

CHALLENGE CENTRAL

Events to push your limits





Challenge Central takes great pride in helping ordinary people do extraordinary things together.

To us, challenges are about finishing what you started, overcoming personal boundaries and enjoying the adventure with the camaraderie of others.

Our mission is to share our love of challenges and help more people push their limits to achieve something special.



Our Events

We organise a range of physically and mentally testing challenges.

Cycling

London to Paris
London to Amsterdam
Thailand Tour

Trekking

National 3 Peaks
Yorkshire 3 Peaks
Welsh 3 Peaks
The Welsh 3000s
Snowdon Trek
Kilimanjaro



As well as our scheduled events, we also provide customised trips for groups, companies and charities.

We can adapt all aspects of our adventures to suit the requirements of any group and we can also organise a number of other bespoke trekking and cycling challenges on request.

London to Paris

Cycle from one of London's best known landmarks to the most romantic city in the world, Paris. This 190-mile adventure can be achieved in only three days, travelling through some of the most beautiful French countryside on smooth-as-silk roads. A cyclist's dream! Put yourself to the test with long days of cycling and strenuous hill-climbs – which makes that first sight of the Eiffel Tower even more rewarding.

Itinerary:

Day 1 (65 miles)

The challenge starts from Trafalgar Square early morning. We will head out of the capital towards Brighton, travelling through picturesque Sussex countryside.

From Brighton, we travel east along the coastline towards Newhaven, with stunning sea views and flanked by the famous white cliffs. In the evening we will take you to a Newhaven pub situated near to the port, where you can rest your legs, enjoy a hearty meal and freshen-up before boarding the ferry.

Day 2 (75 miles)

Arriving early hours in Dieppe, we will begin the toughest part of the challenge. We head along the Avenue Verte cycle track in the morning twilight towards Forges-les-Eaux, arriving just in time for a well-earned breakfast at a choice of enchanting local cafés.

From here we continue to Beauvais, passing through several quaint French towns and villages, until we reach our destination in the early afternoon.

For the rest of the day we are free to enjoy the town before the final push to Paris in the morning after much-needed rest in our accommodation for the night.

Day 3 (50 miles)

The last day of this challenge finds us cycling into the heart of Paris. For our hard efforts over the past three days, we are rewarded with simply gorgeous views of the Champs Élysées with the Arc de Triomphe standing proudly in the distance. As we approach France's most famous landmark, the Eiffel Tower, we will cycle past the beautiful Victor Hugo fountain through to the Trocadero.

With our challenge at an end in the early afternoon, you can celebrate your cross-channel triumph in one of the many renowned Parisian bars and restaurants.

The London to Paris Cycle is supported by the Challenge Central team along the way.

You also have the option to have your bikes and belongings transported back to the UK following the challenge – leaving you free to enjoy the sights and sounds of this magnificent city at your own pace.



London to Amsterdam

Cycle to Amsterdam, a true cosmopolitan melting pot, from one of London's most historic landmarks on a 136-mile epic adventure. All this can be achieved in less than 48 hours!

Between these two bustling capitals, long days of cycling await. You will follow a challenging route through some of the most beautiful countryside and coastal areas both countries have to offer.

Itinerary:

Day 1 (83 miles)

The challenge starts from Trafalgar Square early morning. We will head out of the capital towards the port in Harwich, travelling through the lovely, meandering country roads of Essex. Whilst smooth roads will allow us to pick up the pace, the terrain is both undulating and challenging – although we will have refreshment stops at some of our favourite pubs along the way to the east coast of England.

Our evening on the overnight ferry to

Holland is a fairly luxurious affair with restaurants, bars, a cinema and the all-important free wifi onboard! Cabins have en-suite showers, towels and bedding provided.

Day 2 (53 miles)

Our ferry will arrive early morning at the Hook of Holland. From here we embark on a truly magnificent coastal ride before stopping for the ultimate pancake brunch! Once refuelled (and substantially heavier!) we push on for the final 30 miles to the wonderful Amsterdam Art Square where the famous "I Amsterdam" sign is situated.

The London to Amsterdam Cycle is supported by the Challenge Central team along the way, with our vehicle carrying any personal belongings you may need to Amsterdam.

You will also have the option for your bikes to be transported back to the UK following the challenge – allowing you to explore Amsterdam in all of its glory!



National 3 Peaks

Conquer the highest mountain in Scotland, England and Wales in just a single weekend. One of the ultimate tests of physical endurance, mental stamina and effective teamwork.

Overcome physical fatigue as we trek over 25 miles of rough, rocky terrain – battling against unpredictable weather conditions throughout. Climbing Ben Nevis, Scafell Pike and Snowdon (ascending a total of almost 3500m) is a testing challenge but a highly rewarding adventure, which can be completed in either 24 or 36 hours with Challenge Central.

Itinerary: (Based on 36-hour schedule)

Day 1

To start the weekend, you will meet the Challenge Central leaders and socialise with other participants over dinner.

After the meal, we will travel through the night to Scotland.

Day 2

We arrive in the Glen Nevis Valley, where the challenge begins early to ascend the highest mountain in Britain. The climb is steep and strenuous, with breathtaking views throughout. The upper section of the trek, more often than not, is snow covered – adding to the challenge!

Towards the end of the day we regroup and recharge before shortly making our way to Scafell Pike in the Lake District to begin it all again.

Day 3

Equipped with our head torches under the moon and stars, we begin our ascent to the summit of England's highest mountain. Navigate meandering paths marked by cairns in this confusing landscape, which features an impressive backdrop of rugged crags.

As we descend the mountain, the dawning light will shock and awe as it illuminates the mountain scenery around us.

From here, we will be on our way to our final challenge and one of the most spectacular mountain ranges – Snowdonia, Wales.

This climb up Snowdon has some of the steepest ascents in the 3 Peaks challenge, some of the most varied landscapes and stunning views across the massif. You will find yourself walking on rocky terrain – where sheep roam freely throughout on your way to the summit.

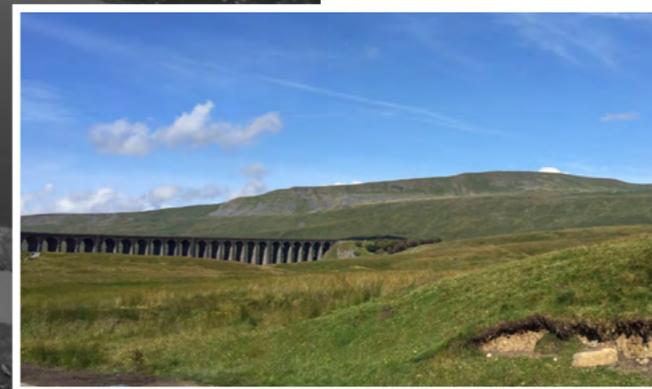
No doubt exhausted yet victorious in completing the 3 Peaks challenge, we head for some well-earned food, drink and accommodation where we can also freshen-up, celebrate and get some much needed rest!

Day 4

You did it! Over a hearty breakfast, challengers can reflect on their fantastic achievement of having conquered “the big three”. We depart Wales early morning, leaving with plenty of time to return home and share your accomplishment with friends and family.



Ben Nevis 1345m (4413ft)
Scafell Pike 978m (3209ft)
Snowdon 1085m (3560ft)



Yorkshire 3 Peaks

The Yorkshire 3 Peaks challenge includes the successful summit of Pen-y-Ghent, Whernside and Ingleborough in the glorious Yorkshire Dales.

The challenge will take you over a range of terrain and walking for a total of 24 miles. You will cover over 2000m (7064ft) of ascent and trek for 12 hours.

Taking in the beauty whilst walking, the challenge will leave you with a great sense of achievement as you conquer the three highest mountains in Yorkshire.

Pen-y-Ghent 694m (2277ft)
Whernside 736m (2415ft)
Ingleborough 723m (2372ft)

Itinerary:

Day 1

Participants are met by the Challenge Central leaders in the public car park opposite the Crown Hotel early morning where a full event brief will be given.

The challenge begins promptly with the first of our mountains, Pen-y-Ghent. From one dramatic scenery to another, we continue to Whernside which on a clear day will give you panoramic views as far as the Lake District and beyond.

Finally, we arrive at our third mountain where we tackle our final obstacle, Ingleborough. Upon completion of the challenge, you are able to make your onward journey home or back to your accommodation.



Welsh 3 Peaks

The Welsh 3 Peaks challenge will see you trek the highest mountain in North, Mid and South Wales.

Chosen for their locations across Wales rather than their height, you will trek Snowdon, Cadair Idris and Pen y Fan in succession for a spectacular challenge.

Itinerary:

Day 1

The meeting point for the challenge is early morning at Pen y Pas Car Park where a full event brief will be provided.

We start walking Snowdon promptly using the Pyg Track. From this spectacular mountain, we will travel by bus to Cadair Idris to witness further amazing views.

Once we have completed the second mountain and with just one left to conquer,

Snowdon 1085m (3560ft)
Cadair Idris 893m (2930ft)
Pen y Fan 886m (2907ft)

we will head south to Pen Y Fan.

With the challenge complete, you will be transported back to Snowdon in order to collect your vehicles for your onward journey.



The Welsh 3000s

To conquer the Welsh 3000s challenge, you must complete the 15 highest mountains in Wales (all over 3000ft) in just one weekend.

The route is approximately 24 miles, but including walking to the start point and down from the finish, the total distance covered reaches more than 30 miles.

This is the toughest trekking challenge we organise and therefore highly recommend completing one of our other mountain challenges before attempting the mighty 3000s.

Day 2

The Welsh 3000s challenge begins early with the first set of mountains, the Snowdon Range.

The second section is known as the Glyders, which presents the toughest ascents of the whole challenge.

From here, we will head back to our accommodation for a well-deserved night's sleep before we complete the challenge the following day.

Day 3

We will begin in the morning and commence the final set of mountains. The Carneddts will push both your physical and mental boundaries to their very limits. This section is tough but if you have made it this far, then you must finish what you started.

After completing the last mountain, your muscles will be tested just a little more with another 4 miles back to the support vehicle.

From here, we will transport you back to the accommodation for you to collect your vehicles and make your onward journey.

Snowdon Range

Crib Goch 923m (3028ft)

Garnedd Ugain 1065m (3494ft)

Snowdon 1085m (3559ft)

Glyder (Glyderau) Range

Elidir Fawr 924m (3031ft)

Y Garn 947m (3106ft)

Glyder Fawr 1001m (3284ft)

Glyder Fach 994m (3261ft)

Tryfan 918m (3011ft)

Carneddts (Carneddau) Range

Pen yr Ole Wen 978m (3208ft)

Carnedd Dafydd

1044m (3425ft)

Carnedd Llewelyn

1064m (3490ft)

Yr Elen 962m (3156ft)

Foel Grach 976m (3202ft)

Carnedd Gwenllian

926m (3038ft)

Foel-fras 942m (3090ft)

Itinerary:

Day 1

We will meet all challengers at the accommodation in Snowdonia early evening where we will have a meal together and spend the night in order to prepare for the trek ahead.

Kilimanjaro

Take on the world's tallest freestanding mountain on a seven day trek of a lifetime with Challenge Central.

Gazing from the top of the mountain, Uhuru Peak, is a truly unforgettable experience with arguably some of the best views on the planet. The ice-capped summit is over 3.5 miles above sea level; making it one of the largest volcanoes ever to break through the Earth's crust.

The Roof of Africa is not a challenge to be taken lightly, although acclimatisation permitting, any reasonably fit person with some hiking experience can reach the summit with our supportive mountain crew. We have selected the Machame route, not only for the best chance of successfully summiting Kilimanjaro but also for the incredibly varied and diverse landscape including tropical rainforests, shrubby heathlands, alpine deserts and finally on to the arctic capped summit.

Itinerary:

Day 1: Arrival / Hotel

The adventure begins from the Mount Meru Hotel in Arusha the day before the first mountain trek. Kilimanjaro Airport (KIA) is the only option via the air to the area where you can arrange a taxi to the hotel or book a direct transfer with us for a Challenge Central representative to meet you at the airport.

Upon arrival at the hotel, you will be able to settle into your accommodation – after which your guide will conduct a compulsory kit check and team brief at 16:00. Please note that in the interests of safety, you will be required to hire the correct equipment at extra cost should you fail to supply your own. The meeting will allow introductions to our full team, as well as discuss the itinerary, your key contacts and safety expectations. The remainder of the day can be spent at your leisure, preparing for the days ahead. You may simply wish to lounge around the hotel with a cool glass of Kilimanjaro lager after your flight but we also recommend walking to the local town of Arusha for a visit.

Day 2: Machame Camp (2980m)

The start of your adventure begins with a beautiful drive to Kilimanjaro National Park. If the skies are clear, we should get views of the incredible snow-capped peak we aim to conquer.

We begin at the Machame Gate (1800m), journeying through dense, lush rainforest awash with the sound of exotic birds. We cover a lot of distance along this moist and soggy trail, making our way towards the heather moorland and the Machame Campsite where we spend our first night. *Trekking time is approximately 5 – 7 hours covering 11KM*

Day 3: Shira Cave (3840m)

We will continue ascending towards the Shira Plateau, leaving the rainforest behind us. Travelling through the "Giant Heather" zone, we cross a small valley – walking along a steep, rocky ridge.

In clear weather, you will enjoy spectacular views of the mountain summit, shortly before we bunker down at the Shira Cave for some well-deserved food and rest.

Trekking time is approximately 4 – 6 hours covering 5KM



Kilimanjaro
5,895m (19,341ft)



Day 4: Barranco Hut (3950m)

From our camp, we continue further up the ridge – passing the junction towards the peak of Kibo. The trek becomes increasingly more difficult with each step as the combination of increasing gradient, rocky scree and high altitude starts to take its toll.

We eventually ascend to 4630m at the Lava Tower, before descending to the Barranco Camp at an altitude of 3950m. This is an essential step in the acclimatisation process and you will feel the benefits after some much needed sleep.

Trekking time is approximately 5 – 6 hours covering 10KM

Day 5: Barafu Camp (4550m)

Amidst the alpine desert, we make a 200m scramble to the top of the Great Barranco Wall – to be rewarded by a truly breathtaking view of our awesome journey so far. The route heads downward through to Karanga Valley, traversing the many ridges, boulders and sometimes icy patches that are frequently encountered within this exposed landscape.

We pass through the Karanga Camp and hit the junction that connects with the Mweka Trail – our eventual route down the mountain. We press on towards Barafu Camp through empty and dry landscape whilst battered by the gale winds that roll off the mountain peaks.

There is still a one big walk to go so we recommend an early night, ready for our toughest and final ascent in the morning.

Trekking time is approximately 7 – 9 hours covering 9KM

* An alternative option is available by leaving at midnight to reach the summit for sunrise. This would simply mean less sleep on Day 5 in favour of more downtime in the Millenium Camp on Day 6.

Day 6: Uhuru Peak (5895m) / Millenium Camp (3820m)

With an early start at 6am we are faced with what is both the most

physically demanding and rewarding part of the challenge. With temperatures ranging between -12C and -23C, every step along this rocky scree is a huge effort.

After reaching Stella Point at 5685m, our remaining 1 hour ascent to the mighty mountain summit of Uhuru Peak might be accompanied by falling snow and icy winds. For those who have opted for the midnight start and luckily enough to have a clear day, they will get to witness Africa awakening to a truly mind-blowing sunrise!

At 5895m, we have reached Uhuru Peak – the highest point on Mount Kilimanjaro and indeed the continent of Africa. Quite naturally we will spend some time taking in the unparalleled views and celebrating this monumental achievement. A day like this will stay with you forever.

We eventually start the descent back to Barafu Camp and continue down to Millenium Camp also known as the High Camp, situated at 3820m. After a tough day of 14 hours hiking, we bed down for our final night on the mountain.

Trekking time is approximately 10 – 16 hours covering 18KM

Day 7: Mweka Gate (1980m)

Still euphoric over our achievement the previous day, we descend through the beautiful rainforest one final time.

Our Kilimanjaro adventure ends at the Mweka Gate where we will celebrate over lunch with our entire mountain support crew. With our luggage and equipment loaded, we will board the bus back to the hotel – ready for the most enjoyable and likely well-needed shower you have ever known!

We relax for the rest of the day, where you are free to shop or explore further. In the evening, we will relive the experience over a few drinks. Many who have conquered the mighty Kilimanjaro quite rightly describe it as one of the defining moments of their lives.

Trekking time is approximately 5 – 6 hours covering 13KM

Thailand Tour

Cycling through Thailand – the land of smiles, is an adventure you'll remember forever. The smooth roads are cycle friendly and quiet, the people are extremely welcoming and the vast array of Thai food is absolutely delicious.

Take a route less travelled and see all the beauty Thailand has to offer with 522 miles of glorious cycling from the capital to the perfect beaches of Phuket. We pass plantations, rice fields, temple sites and tropical jungle as well as many traditional villages along the way.

You'll be treated to some truly wonderful scenery as we pedal down the east coast, meander across the country to the border of Myanmar and finally along the west coast of the enchanting county to the lively party island of Phuket.

A Challenge Central leader is accompanied by an experienced and passionate tour leader who is fluent in English, French and German. Additionally, the challenge is supported by English speaking Thai Guides who enrich the experience with their fantastic cuisine selection, knowledge of Thai history and assisting with communication in the many communities we pass.

Itinerary:

Day 1 – Arrival / Hotel (0 miles)

The adventure starts in the phenomenal, brightly lit capital of Thailand, Bangkok.

The first night's accommodation is next to the BTS sky train for easy access from the airport. The hotel has a wonderful rooftop bar overlooking the city lights, as well as an impressive view from the infinity pool bar for some relaxation before the cycling begins.

Day 2 - Petchaburi to Hua-Hin (41 miles)

After breakfast, we meet at the hotel reception where we will meet the full support crew and load up the vans ready for the truly epic adventure.

From Bangkok, we will take an air-conditioned minibus journey of approx. 1.5 hours to Petchaburi, a provincial town just a short way down the coast where we will visit an historic cave.

From there, we will continue in the minibus for another hour where we will find our first resort in Hua Hin. Lunch is served and everyone will have a chance to prepare

themselves and their bikes for some cycling.

The ride will take us out to the Pramburi Dam for an awesome view. During the ride, we will pass farms, plantations and make a short stop at Wat Mongkol, a very popular Buddhist shrine with an image of the famous monk.

Back at the wonderful accommodation, there will be a chance to take a dip in the pool or relax overlooking the beautiful lake.

Day 3 - Hua-Hin to Kuiburi (48 miles)

For the next leg of our cycling tour, we head south along some of the new purpose built cycle paths towards Prachuap Kiri Khan. We pass the 7 Kings monument park where we will find 7 bronze statues built in honour of the Kings of Thailand over the centuries.

During this shorter day of cycling, we will ride along beautiful tropical bays, through national parks and sections of magical tropical forests. Our journey now takes us away from the large tourist area of Hua Hin and heads into areas not often explored by most tourists; now the real Thailand starts to unfold in front of our eyes.



Day 4 - Kuiburi to Haad-Baan-Krut (68 miles)

During today's cycle, we ride through a Thai military base and over an airplane runway. Additionally, we also pass through some very beautiful national park areas, one of which we will stop to visit a scenic waterfall where we break for lunch. There will be plenty of time to soak up and relax within the picturesque surroundings.

Day 5 - Haad-Baan-Krut to Chumphon (86 miles)

For the fourth consecutive day on the bike and the last before the rest day, we will start to really see the tropical environment come to fruition. The waters are home to an abundant of tropical fish and lush forests become plentiful as we meander our way through this fantastic country.

On this leg of the Thailand Cycling Tour, we will pass a large Buddha sitting on the top of a steep hill, which provides a superb panoramic view over the sea and coastline before cycling a little further for lunch.

With the cycling complete, we will arrive at our beautiful accommodation for our double night stay.

Day 6 - Rest Day (0 miles)

With over 240 miles under our belts, the rest day should be a very welcomed sight for the group.

The day is a chance to recuperate after the first half of the cycle tour, enjoy the amazing environment, catch up with washing your kit and take the lactate acid out of legs with a Thai massage.

Day 7 - Chumphon to Ranong (90 miles)

After a good breakfast, we are back on our bikes and heading across the country towards Ranong. This leg of the cycle tour is the longest but the smooth rolling roads and incredible local support will allow the miles to fly by.

Initially we follow the eastern coastline south, before moving inland and shadowing a meandering canal. From here we cross to the west of the country where Thailand borders with Myanmar (Burma). We stop at the Kra Isthmus, which is the narrowest part of the country giving us a great opportunity

to take some photos with the river and forest backdrop of the neighbouring countries. Ranong has many bars and restaurants with lots of venues with live music and entertainment. We stay in a centrally located hotel so we can explore this vibrant town without having to travel too far.

Day 8 - Ranong to Kuraburi (78 miles)

Today's ride offers perhaps some of the best views of the entire cycle tour as we move through the mountains and tropical forests heading deeper south towards Kuraburi. There will be some climbing and elevation, but we will take it at a pace everyone can manage and the guides will be there every step of the way to assist the group.

The accommodation is one of the most unique and interesting of the cycling tour, as we stay in our very own little forest in a fantastic tropical resort. The private bungalows surround a massive lake within a secluded mini jungle.

Day 9 - Kuraburi to Khao Lak (53 miles)

Today we return to more flat terrain giving the legs a rest from the undulations and a better chance to absorb the picturesque villages and rubber plantations we pass on route.

We will reach the seaside resort of Khao Lak, which is a very popular tourist destination with a fantastic beach. Our accommodation is designed around beautiful swimming pools which all interlink together.

Day 10 - Khao Lak to Phuket (58 miles)

Shortly after leaving our hotel in Khao Lak, we will stop at the famous police boat that was washed inland by the devastating Tsunami in 2004, which completely flattened the town. There will be some gentle undulation in the terrain today but the sheer emotion and sense of achievement you will experience when you cross over the bridge to the island of Phuket, makes it worth every pedal revolution.

We continue to our journey's end at the very suitably named Heavenly Beach and we are in no doubt that all will have been touched, inspired and immeasurably surprised by all the wonderful things we have seen and experienced on this cycling odyssey.

Snowdon Trek

Join us for a one-day adventure to the top of the highest mountain in Wales, the mighty Mount Snowdon.

Snowdon is situated in the glorious mountain range of Snowdonia, where on a clear day you will be treated to some absolutely spectacular views.

Conquering the 1085m tall mountain will take approximately 5 hours of trekking up and down the rocky terrain.

With some breath-taking scenery on display throughout the journey, you'll be left with a great sense of achievement as you summit the highest mount in Wales.

The Snowdon trek is also perfect practice if you are taking part in another one of our mountain challenges.

Snowdon 1085m (3560ft)

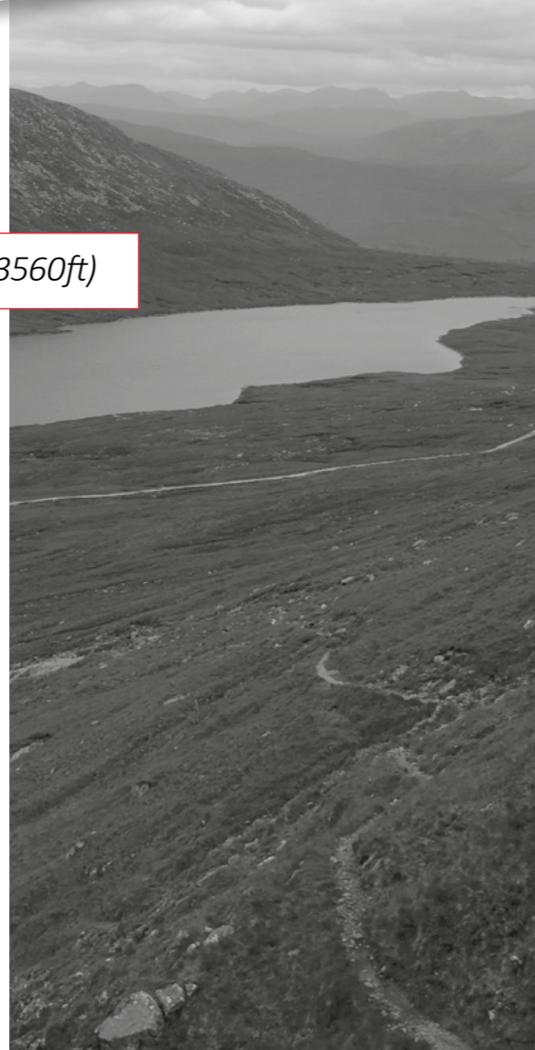
Itinerary:

Day 1

The meeting point for the challenge is at Pen Y Pas public car park mid-morning where a full event brief will be given.

The trek begins after the brief and you will take the Pyg track to the summit.

Subject to the weather being kind to us we will take a stop at the café (30 minutes – 1 hour) before making our way back down using the same route.



Bespoke Challenges

Corporate

Charity

If you are looking for a private group challenge, we can arrange a bespoke trip just for you!

Whether the event is for a corporate team build, charity fundraiser or to celebrate a special occasion with your friends/family, our challenges can be customised to suit your requirements.

From cycling to Europe or trekking mountains in the UK, we can take away the stress of organising such an event leaving you the time to focus on training (and fundraising if applicable to you).



For further information or to receive a quote, contact groups@challengecentral.co.uk.





Has one of our challenges sparked an urge to test your courage and determination? Or perhaps you have an idea for a special challenge organised just for you or your organisation? If yes, get in touch today and we can start planning your big adventure.

For further information on prices, fitness requirements or corporate events, please visit our website or contact us on:

 020 3745 5514

Challenge Central, Muddy Lane
Letchworth, Hertfordshire SG6 3TB

**The itineraries listed in this brochure follow our standard format and are subject to changes. Timings are given as an approximate and should be viewed only as a guide.*

