



TREK THIS WAY

Put your best foot forward by taking on a charity trekking challenge! We offer a wide range of trekking challenges that enable you to take on the experience of a lifetime. You can hike with us in some of the most iconic locations in the world or choose to enjoy the best of our beautiful country and stay closer to home.

Whether you're already someone who enjoys a good hike or if you're trying it out for the first time, we've got a challenge suitable for you!

TREKKING TIPS

- **Boot up!** A good pair of boots and waterproof clothing are a must. Be sure to break your boots in before setting off on your big walk!
- **Pick the right trek for you!** We've got a wide range of trekking events on our website with different distance options and locations across the UK for you to choose from. Simply get in touch with us to discuss signing up for your preferred trek.
- **Get training!** Walking is an everyday activity but you should still train for your trek and try to go on plenty of long walks in preparation for your challenge.
- **Mix it up!** As well as walking try to incorporate other activities such as swimming or time at the gym to really help build up your fitness and stamina
- **Walk and talk!** Trekking is a chance to get out and about giving you the chance to be sociable, get to know people better and even make new friends



DO SOMETHING DIFFERENT

Why not take on a different challenge and make memories to last a lifetime by choosing an International Trek. From trekking the Great Wall of China to the extremes of the Sahara and Iceland, we will journey with you on these incredible adventures.

DON'T
DREAM
IT!

DO
IT!

