

PEAK DISTRICT TREK – 25KM OR 50KM

KEY INFO

Duration	1 day
Distance	25km or 50km
Challenge Grade	Tough (2/3) or Extreme (3/3)
Location	England

CHALLENGE HIGHLIGHTS

- Explore one of the UK's most stunning National Parks
- Choose from two stunning routes
- Summit Kinder Scout – the highest point in the Peak District and the East Midlands
- Take on a one-day trekking challenge
- The perfect adventure for those short on time!

The Peak District National Park is home to incredible scenery and more than lives up to its reputation as one of Britain's most inspiring National Parks. This adventure allows you to choose from 25km and 50km routes, both starting in the beautiful Hope Valley – the heart of the Peak District, home to picturesque and ancient landscapes. Join us and discover the rugged beauty of the Peaks!

CHALLENGE ITINERARY

25km Route

We take a transfer from the finish point in Hayfield to our start point in Hope Valley. After setting off we head straight through Castleton before climbing up and over Hollins Cross. We then walk through Edale and join the Pennine Way, which will lead us up and over Kinder Scout. Once we have summited, we will make our descent into Hayfield to cross the finish line and get some well-earned food!

Trekking distance - approx. 25km

50km Route

After setting off we head straight through Castleton, before climbing up and over Hollins Cross. We then walk through Edale and join the Pennine Way, which will lead us up and over Kinder Scout. Once we have summited, we will make our descent into Hayfield for a food stop, before continuing along the Pennine Bridleway to the Peak Forest. The final section of the route leads us through fields to the village of Bradwell, and continues through the villages of Brough, Shatton, and Aston before returning through Hope to our finish line!

Trekking distance - approx. 50km

Please note, this is a complex itinerary - times, distance and logistics are strictly subject to change.

CHALLENGE INCLUSIONS

What's Included?

- A meal at the finish for 25KM participants
- A meal halfway for 50KM participants
- Full support from our experienced crew
- Vehicle for back up and support

What's Not Included?

- Breakfast and dinner
- Tips and gratuities
- Personal trekking kit

FREQUENTLY ASKED QUESTIONS

Is this trip for me?

ABSOLUTELY! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge!

How fit do I need to be?

The 25km route has been graded as Tough (2) on our challenge grading scheme, and the 50km route has been graded as Extreme (3). Both routes have been designed to push your boundaries - however they are achievable by most people as long as you fitness train beforehand. Remember, you are trekking 25km or 50km in one day - the fitter you are the more you will enjoy this challenge. A full training guide will be included in your welcome pack and is available to download via our website. We also run training weekends throughout the year - a fantastic opportunity to meet other participants and train together before the event.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy, or other various medical conditions. If you have any doubts regarding your suitability for your challenge, please contact our office to speak to one of the team.

What is the challenge grading scheme?

All our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Do I need specialist kit?

We will provide a kit list of what to take once you register to take part. Apart from some broken in trekking boots and some waterproofs you do not need any specialist kit.

Do I have to carry my own luggage?

No – all you will need is a small day pack while trekking to carry items such as a camera, energy snacks, waterproofs, warm clothing, etc.

Food Matters...

A hot meal halfway through the route is included for 50km participants, and at the end of the challenge for 25km participants. We cater for most dietary requirements as long as we know in advance – just fill out the appropriate section on your registration form.

What support is there on the challenge?

There will be a strong support team with professional Global Adventure Challenges leaders. A full, comprehensive first aid kit will be taken. Mobile phones and VHF radios will be used to ensure our safety and security at all times.

What happens if I get tired?

You can stop for drinks and snacks as and when you need to. A guide will be bringing up the rear of the group ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... What do I do now?

You can register online at globaladventurechallenges.com and payment of the registration fee is due at time of booking. Once your registration is received, we will get in touch with further information on what to expect from this awesome adventure! Your charity will also be in contact to discuss your fundraising.

