

CoppaFeel!
breast cancer awareness



TRIP NOTES

COPPATREK! SOUTH DOWNS CHALLENGE UK

Sat 17 May 2025





In aid of CoppaFeel!

17 May - 17 May 2025

CoppaFeel!
breast cancer awareness

1 DAYS | UK | TOUGH

Over the years CoppaFeel! Participants have taken part in some of the most incredible challenges, both overseas and in the UK. To celebrate everything that you have achieved over the years we are putting on this exclusive alumni challenge for everyone who has taken part in one of our previous CoppaTrekks!

You'll be joined by the Coppafeel! Team, Gi and a whole host of your favourite Charity Challenge leaders from across the various years. This will be a great opportunity to meet up with old friends and remember all of the incredible stories from your adventures whilst also creating some new ones!

The South Downs is one of the UK's best adventure playgrounds and you will have a choice of two different trekking distances. For those wishing to test themselves, but perhaps in a slightly more leisurely fashion, then there is a half marathon distance (21.1km). Whereas for those wishing to recreate those epic CoppaFeel! Challenge days there is a full marathon distance (42.2km). On each route you will be led by the fantastic Charity Challenge leaders. You'll be met at the finish with a celebration drink and then a meal where we can all celebrate and reminisce in equal measure.

- Exclusive challenge for past CoppaTrek! participants
- One day of trekking around the stunning South Downs
- Join some of your favourite Charity Challenge leaders from across the years
- Choice of two trekking distances. Half or full marathon.
- Support CoppaFeel!'s mission to ensure that all breast cancers in young people are diagnosed early and accurately

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 17 May

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Day of the challenge!

Your challenge will begin right in the heart of the South Downs. For those taking part in the full marathon route then it will be an early start. After meeting up with all your fellow trekkers there will be the full safety briefing with your leaders before the trek begins. The South Downs is home to some of the very best trekking that the UK has to offer and your route will take in many of the highlights of this incredible landscape.

For those taking part in the half marathon route, you will have a slightly later start. Your route will follow a similar route to the full marathon but will loop back to the start after the appropriate distance. Along the route you will be supported by CoppaFeel! and Charity Challenge walking leaders.

At the finish line you'll be greeted by a celebration drink and meal where there will be lots of time to catch up with old and new friends.

The outlined itinerary is given as a guide only. Charity Challenge reserves the right to make any amends necessary to this itinerary.

NB

Please note: The outline itinerary is given as a guide only. Charity Challenge reserve the right to make any amendments necessary to this itinerary.

All routes are liable to change depending upon weather and the condition of the footpath.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather and the group's ability etc.

Costs

Pay a non-refundable registration fee of **£30** when you book and pledge to raise **£250.00** for CoppaFeel!

We know that fundraising large amounts can be daunting! But the friendly CoppaFeel! team will be on hand to offer you support in the build up to the trek.

What's included?

Before you go

- Support materials (itinerary, kit list, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock and other stores

On your challenge

- All challenge management before, during and post event
- A bespoke and fully supported route, designed and managed by our trek provider, Charity Challenge
- Charity Challenge Trek leaders and medical support
- Water, packed lunch, snacks and celebration buffet
- Breakfast before the challenge
- A medal and a celebration drink on finishing the route!
- A free CoppaTrek! T-shirt to wear on the day
- Charity Challenge buff
- The option to camp on-site at a small additional cost in on the Friday and Saturday nights
- A friendly team to support you every step of the way with fundraising tips and ideas
- The chance to make new friends and to save lives!

What's not included?

Before you go

Travel to and from the challenge start/finish point

On your challenge

Accommodation during the challenge. There is the option to camp on-site at a small extra cost.

The Details

Fundraising Deadlines

You will need to send your sponsorship money to the CoppaFeel! as you raise it.

You need to raise a minimum sponsorship amount of £100 to be received by CoppaFeel! 4 weeks before events date (by 18/04/25).

If you have raised the necessary funds, CoppaFeel! will then pay the balance of your challenge costs. Anyone who has not raised the minimum sponsorship by the deadline, will not be booked onto the trek and their place will be withdrawn, and deposit will not be refunded.

You will then pledge to raise the remaining sponsorship of £250 (not including Gift Aid) in total for the challenge within 4 weeks of completing the challenge (by 13/06/25)

Typical group size

The typical group size is 300 - 500 participants

Level of difficulty

The CoppaFeel! South Downs Challenge involves between 7 and 12 hours of trekking, depending upon the distance you choose to undertake. It involves a good level of fitness, and you'll need the endurance to trek for that length of time. The terrain follows mainly good quality footpaths, but the nature of any trekking in the UK means that in places these can be muddy and steep. This is a varied challenge as your routes involve continuous ascent and descent throughout the day. At times the walking is remote and away from roads and immediate access to support vehicles.

Accommodation

Accommodation is not included for this challenge; however, we would encourage as many people as possible to join us and camp at the challenge location to create a real CoppaTrek! Festival vibe! This year we have a beautiful campsite all to ourselves with the camping field situated around a wonderful little lake and a small converted barn to help us relax with a drink or two around the campfire.

To help create a really special feel to this challenge we have arranged for a special welcome dinner to be available on the Friday night of the challenge along with a special welcome talk from the CoppaFeel! Team and your Charity Challenge leaders. We are planning to make this welcome talk a celebration of all things CoppaTrek!, with lots of shared photos and stories.....there will also be a bar available to help us make it a special evening (although not too special, there is still some serious trekking business for the following day!) Those people camping will also be able to take part in early registration on Friday evening so that you already have everything ready to begin the trek on Saturday morning.

Please note: The Friday evening dinner, welcome talk and early registration is ONLY available to those people choosing to camp. We are unable to offer this to people who are not staying at the campsite.

If you would like to book camping accommodation then you will be able to do this via Charity Challenge, and we will share information on how to do this shortly.

We are offering two different camping packages for this years trek:

Friday night camping and welcome dinner - £45

Friday and Saturday night camping PLUS Friday dinner and Sunday morning breakfast - £75

Please wait for the charity challenge booking link to be shared before booking camping. If you book this through the campsite directly, you will not be part of our group booking.

Space at the campsite is limited, so all tents need to be appropriate to the number of people staying in them (ie: please don't bring a giant 8 person family tent if it is just you staying!) You are required to bring your own tent, and all sleeping equipment, for this challenge.

If you do not wish to camp then there are lots of other local accommodation options available.

Please note: Each person wishing to stay at the campsite must make their own booking. Charity Challenge are unable to accept people paying for multiple places at the campsite.

Please note: Please ONLY book camping via Charity Challenge. Please do not book with the campsite directly as otherwise you will not be part of our group booking.

Training

This is a tough, endurance challenge that requires everyone to have taken their training seriously. It involves an early morning, and a long day of walking with sustained periods of ascents and descents. It is certainly not for the fainthearted, and it should ideally be undertaken by someone who has trained on similar terrain within the UK.

Even if you are active and exercise regularly, it's good to adapt your training towards this particular 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 12 weeks 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.

Your training should include some hills so that you can be comfortable with the ascent and descent experienced on this challenge. There is no substitute for walking in the hills so try, if possible, to get out on a weekend and train in an area with steep hills. The more you exercise before the challenge, the more you will get out of it.

For challenges that involve steep terrain such as hills or mountains or even the coast, 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.

Focus on building up the distance walked so you are comfortable walking long distances with limited breaks. You should aim to walk at 4kmph as this is the speed we usually walk at to complete our marathon distance challenges.

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 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 via the CoppaFeel! team. This has been tailored specifically

for the CoppaTrekks after many years of experience!

Adequate training for this challenge is very important, and will increase the likelihood of you being able to complete the challenge in full.

How will the trek be managed

The route is organised by Charity Challenge (our trek provider). Charity Challenge will be responsible for the route, logistics, health and safety in the run up to, and on the day of the trek.

This is a fully route marked challenge. Clear route marking arrows will be used on both routes which you should use to follow the route.

You will be accompanied at various points of the route by Charity Challenge fully qualified walking leaders, who are all first aid trained. CoppaFeel! Staff will also be dotted along the route at various checkpoints.

We are expecting around 400 people to be taking part in this challenge over the two different routes. Both routes will be clearly route marked and you will be required to follow the route arrows to complete your chosen route. Charity Challenge walking leaders will also be walking the route at regular intervals, should you wish to join them.

Each distance will be set off in waves based on walking speed. If you wish to walk together with friends etc then this is no problem, just make sure you select the same wave time, so you are allocated together!

You will be given a specific event phone number to call, should you have any problems along the route.

One month prior to the challenge you will be sent precise details of the route including links to online maps.

Please note that this event is not designed as an event for individuals to race. It is designed to be a supportive fun challenge, with like-minded people, all raising money for CoppaFeel!, supporting each other throughout the challenge.

Weather

The weather in the South Downs can be extremely variable so please read your kit list carefully and make sure that you bring all essential kit.

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may

require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have more rest breaks.

Terrain

The terrain mainly follows good quality footpaths but the nature of any footpath, means that in places these can be muddy and indistinct. There is continuous ascent and descent throughout the day. Walking is remote and away from roads and immediate access to support vehicles.

There are several sections where there are short but sharp sections of ascent or descent. However, none of these sections are sustained for more than around half an hour.

Challenge Timings

Full marathon

On the day of arrival, you should plan to arrive at the start for 6am. There will be a safety briefing from your leaders before the trek begins at 6.30am. This is a long day of trekking so it is extremely important that everyone arrives on time so that we can begin promptly. We anticipate that the trek will take between 10-12 hours to complete. We will plan to have everyone back at the finish by 6.30pm at the latest. Exact timings will be confirmed one month prior to the trek.

Half marathon

For those trekkers taking part in the half marathon route then you will need to arrive at the start for 10am. Your trek will begin at 10.30am. We anticipate it will take you between 7-8 hours to complete this route, with the plan being to finish at a similar time to those who have undertaken the full marathon route.

Important information regarding trek timings

For both the full and half marathon routes there will be designed cut-off times that ensure that we can keep the trek running smoothly. There will be a Charity Challenge leader as a back marker, who will make sure that everyone is finished by 6:30pm.

This gives everyone ample time to complete the challenge. All leaders' decisions regarding cut-off times will be final, so we ask that you please respect any decisions they make - as it's to keep the group safe!

Please note: Precise details and timings will be made available in your Final Details that are sent out one month prior to the challenge.

All routes are liable to change depending upon weather and the condition of the footpath.

The timings offered in this itinerary are offered as a guide only. Precise timings during the challenge may vary depending upon things such as weather and the group's ability etc.

Getting to and from the Challenge

Your challenge will be based in the South Downs at the beautiful Little Downash campsite (Postcode: BN27 2RN) which is situated just north of Eastbourne. Please visit the campsite website [here](#) for more directions.

Camping and parking will be available on site.

Parking will be on the fields around the campsite, so therefore the ground can be rough and uneven as well as muddy.

We would ask everyone to consider arranging to share lifts whenever possible to reduce the environmental impact as much as possible.

Leadership

You'll be reunited with many of the previous Charity Challenge leaders!

The Charity Challenge leaders will not lead a team as usual, but will be walking the route at various points, and will be there to support you, should you need them.

Charity Challenge leaders have a broad range of backgrounds and experiences and are there to keep everyone safe and happy. We always ask all our participants to respect any decision that any of the leaders has to make - they know their stuff!

Safety during the CoppaTrek!

Ahead of the trek, please read the following safety information provided by Charity Challenge, our trek provider:

- Save the event number to your phone in case of any problems.
- Familiarise yourself with a navigation app that will help you follow the route.
- Make sure you have all the kit listed as essential on the kit list. Although the challenge takes place in May, the UK's weather can be extremely variable, so we recommend that everyone carries a hat and gloves - trust us - you may need them!

This is a significant physical challenge over a prolonged period. Please make sure that your fitness level is suitable to take on the challenge.

If you have any questions on the safety of the event, please email us on events@coppafeel.org

Accessibility

We try to ensure our treks are as inclusive as possible, and will do our best to accommodate those with health conditions or disabilities. Unfortunately, our CoppaTrek!'s are not wheelchair accessible and may be inaccessible for some disabled people. If you have any questions about accessibility for the challenge, or think that there is anything Charity Challenge can do to make the challenge more accessible/comfortable for you, then please email us on events@coppafeel.org.

Food and Drink

Upon arrival at registration in the morning there will be a hot breakfast roll and hot drinks available. However, please ensure you have already eaten a hearty breakfast before arrival as this breakfast roll is really just aimed at being a final bit of energy before you begin your trek.

At registration you will be provided with a packed lunch to carry with you. Approximately every 3-4 hours there will be a checkpoint with water and snacks available.

At the finish there will be a celebration meal provided for you. We would also recommend that you bring with you some of your favourite snacks to keep you going!

Due to the remote nature of the trekking routes, you will need to carry all your drinking water with you each day. There are no re-fill points available. We would recommend you carry between 2 and 3 litres, depending on weather conditions.

We can easily cater for most dietary requirements. Please indicate your dietary requirements on your booking form. If you have any concerns about this then please don't hesitate to contact us on events@coppafeel.org.

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

During this challenge you will need to have one day pack that you use to carry everything you need for the day of trekking.

What to carry during the day? This challenge takes place in a remote environment, away from roads and immediate access to the support vehicle. It is therefore extremely important that you come prepared with the correct kit for this challenge. Please ensure that your waterproof jacket can keep you dry when subjected to rain for several hours at a time (although we hope in May it won't be needed), and that you also have waterproof trousers, as legs get just as wet as tops. Footwear should also be waterproof and most importantly should have good grip. Sports trainers are not appropriate for the terrain of this challenge. We also ask you to ensure that you bring with you, multiple warm layers, along with hat and gloves.

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, to make sure are well prepared before heading out on the challenge.

You can find the recommended kit list here. Which has some essential, and not so essential items (glitter!) for you to pack.

Toilets

During the trekking, toilet facilities are limited to the great outdoors. Your leaders will be able to give you advice on the appropriate toilet etiquette when trekking.

Toilet facilities will be available at the start and finish of the trek.

Emergencies

Your leadership team are all 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 leaders. If Charity Challenge find that you are unable to complete the trek, then we will arrange for you to be collected by the support vehicle and taken to the finish point.

Pre-existing medical conditions

Charity Challenge and CoppaFeel! do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review these detailed Trip Notes to get a better idea of what is involved.

Please speak to your doctor or specialist if you have any concerns about taking part.

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breast cancer awareness

CoppaTrek!

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TEAM