



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

FABULOUS CHALLENGE
TREK TRANSYLVANIA
ROMANIA

Sun 22 Jul - Fri 27 Jul 2018





In aid of CoppaFeel!

22 Jul - 27 Jul 2018



6 DAYS | ROMANIA | CHALLENGING

Since ancient times, the territory of today's Romania has been a borderland of European civilization, strongly influencing its culture and its people who are an exotic mix of Oriental, Slavic and Occidental. Staying in a small Romanian town, we will get to know the locals and their culture, while tackling the rugged wilderness and the region's impressive mountain ranges. And of course you cannot leave Transylvania without the obligatory visit to the castle of Romania's most famous son, Count Dracula.

- Trek with Fabulous celebrity captains, Lisa Snowdon and Tom Fletcher
- Compete in fun challenges within your teams to see who is made of the tougher stuff - #TeamLisa or #TeamTom
- Raise vital funds for CoppaFeel!
- Traverse the spectacular Transylvanian Alps
- Explore Count Dracula's eerie castle
- Climb to over 2,400m above sea level

YOUR CHALLENGE DAY BY DAY

DAY 1 Sun 22 Jul

International departure from London

You will meet your team captains at London Heathrow and travel to Bucharest. Upon arrival in Romania, you will share a three-hour bus transfer to the medieval city of Brasov. You'll be able to take in the impressive Romanian countryside as you head for the village of Bran, where you will set up camp and have your first Fabulous CoppaFeel! team dinner together.

(Please note that today's lunch is not included).

DAY 2 Mon 23 Jul

Trek in Moieciu pastoral area (approximately 5-7 hours)

You'll wake up with a sense of excitement and anticipation as you get set to begin the first day of trekking! You'll start the day by heading off into the outstandingly beautiful Bran-Rucar Corridor, nestled in the hilly region between Bucegi and Piatra Craiului Massifs. The views of the sweeping hills and mountainous terrain will leave you breathless as you marvel at the exquisite beauty of this alluring region. The route takes in some of Romania's richest pastoral areas, dotted with shepherds' huts and impressive forests. The uninterrupted views of the most spectacular massifs in the Southern Carpathians will spur you on, before returning to Bran for dinner and another night at the campsite. Fabulous Challenges are becoming known for holding challenges between the two celebrity captains and their teams. After dinner you may well find a few surprises await!

DAY 3 Tue 24 Jul

Dracula's Castle (approximately 4-5 hours)

After breakfast, you will visit Romania's famous landmark, Bran Castle. Originally built in the 14th century, Bran Castle (more famously known as Dracula's Castle) was renovated in the 19th century by the Romanian royal family. You'll get the chance to look around and explore the castle during daylight hours (while Dracula sleeps!) before heading off to start your day's trek. From the castle, you will leave by foot to head directly up to Mugura alpine village. The trek then winds its way through a beech forest, before reaching an open ridge and then descending down to your campsite where you will enjoy another group dinner, and for a chance for last night's winning team to prove it wasn't just beginners luck!

Today there will also be time to learn about the fascinating project that the Romanian government conservationists have undertaken to protect the welfare of their wonderful native wildlife; including wolves, bears and the mystical lynx.

Overnight at campsite.

DAY 4 Wed 25 Jul

Bucegi Massif (approximately 7-8 hours)

Expect to be challenged as you embark on your journey towards the western wall of the Bucegi massif. Today's challenging route begins in picturesque Gutanu, as you climb a steep ride at more than 2,000m above sea level. It's onwards and upwards to the day's highest peak - Varful Batrana (2,189m) - where you will enjoy the panoramic

views and high elevation. After a picnic, you'll descend from Strunga Saddle to the village of Moieciu de Sus before heading back to your campsite for dinner and a chance to relax ahead of your final day's trek.

DAY 5 Thu 26 Jul**Piatra Craiului National Park (approximately 7 – 8 hours)**

Setting off from the foot of King's Rock Mountain in Piatra Craiului National Park for the final day. The route heads through deep and shaded gorges, then climbs through beautiful natural forests leading to alpine meadows where shepherds spend the summer with their flocks. A wonderful view point marks the start of our descent towards the hay meadows of Sirnea village. From here on, you'll explore country lanes and secret footpaths on our way to the platform of Fundata (the highest town in the country), where you arrive at your finish line victorious! Your accommodation for the final night is also here as - for one night only - you'll be leaving the canvas behind and enjoy the comfort of a nice warm bed. Once you've completed your incredible challenge, you will have time to freshen up ahead of your celebratory dinner where you can mark your amazing achievements! Overnight stay in hotel.

DAY 6 Fri 27 Jul**Depart for UK**

Proud of having conquered the Transylvanian Alps, you'll transfer back to Bucharest for lunch and some sightseeing, (time permitting) and then board your flight back to the UK. Saying goodbye to new found friends and trekking partners will be tough, so be sure to exchange contact details before parting ways.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

Minimum sponsorship

Registration fee of £295.00 when you book.

Raise a minimum of £2,220 for CoppaFeel!

What's included?

Before you go

- 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)
- A-Z of fundraising ideas
- Fitness training notes
- 16 and 20 week trek training schedule
- Warm up exercise routines
- Access to training weekends (optional and at additional expense)
- Discount on personal equipment from The Outdoor Shop, Outdoohire, Cotswold Outdoor and Nomad Travel Stores
- Public liability insurance
- Risk assessment and emergency management planning
- Fundraising advice

On your challenge

- International flights to and from the UK (including all known UK air taxes at the time of costing)
- A Charity Challenge T-Shirt
- All challenge management before, during and post event
- Accommodation
- Equipment (eg. tents) as per the challenge activity
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guides and drivers
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Internal road and air transfers as per the itinerary
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects

What's not included?

Before you go

- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

On your challenge

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

The details

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 13/05/2018), and the remaining 20% within 4 weeks of completing the challenge (by 24/08/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. If the air taxes increase between the time of costing and your departure, we will absorb up to £28 (depending on the challenge) before passing on any increased costs. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 40 - 60 participants

Optional extras

- Trek training weekends*
- Extensions at end of trip*
- Travel insurance
- Business class upgrades*

(*subject to availability)

Travel insurance

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £37.00.

Level of Difficulty

The Trek Transylvania is graded as “challenging” that will test you both mentally and physically. You should not undertake this challenge without sufficient training.

You can tell your supporters that on your Trek Transylvania you will be:

- Trekking for around 5-8 hours per day
- Camping in the great outdoors
- Ascending peaks of over 2400m above sea level
- Conquering the Transylvanian Alps

Group Size

Estimated group size is 40-60 participants. You will also be supported by the local ground crew in Romania, as well as experienced and highly-qualified UK expedition leaders, a UK doctor, your celebrity team captains and the team from CoppaFeel! and Fabulous magazine.

Leadership

We employ a number of experienced and qualified challenge leaders, all of whom speak English and have first aid training. They will ultimately be responsible for the running of the itinerary and the safety of your group. Please do listen to the advice and instructions from your leaders, and approach each day with a flexible mindset. Itineraries may be subject to change depending on a number of factors, and the leaders will always prioritise the safety of the group first and foremost.

Typical day

You will wake early in camp, and in plenty of time for breakfast. You will make a packed lunch for the day ahead and ensure you have plenty of drinking water. Hiking will start around 0830hrs. The number of hours spent hiking will depend on the weather conditions (which are extremely unpredictable) and the size and ability of the group. There will be plenty of refreshment stops, and visits to places of natural beauty and interest. In the evening you will arrive back at the campsite where you will relax before seeing what delights the Fabulous and CoppaFeel! teams have in store for the two teams!

Accommodation

During the challenge, you will be staying at a local campsite in Bran. After a long day's trekking, you will be able to socialise and relax, as well as enjoy dinner and take part in campsite activities. There are shower and toilet facilities onsite. Please be respectful of other guests, especially with noise-levels in the evenings, and keep all areas clean and tidy.

On the final night of your expedition, you will be staying in a beautifully located hotel with great views of the surrounding mountains, allowing you to marvel at your achievements of the week!

Food & Drink

The food will be very filling and nutritious! Breakfast will consist of eggs, ham, cheese, jam or honey and tea/coffee. Lunches are picnics with meat, cheese, fresh vegetables and fruit, chocolate or cookies. Dinner will be plentiful too, with lots of carbohydrates and protein. Plenty of drinking water will be available to keep you hydrated. You may want to bring some extra snacks, such as tracker bars, nutrigrains, dried fruits etc. All dietary requirements can be catered for, and you must let Charity Challenge know at least 4 weeks prior to departure if you have any specific dietary requirements or allergies.

Toilets

There will be toilets and washing facilities available within in the campsite. Toilet paper is provided; however, you should also bring your own supply for during the day whilst trekking in the mountains.

Phone and WiFi

You should have good phone reception in parts of Romania, but this will be intermittent when trekking in the mountains. Do check your international roaming tariffs with your telephone network provider before you travel.

There will be communal charging facilities at the campsite for electronics. However, with such a large group it will be in significant demand. We recommend bringing your own portable charger to ensure your devices remain charged for the duration of the trip.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand 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 activity itself. Your welfare is paramount!

In terms of your Trek Transylvania, there are a couple of important points that you should be aware of:

- The altitude in the Transylvanian Alps
- Varied and challenging terrain
- Camping

It's important to take an EHIC (European Health Insurance Card) with you in case you require hospital treatment at any stage during the challenge.

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

The event is not run as a race and there is always a large discrepancy in people's walking ability. This is allowed for,

and we encourage *all* participants to support one another throughout the trek. This is an enormously inclusive event, with plenty of encouragement and support from the team leaders. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find somebody is unable to walk at all, then we can transport them from one location to the next with the help of our staff. Throughout the challenge, back-up support will be close by.

Vaccinations

For up to date vaccination information please log on to the NHS Government website 'Fit for Travel' at: <http://www.fitfortravel.nhs.uk/home.aspx>. UK citizens require no compulsory immunisation. Vaccines sometimes advised: hepatitis A, tick-borne encephalitis. Please check with your GP for the very latest recommendations.

Climate

Early mornings may feel chilly at first, but warm up considerably as soon as the sun rises. Whilst we have chosen the best seasons for trekking, rain and cloud, and even hail, cannot be ruled out. Night skies are usually clear and starry. As soon as the sun sets, the temperature drops radically and may drop below zero degrees. On the mountain, you will be trekking in very clear air and will need strong UV protection in particular for your skin & eyes.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. 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, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg injuries or niggles. 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.

Visa

A full passport is required with six months to run from the end of the challenge, but no visa is necessary for British Citizens.

Money

Currency: Romanian Leu. For up to date currency exchange, go to www.xe.com.

Cash: There are ATMs available at the airport and Brasov.

Credit cards: ATMs are generally OK. Credit cards and travellers cheques are reliable. Visa, MasterCard and American Express are the most widely accepted and may be used at cash points. In smaller towns, banks do not necessarily have cash points.

Travellers cheques: Preferably in US dollars or Euros, Travellers' Cheques can be cashed in large banks, some hotels and selected exchange offices but most of them charge considerable commissions. Do not count on cashing cheques outside Bucharest. For travel around the country it is a good idea to carry cash. Small stores and restaurants might accept U.S. Dollars in small denominations (\$1, 5, 10 and 20) but the exchange rate offered will not be the best. Street handicraft vendors prefer Romanian currency.

Spending money: You will not need a large amount of money during this trip. You can't always change your pounds into Romanian Leu (ROL) in the UK, you may have to change it upon arrival. Credit cards are widely accepted and there are ATMs in Bucharest airport and in Brasov (on the first day). To help you budget, prices in Romania are as follows: 70p per beer in a restaurant, 50p per beer in a shop, 70p per glass of soft drink, £5-10 per bottle of wine in a restaurant. Approximately £100 should be sufficient but please take more if you plan to extend your stay or shop a lot!

Tips: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. GBP£5 per participant per trekking day and this should be given to the challenge leader at the end of the challenge who will distribute it amongst the local support team. In bars and restaurants tips are very common and are about 10% of the total bill.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQ's page](#).

Flights

You will be flying from London to Bucharest. The flight will take approx 3 hours. The airline and routing will be confirmed 2 months prior to departure. Your flight tickets will be issued to you on the day of departure at the airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Luggage allowance and valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt). During the challenge your bags will be transported by vehicle. You will not have to carry your main pack.

Whilst we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

Training

A good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be OK "as long as they train regularly over a period of a few months" leading up to the challenge. Although this is a short European trek, don't be mistaken into thinking it is not challenging as it is! The days are long, and the terrain difficult, including some areas where ropes have been added to help trekkers whilst scrambling. No climbing kit is needed nor technical training, however good physical condition and faith in your own strength are essential.

In your Charity Challenge account you will find more comprehensive Fitness Training Notes. You can also look to join one of our [training weekends](#).

Training weekends

We offer superb training weekends across various locations in the UK, from Saturday morning to Sunday afternoon. These training weekends not only help you become physically prepared for the challenge, but our experienced instructors and leaders will talk you through your clothing and equipment, camp craft, health and wellbeing, trekking skills (walking on different terrain/at altitude/at night/using walking poles), teamwork on expedition and many more themes designed to make you get the most out of your challenge. The weekends are great ways for you to get out into the mountains of the UK, while also meeting other Charity Challengers and sharing your experiences.



“

This was an exhausting yet amazing challenge. Scenery was stunning, insight into the life of locals was fascinating and as a group we felt so proud of what we had achieved at the end of each day.

Lynne Brown

“

I had a fantastic time in Romania - the scenery was stunning and the people lovely.

Rachael Gurney

“

The team leaders and doctor where incredible. The support is what got a lot of us through. We where not made to feel bad if we needed the extra help!

Lucy Aerts (Fabulous Challenge, Oman 2017)

CH>RITY CH>LLANGE.[®]

Never a backward step

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall

