significant amount of short, sharp ascents and descents that add up to a surprising amount of ascent at the end of the challenge.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism. On this challenge in particular, we always liaise with the trail officers of the footpaths we use to make sure that we minimise our impact on the local environment.

In particular, it is extremely important that everyone appreciates that we are lucky to be allowed to walk right alongside such an incredible historic monument as Hadrian's Wall. We ask all of our groups to ensure that they do not climb on the wall at any time.

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 'Northumberland National Park' who maintain the excellent footpaths we will be walking on. For more information about the work done to manage the footpaths, and to donate to them yourself, click [here](#).

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? The [Visit Northumberland website](#) has lots of local options.

Please also make sure to take the time to visit some of the incredible Roman remains in the local area. We would particularly recommend Chesters Roman fort or the remarkable remains of Corbridge Roman village.

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 pages, where you will be able to view a list of the other projects that we currently support.

Getting there

The location for the challenge is the YHA The Sill. Directions to the hostel can be found [here](#), including a link to Google Maps.

The address for the YHA is:

YHA The Sill, Military Road, Bardon Mill, Northumberland, NE47 7AN

There is free parking available at the hostel.

The hostel is not conveniently located for accessing by public transport. The nearest major town is Hexham, which is served by trains and buses from Newcastle. From Hexham we would recommend booking a taxi to/from the hostel.

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.

Accommodation

You will be staying in same-sex dormitory accommodation at the YHA The Sill and you will be sharing a dorm room with members of your team.

Dorm rooms range in size, from 8 to 4 bed dorms and with a mixture of ensuite and shared bathroom facilities.

We encourage everyone to see the hostel accommodation as part of the challenge!

If you wish to book accommodation for the Saturday night at the hostel then please do this with the hostel directly. Bookings can be made via the YHA website [here](#).

Food & Drink

Meals while on the challenge include dinner on the Friday night, breakfast on the morning of the challenge, and then a packed lunch and snacks during the trek as well as a celebration dinner at the finish. We strongly encourage you to bring additional sweets and snacks if desired.

The drinking of alcohol the night before is strongly discouraged for your own health and safety during this tough challenge.

Toilets

There will be bathroom facilities at the hostel; however during the challenge such facilities will be limited to the great outdoors, with occasional public toilets in the villages that we pass through.

Safety advice for the Mind Hike Dawn to Dusk Challenge

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 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 walking boots have good grip. Trainers are not appropriate as they lack grip.
- Give the time of year when this challenge is taking place the hours of daylight are shorter. Please bring a headtorch in case it is required in the evening.
- It is very important that you always listen to your leaders at all points and obey any decisions they make.
- The weather can vary throughout the day. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- 12 hours is a long time to be out on a trek, especially overnight. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Emergencies

Your leading team are trained to deal with emergency situations in remote areas and will be carrying a mobile phone 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. If you are unable to complete the trek then a support vehicle will be on-hand to take you back to the hostel.

How far will be walking?

The Mind Hike routes are specifically designed to be flexible and achievable by people of all abilities. We put specific emphasis that this challenge is all about walking for 12 hours, and not about a fixed distance. On the challenge each team is very likely to achieve slightly different distances, taking slightly different routes, that enable them to complete the challenge of walking for 12 hours (and most importantly finishing on time!) We estimate that each team will complete somewhere between 20-30km during the course of the 12 hours. Our advice to all participants is that you focus your training and fundraising around the goal of trekking for 12 hours and not about walking a fixed distance.

Please note: We do not guarantee that any team will walk a fixed distance. But we do aim to give every team the opportunity to walk for 12 hours.

How is the group managed

The Mind Hike is run as a team event with each team having a maximum of 40 people. You will be allocated a team for the event by the team at Mind.

The aim of this challenge is to work together as a team to help each other through the 12 hours. This is a great opportunity to meet other inspirational people like yourselves and to draw strength from each other.

There will be one leader per approximately 10-15 participants. Your leaders will be there to support and encourage you, and to keep you safe. We always ask everyone taking part in one of our events to respect any decisions that our leaders make during the course of the weekend.

How do we follow the route

We do not use route marking arrows on this challenge. Your leaders are all extremely experienced navigators and it will be their job to show you the way. It is therefore very important that you stay with your leaders at all times. Because this challenge is designed to last for 12 hours it does not follow a fixed route, nor does it have a fixed distance that needs to be completed. The routes for this challenge are specially created for this challenge, and are planned with maximum flexibility. We anticipate that during the course of the trek each team will follow slightly different route.

Level of Difficulty

The Mind Hike Dawn to Dusk challenge is graded as tough. This is the perfect challenge for participants who are of

an adventurous spirit and having taking on a previous trekking challenge and are now looking to push themselves over a long distance route. You can tell your supporters that on your Mind Hike you will be:

- Trekking for 12 hours continuously.
- Covering varied, undulating terrain.
- Trekking as part of a team, supporting each and every team member to get through the challenge.

Clothing and Equipment

Equipment of good quality and durability could make the difference between a fantastic challenge experience and an uncomfortable one.

Waterproof and well-worn in boots will be indispensable. The terrain is uneven and can be very rough, so it is vital that you use a strong pair of canvas or leather boots with good ankle support for this challenge, coupled with a pair of good quality walking socks. Sports trainers are not suitable. Enough warm layers are vital as are hats and gloves. If possible, try to bring two pairs of gloves and two hats as these can very often get wet.

The benefits of a comfortable day sack cannot be underestimated - so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, as well as technical/wicking t-shirts rather than cotton shirts. We would like to emphasize that jeans should not be worn on this challenge.

A full kit list for this challenge can be found [here](#). Once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

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Wall Path