

# Alpine Challenge 2023

## FAQ's

### Accommodation

#### Where will we be staying?

You will be staying in a 5\* chalet in the Chamonix valley.

#### Can I have my own room?

The accommodation is twin room sharing.

#### Can I leave things in the chalet?

Yes. The bedroom you are allocated is yours for the entire time you are in Chamonix and you can leave anything you don't want on the hike in your bedroom.

#### Can I purchase items if needed in Chamonix?

The chalets we use are located outside of Chamonix, and we recommend you bring everything you need for the trip with you.

### Travel

#### What time do I have to arrive in Chamonix?

Aim to be in Chamonix late afternoon / early evening on arrival day and depart after breakfast on the final day.

#### Where do we fly to?

The nearest airport is Geneva. You then take a transfer to Chamonix and will be dropped at the chalet door. The transfer from Geneva takes approximately 75 minutes.

### Food

#### What will we eat?

3 meals a day are included: The CHX chef will prepare a 3 course meal in the evening, a large breakfast and picnic lunch to carry with you for the trek.

#### Should I bring my own snacks?

Yes. CHX provides 3 meals but you will need additional snacks. Fruit will be available from the chalets but please bring snacks that you enjoy for trekking.

#### I have specific dietary requirements, can these be accommodated?

Yes. We have our own chef providing food in the chalet and for lunches on the trek. We will ask in advance for any eating requirements and do our absolute best to accommodate these.

## Kit

### **Do I need to carry my own kit?**

You will need to carry a day pack with an extra payer, waterproofs etc., 1-2 litres of water and your lunch. In limited circumstances, if you have a specific reason for not being able to carry your kit the CHX team will do what they can to assist.

### **What kit do I need?**

CHX will provide a full kit list. Generally gym / exercise kit is sufficient. You will need a good pair of walking boots with supported ankles and a good waterproof.

### **What size rucksack do I need?**

We recommend a 20-30l rucksack. We recommend having a dry bag inside your rucksack to keep items dry in case of rain.

### **What should I wear on my feet?**

A good pair of (worn in) walking boots are required with some ankle support.

### **Do I need walking poles?**

We highly recommend you use walking poles because it takes effort from your legs both up and down hill, helps to protect the knees, and helps with balance. We do have a few spare pairs but not enough for everyone so it is a good idea to have your own and practice walking with them in advance.

### **How much water do I need to carry?**

This will partially depend on the weather but a minimum of 1.5litres.

### **Can we refill water bottles?**

Plan to have enough for a whole day trekking as you are unlikely to be able to refill during the day.

## Fitness

### **How hard is the hike?**

This is a mountainous trek, and a good level of fitness is required. It is also important to be confident on your feet because some of the trails are rocky and uneven. We may hike some 'off-piste', off the main trails.

### **How fit do I need to be?**

A good level of fitness is required for this challenge. Fitness can be in many different forms, but strength, cardio fitness and endurance are all required. We will be hiking 7-8 hours, up and down hills, carrying a pack. We would recommend you are exercising at least 1 of the following

- 2-3 high intensity exercise sessions per week (interval training; HITT; spin class etc)
- Experience of multi-day hiking in hilly terrain
- Able to cycle / run for 1+ hours multiple days in a row

Please note the fitter you are, the more enjoyable you will find this challenge.

**Do I have time to get fit?**

Yes. If you are starting from a low level of fitness, start gradually and build up. Please take advice from an exercise professional and always consult your doctor before starting a new exercise regime. Simply spending time walking with a weighted rucksack (assuming no pre-existing medical conditions) is a great way to enhance your fitness levels and strengthen key muscle groups.

**Can you help me with a training plan?**

Yes, we are happy to provide a basic training plan but also recommend you speak to an exercise professional who can tailor a plan specifically for you.

**I've not hiked / done anything like this before - does that matter?**

Absolutely not. The only things that are required are a good level of fitness, (or are happy to build your fitness), a smile and a desire to try something new.

## **On the Trek**

**What should I expect on the trek?**

You will be hiking for 3 days with approximately 7 hours of hiking but with plenty of opportunities to stop. A big percentage of this will be uphill. The majority of hiking will be on mountain trails but with some off-trail which could be difficult underfoot.

**What happens if I need the toilet when hiking?**

You will need to find a bush or rock off the trail and away from water sources such as rivers. You are welcome to carry tissues or toilet roll but you must also carry a small bag to take this away with you. You are asked to place a rock over the area you have used.

**Who will Guide us?**

We will have qualified Mountain Leaders guiding the trip. They are experts and hugely knowledgeable about the area. The CHX team will also be on hand to answer any questions.

**I'm afraid of heights - is this a problem?**

Please speak to a member of the CHX team about this but hopefully we can manage this, and it is not something that should prevent you taking part.

**What height will we be hiking to and will I feel the altitude?**

We may hike to over 2500m and you may experience an above usual feeling of fatigue. However, it is very unlikely you will experience altitude sickness at these elevations. Arriving on the trip in a good physical state and avoiding excessive alcohol will help the body adjust to the height.

**What happens if I am unwell on the trip?**

The Guides have full first aid training and in the first instance will do what they can to look after you. In more serious circumstances, if necessary, we would call mountain rescue to evacuate you. It is important you have suitable holiday insurance to cover this and the activity you are undertaking.

**Will I have a mobile phone signal?**

In Chamonix you will have full signal, but not for the whole trek so do not plan any calls or expect to always be able to respond to email while trekking.

### **What will the temperature be?**

It will hopefully be pleasant weather in early October. However in the mountains it is unpredictable and there could be warm temperatures or pouring rain or even snow(!) so you need to plan for this. We will have a more accurate idea of weather closer to the time.

## **Reg fees and fundraising target**

### **Why do I need to pay a registration fee to Spinal Research?**

The registration fee will go a little way to covering the cost of your trek place. This must be paid to Spinal Research, to confirm your place and is nonrefundable.

### **How can I meet my fundraising target?**

There are so many ways you can meet your fundraising target, including asking friends, family and colleagues for sponsorship, holding fundraising events such as bake sales or self-funding the challenge. Spinal Research will be on hand to offer fundraising advice and guidance.

### **Why do I need to create an online fundraising page?**

We ask that every participant create a [fundraising page](#) in their own name. This will help us to see how well you are doing on your fundraising journey and offer help and advice when needed.

## **Any more questions?**

We would love to answer any question you may have!

For more information about the challenge please email Alison at [alison@chxchallenge.com](mailto:alison@chxchallenge.com) or call +44(0)7852735052.

If you have any questions about signing up or fundraising, please email Suzanne at [Community@spinal-research.org](mailto:Community@spinal-research.org)

