

NSPCC



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**TREK TRANSYLVANIA
ROMANIA**

Tue 02 Jul - Sun 07 Jul 2019





In aid of NSPCC

02 Jul - 07 Jul 2019

NSPCC

6 DAYS | ROMANIA | CHALLENGING

Explore the beautiful landscapes of the Romanian mountains on this stunning expedition with NSPCC. You'll trek through beech forests, hike along elevated ridges, and climb up breathtaking mountainsides. Staying in a local campsite, you will get to explore 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 icon, Count Dracula.

Not only will you create unique memories to treasure forever, you will be raising life-changing funds to support the NSPCC's important work to fight for every childhood.

- Traverse the Transylvanian Alps
- Explore Count Dracula's eerie castle
- Ascend to over 2,400metres
- Camp under the stars in the great outdoors
- Raise vital funds for NSPCC

YOUR CHALLENGE DAY BY DAY

DAY 1 Tue 02 Jul

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International departure from London

You will check-in at London Heathrow airport, and travel to Bucharest. Upon arrival in Romania, you will be greeted by the local Charity Challenge team and enjoy a three-hour transfer to the medieval city of Brasov. You'll be able to soak up the impressive Romanian countryside as you head to the village of Bran, where you will set up camp and have your first team dinner together. (Please note that today's lunch is not included).

DAY 2 Wed 03 Jul

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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 impressive forests, and after your long day of trekking you will return to your campsite for dinner and a chance to relax.

DAY 3 Thu 04 Jul

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Dracula's Castle (approximately 4-5 hours)

After breakfast you will visit Romania's most 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 have some time to look around before setting off on your day's hike, which will begin with a climb up to the alpine village of Mugura. The trek winds its way through forests and open ridges, before descending down to your campsite, where you will enjoy another group meal and reflect on your day's achievements.

DAY 4 Fri 05 Jul

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Bucegi Massif (approximately 7-8 hours)

Expect to be challenged as you embark on today's climb to Varful Batrana (2,189m). The route includes a steep ridge at high elevation, and then its onwards and upwards to the day's summit. After a picnic you'll descend from Strunga Saddle to the village of Moieciu de Sus before heading back to your campsite. Today's tough trekking will feel like a significant accomplishment as you enjoy one last night in the campsite before setting off on tomorrow's last day of trekking.

DAY 5 Sat 06 Jul

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Piatra Craiului National Park (approximately 7 – 8 hours)

The route today treks through some deep gorges and flourishing alpine meadows, which is then followed by a beautiful climb to a stunning vantage point where you can soak up the breathtaking beauty of the Romanian Alps. You'll begin to descend towards the village of Sirnea, exploring country lanes and secret footpaths and discovering

the true beauty of Romania's countryside.

Once you've completed your incredible challenge, you will celebrate your accomplishments with a team dinner and overnight stay in a hotel.

DAY 6 Sun 07 Jul

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Depart for UK

Proud of having conquered the Transylvanian Alps, we transfer back to Bucharest for lunch (time permitting) and then board our 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.

HOW TO FUND YOUR CHALLENGE

MINIMUM SPONSORSHIP

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Registration fee of £275.00 when you book

Raise a minimum of £1995.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Discount on personal equipment from Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas
- Template press release
- Sponsorship forms (online and hard copy)
- Fitness training notes
- 16 and 20 week trek/bike training schedule
- Warm up exercise routines
- Access to training weekends (optional and at additional expense)
- Access to "ask the expert" re your kit requirements
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Public liability insurance
- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Fundraising advice

On your challenge

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- International flights to and from the UK (including all known UK air taxes at the time of costing)
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- 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)
- Accommodation during the challenge (usually in twin share)
- Internal road and air transfers as per the itinerary
- A donation to a community project in one of the countries in which we operate

WHAT'S NOT INCLUDED

Before you go

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- 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)

On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

policy details)

- Clothing and equipment listed on your Kit List

THE DETAILS

Registration fee in instalments

The first instalment of £150.00 is due at the time of booking. The second instalment of £125.00 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10.00 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

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 23/04/2019), and the remaining 20% within 4 weeks of completing the challenge (by 04/08/2019). 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 £50.00 (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 21 - 35 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 21 participants. We can run this trip with 10-11 people, but there will be a small group supplement of £75.00. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Trek/bike training weekends*
 Extensions at end of trip*
 Single room supplements*
 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 significant training.

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

- Trekking for around 5-8 hours per day.
- Reaching peaks of 2400m.
- Conquering the Transylvanian Alps.

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.

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.

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.

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).

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](#).

Group Size

Each group is intended to be a minimum of 12 people in order to run and a maximum of 16 people due to the wilderness environment in which the challenge takes place. We can run this trip with groups of 8-12 people, but there will be a small group supplement of £50. This is payable by your charity if you book under the minimum sponsorship or flexi options, and by yourself if you are a self-funder.

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak English. They will ultimately be responsible for the running of the itinerary and the safety of your group.

Climate

Early mornings will 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.

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.

Typical day

You will wake early in time for breakfast. You will make a packed lunch for the day ahead. 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 at pensions/chalet where you will have dinner.

Accommodation

During the challenge, your accommodation will be in a tourist pension in twin rooms. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Do we need to take our own sleeping bags/ mats?

No, there is no need to bring sleeping bags or a mat. Please see Kit List notes.

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 three courses: soup followed by a main course and desert. Plenty of drinking water will be available to keep you hydrated. You may want to bring some extra snacks, such as tracker bars, nutrigains, dried fruits etc. You can buy extra food or alcohol at the pensions/chalet if you wish. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

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.

Toilets

You will have clean toilets and good washing facilities in all pensions. Toilet paper is provided; however, you should also bring your own supply for during the day whilst in the mountains.

Phone and WiFi

You will have a good phone reception. On trekking days, there will be some phone signal at some points.

In the pension you will be able to recharge any electrical equipment.

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 terrain

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. 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 him or her from one location to the next with the help of our staff. Throughout the challenge, back-up support will be close by.

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. To read more about our training weekends, including dates and prices, check out our dedicated page [here](#).



A fantastic but tough challenge. A rewarding experience with fantastic scenery and made all the better for meeting such great friends along the way.

Wendy Hawthorn



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

CHARITY CHALLENGE®

Never a backward step

Any more questions?

Contact us:

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