



Hadrian's Wall Trek, Q&A

How big is the group?

There will normally be a minimum of 20 people and a maximum of 80 people taking part to comply with the Institute of Fundraising standards to minimise the impact on local communities.

Individual teams will be no larger than 12 people to minimise the impact on the wilderness environment in which the challenge is taking place.

What will the accommodation be like?

For the duration of the challenge we will be staying in high quality three man tents with an additional porch. These will be shared by two people.

The tents will be pitched on a local campsite near to the wall that has good facilities for washing and showering.

Do we need to take our own sleeping bags?

You will need your own sleeping bag and or bag liner to keep you warm in your tent.

What are the toilets and washing facilities like?

The campsite that we will be staying at has a good level of facilities and which include a modern washing block which is finished to a high quality.

Whilst on the walk there will be opportunities to use toilet facilities at different locations en-route.

Will my valuables be safe?

We will do everything to provide you with adequate safe storage for your possessions; however we cannot guarantee security so you will need to take responsibility for your possessions. We do believe in the rule that if you don't need it, don't bring it. This is also due to the limited space that you will have during the challenge.

What is the food and drink like?

On the trek you will be provided breakfast in the morning before you set off for your day's walk and an evening meal upon your return.

Our meals have been designed by a sports nutritionist and prepared by professional caterers to ensure that you have tasty meals that meet your energy requirements and keep your morale high for a tough challenge.

You will be provided with all the drinking water that you need for the challenge. You may wish to supplement with snacks that are high in energy.

You will need to provide your own packed lunches.

Who will be leading the group?

You and your team mates will be guided along the route by a guide

All of our guides are qualified mountain guides and are mountain first aid trained. The lead instructor will be responsible for everyone on the trip and will have the final decision on the itinerary, giving thought to things like bad weather conditions.

How fit do I need to be?

Training and fitness is definitely required for this challenge which is rated as challenging. As long as you lead a fairly active and healthy lifestyle you should be able to complete the challenge with enough time to prepare. See the notes on fitness for more details.

What happens if I fall ill, can't keep up or there is an emergency?

We have qualified first aid guides on the walk to attend to any emergency. We have satellite phones which give us permanent telephone cover to allow us to call emergency services should the need arise. Your teams will be tailored to ensure people have a similar walking pace where possible.



What is included in the cost of the event?

Your registration fee includes:

- Hadrian's Wall Trek T-shirt
- Mountain Whistle
- Bivvy Bag
- Rucksack Liner
- Donation to national parks for the parks upkeep

You will also find that each team will be given group equipment to help them complete the challenge:

- Group Shelter
- First Aid Kit
- Route Cards and Compass
- 2 x VHF Radio
- GPS Unit

Depending on the event provision taken by your charity you will have the following included:

- New minibuses and fuel included
- Fully catered; 2 dinners and 2 breakfasts
- guides

What is not included in the cost of the event?

Your essential kit list, which include hiking boots are personal to each individual so we ask that you provide these yourself.

Personal Travel Insurance is not included. If you wish to have this covered then you will need to make your own arrangements.

You will need to bring along packed lunches for each of the day's walking and supplementary snacks for your challenge to give you the necessary energy that you need.

Do I need spending money?

You won't need much money, but you will need some for incidentals along the way, £30 would be sufficient.

What do you do to protect the environment?

All our events are carbon offset so that you know the even is carbon neutral.

We make donations from our income to the national parks. They keep the paths from eroding and look after the countryside we enjoy on our challenges.

We keep groups to a minimum to reduce the effects that our challenges have on the land whilst also being considerate to the local communities.

We're sure not every question you might have has been answered here – if you have any questions not covered please contact us at info@gbcharityevents.co.uk