



The Children &
Young People's
Cancer Association



Your guide to

CCLG's Big Hike

Expertise.
Progress.
Community.

www.cclg.org.uk



Welcome to CCLG's first ever Big Hike!

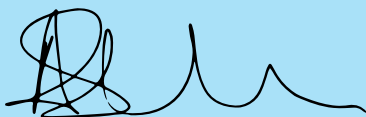
We would like to welcome you all to the first ever CCLG's Big Hike and to say thank you to everyone involved for making this very special event happen.

A huge thank you to you, our fundraisers and walkers, who are helping us to raise funds for our pioneering and life-saving research into childhood cancer. We can't continue this vital work without amazing supporters like you and we couldn't be more grateful.

We have a fantastic day planned for you and we hope that you enjoy yourselves. It'll be a challenge, but hopefully one that will remain with you as something to be proud of.

Once again, thank you for joining us. We are so excited to host this challenge and your support makes both the event and our mission possible.

Have a wonderful day!



Ashley Ball-Gamble
Chief Executive



About CCLG's Big Hike 2025

The Route

This Peak District Charity hike will take you on a beautiful circular route, starting and ending in Hartington.

From Hartington, we'll head south along the River Dove to our first checkpoint in Alstonefield. From here, we head west to our second checkpoint and lunch stop in Wetton. For the third leg of the trek, we head north along the River Manifold and over Ecton Hill before our third checkpoint at Hulme End. The home stretch will then return us to Hartington for a well-earned glass of fizz, a hot meal, medal and celebration!

What's included?

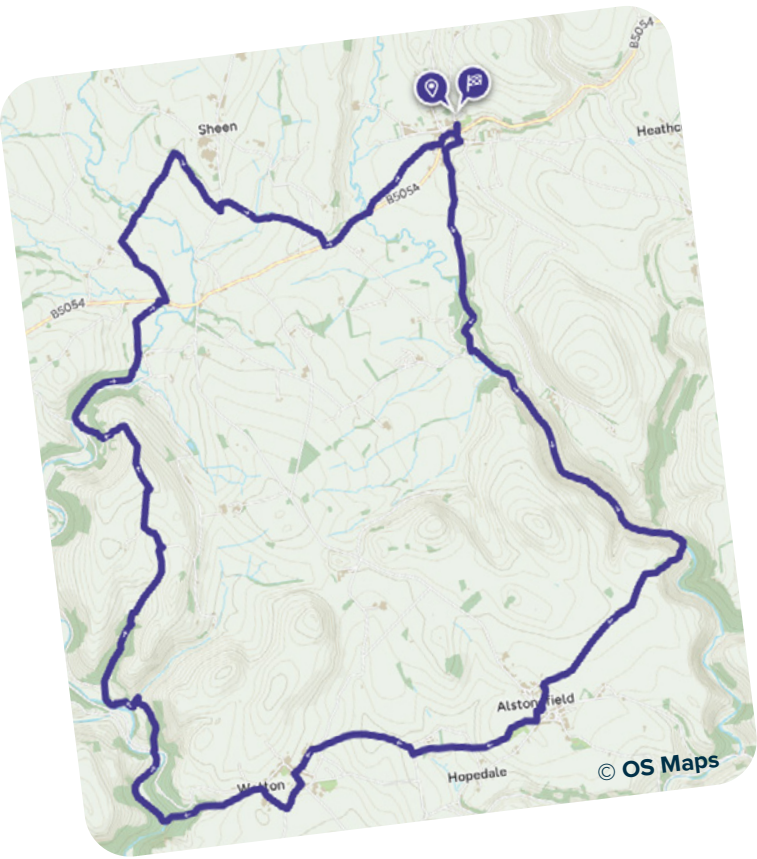
- Event entry and support
- CCLG's Big Hike Event Top (pick this up on the day!)
- Training and fundraising support from your dedicated CCLG Fundraising team
- Lunch and pit stops with snacks and drinks
- Pit stops with access to toilets
- Medical support
- Event Medal
- Glass of non-alcoholic fizz
- Hot Food at the finish line
- Photos

Help us shape a better and brighter future for all children with cancer

What's not included?

- Breakfast on event day
- Transport to and from the event
- Overnight accommodation if needed





Itinerary

8am:	Participant Arrivals
9.15am:	Walker Briefing
9.30am:	Walk Starts
11.30am:	Checkpoint 1 – Alstonefield
12.45pm:	Checkpoint 2 – Wetton
3.45pm:	Checkpoint 3 – Hulme End
5.30pm:	Walkers return to base camp. Collect your medal and glass of non-alcoholic fizz
6pm:	Thank you/Celebration and hot food



Registrations and cancellations

Please register via our website: www.cclg.org.uk/big-hike

We have two different funding and registration options available for this challenge.

Please register before the end of July 2025 to secure your place. JustGiving pages must be set up within two weeks of registering for this event.

Please note: Registration fees are non-refundable.



Walking for CCLG

Participants fundraising for CCLG will help to fund vital research projects looking to develop kinder and more effective treatments for childhood cancer. Every penny you raise matters.

Registration Fee: £40*

*Limited time only: Register now to get 50% off your registration fee and pay only £20!

Fundraising Pledge: £250

Set up your fundraising page:

www.bit.ly/CCLGBigHike



Special Named Funds

Some participants may have connections to one of our Special Named Funds. If that's you, register to take part in aid of your chosen SNF and fundraise for their chosen area of research! Please select your chosen fund on the drop-down menu of the registration form.

Registration Fee: £40**

Fundraising Pledge (participant): £250

To set up your fundraising page for one of our SNFs: A member of the fundraising team will be in touch with a unique link to set up your JustGiving page. This ensures all your fundraising will be ringfenced to your chosen fund.

JustGiving pages must be set up within two weeks of registering for this event or you risk losing your place.

**£20 to be paid by the participant, £20 to be paid by the fund. Please note: As per our T&Cs, if your chosen fund does not wish to pay for your place, you will be automatically swapped to our CCLG funding option. Your money will still come to the charity and help to fund vital research, it just won't be restricted to your chosen special named fund.



Cancellations

Please contact:
fundraising@cclg.org.uk

Please note that your registration fee is non-refundable.



Medical

Please inform us of any medical conditions we need to be aware of on your registration form.



Dogs

Please let us know on your registration form if you are bringing your four-legged friend with you. Friendly dogs are welcome, but they must be kept on a lead at all times. You are also responsible for cleaning up after your dog and must carry poo bags.



Teams

You can register as a team with your friends, family and/or colleagues. The fundraising pledge is still £250 per person, but you are welcome to combine your pledges into one team total. Please inform us on the registration form if you are part of a team and what your team name is.



Food

Please inform us of any allergies or dietary requirements on your registration form.

Register here:
www.cclg.org.uk/big-hike

Fundraising

Once you have registered and paid your registration fee, we're sure you'll be eager to get started with your fundraising.

JustGiving

Please make sure you use JustGiving for your fundraising efforts. If you are walking for CCLG, you can set up your JustGiving page using this link:

www.bit.ly/CCLGBigHike

If you are fundraising for a special named fund, we will send you a separate link to set up your fundraising page. The link we send you will ensure all of your fundraising is linked to the fund of your choice.

JustGiving is really easy to use and saves you a lot of time and effort as every donation comes directly to us. You don't need to worry about transfers or a trip to the bank!

Once you have clicked the link to create your page, just follow the steps. Feel free to add a personal message and photos. Don't be afraid to link it to your fitness device either so you can keep track of any training and show your supporters what you're up to.



Fundraising pack

Once you have signed up, we'll send you one of our free CCLG fundraising packs in the post.

This will include a variety of posters, information leaflets, sponsorship forms and more.

You can also download free fundraising materials from our website, including a fundraising guide, extra posters and a sweepstake:

hwww.cclg.org.uk/get-involved/fundraising-hub





Fundraising ideas

Asking friends, family and colleagues to sponsor you for this event is a great way to fundraise. However, you can boost your total through events, exhibitions, bake sales and more!

You can find our A-Z of fundraising ideas here: www.cclg.org.uk/get-involved/fundraising-hub/fundraising-ideas

All time favourites include bake sales, quiz nights, raffles, and 'Guess the weight of...'

But feel free to get creative and try something new!

Whatever it is you decide to do, the CCLG fundraising team is here to help if you have any questions. But remember, have fun!



Getting there

Our base camp for this event will be Hartington Village Hall in the Peak District, but you will need to park down the road.

Please park in our designated car park for the event. This will be in one of the fields at Hall Farm on Hall Bank Road in Hartington. The post code is **SK17 0AT**. Precise directions for the car park will be sent out closer to the time.

It's then a short walk to the village hall where you'll register your arrival.

Address:

Hartington Village Hall
Hide Lane
Hartington
Buxton
SK17 0AW



Food

CCLG will be providing all participants with refreshments throughout the day. If you have any allergies or dietary requirements, please specify on your registration form.

Although we will provide you with refreshments, it's always a good idea to bring along some of your own snacks for the walk, just in case you don't like what we have on offer or you get super hungry whilst walking!

Here's what you can expect from us:



Food and drink

Arrival	Tea, coffee, squash or water.
Checkpoint 1	Water refills, snacks (chocolate bars/sweets/cereal bars and fruit).
Checkpoint 2	Water refills, juice carton, snacks (chocolate bars/sweets/cereal bars, fruit, crisps and sandwiches).
Checkpoint 3	Water refills, snacks (chocolate bars/sweets/cereal bars and fruit).
Finish	Hot food and a glass of non-alcoholic fizz, tea, coffee, squash or water.

These refreshments are provided free of charge. Please make sure you specify any dietary requirements or allergies on your registration form.



Kit List

The essentials

- ☐ **CCLG's Big Hike event top**
Pick this up on the day at registration when you arrive!
- ☐ **Trekking trousers/shorts**
Lightweight, quick drying shorts or trousers are best. Leggings are okay too.
- ☐ **Walking boots or walking shoes**
Wear a comfortable pair of shoes that offer good support and have a good grip on the sole. Make sure they are worn in beforehand!
- ☐ **Warm top/mid-layer**
We know the weather can change, so take an extra top or jumper that you can easily slide on over your t-shirt or remove as you go.
- ☐ **Small backpack**
A 30L backpack should be more than enough and will ensure it's not too heavy. Adjustable straps and a hip belt are very useful.
- ☐ **Hat (sun hat or woolly)**
Whatever the weather, a hat is always a good idea! It will either help with sun protection or a chilly wind.
- ☐ **Waterproof jacket**
British weather is famously unpredictable so it's best to be prepared. Make sure you have a waterproof coat with you. Waterproof trousers aren't essential but might be useful in inclement weather.
- ☐ **Suncream**
Whatever the weather forecast, it's important to protect yourself from the sun.
- ☐ **Mobile phone**
Make sure it's fully charged so you can take plenty of photos. You may want to bring a cable and battery pack too.
- ☐ **Water**
You must make sure you have at least 2 litres of water with you at all times. This can be in a water bladder or a couple of water bottles. There will be water refill stations at the checkpoints.
- ☐ **Money**
You won't need to pay for anything but it doesn't hurt to carry a little bit of cash or a bank card in case of emergencies.
- ☐ **Personal snacks**
We will provide refreshments throughout the day, but bring along your favourite snacks in case you don't like what's on offer or you want that extra energy boost between checkpoints.
- ☐ **Walking socks**
Pack an extra pair (or two!) to swap your socks either halfway or at the finish line. Your feet will thank you later!
- ☐ **Small first aid kit**
There will be medical support available throughout the day, but it's always good practice to have a small personal first aid kit. This could include personal medications as well as blister plasters, Vaseline, hand sanitiser and pain killers.

Optional



Trekking poles

If you have bad joints, have trained with trekking poles, or just fancy the extra support, feel free to bring your poles with you.



Spare top/change of clothes

Feel free to bring along a change of clothes or a spare t-shirt to change into at the end of the hike. We might get caught in the rain or feel sweaty from a day in the sun! A change of clothes and fresh socks will make you feel so much better when we are celebrating on the finish line.



Torch

In the unlikely event that it gets dark before we finish, it's a good idea to pack a small torch so you can see where you're going.



Training

Newbie Hiker

- New to regular walking
- Low to medium fitness level
- None to minimal hiking gear
- New to hilly walks

Regular Rambler

- Regular hiker
- Comfortable with some elevation gain
- Comfortable walking 5 – 10 miles
- Has most if not all of the required hiking gear

Super Strider

- Regular Hiker
- Loves elevation gain
- High level of fitness
- Comfortable walking 10+ miles in one go
- Has all the required gear, ready to go

Get training

How long you need to train will depend on your level of fitness and what type of hiker you are. The longer you train, the more prepared you'll be for the event!

The aim is to get used to spending a prolonged amount of time on your feet, moving around. Do this by increasing how much time you spend on your feet, getting out for regular walks and slowly increasing your walking distances.

Here are some handy starting points and where you should aim for at the end of your training:

Hiker Type	Training period	Starting mileage	Increase mileage by	Target mileage
Newbie Hiker	4 months before event	4	1 mile every fortnight	12
Regular Rambler	2 months before event	7	1.5 miles every fortnight	13
Super Strider	1 month before event	8	1.5 miles every week	14

If this seems too much too fast, start your training earlier and with smaller distances.

For example, try starting with 3 miles, 5 months before the event and increase your walks by just under a mile (0.9 miles) each fortnight.

Cross Training

In addition to getting out for regular walks, you can cross train in preparation for this challenge.

This entails adding different types of training to your routine so that you can develop different muscles, stay motivated and enhance your overall fitness.

This means that in addition to your walks, you could add:

- Yoga for balance and flexibility
- Running for cardiovascular fitness
- Swimming for a strong core, mobility and recovery
- Cycling for endurance and cardiovascular fitness
- Weight training of your choice for strength and resistance

Cross training helps you to build a fit and balanced body. Of course, you are not limited to the options outlined above. You can mix it up with gym classes that you particularly enjoy (such as pilates, barre, spin classes, boot camps etc) or even by getting involved in sports (such as football, racquet sports, netball, rugby and more).

Stretches

Stretching is a good warm up and cool down for walking.

Benefits include decreasing muscle soreness, improving circulation, increasing flexibility and reducing the risk of injury.

Some stretches to incorporate into your walking routine (before, after or both) include:

Hips and glutes

- Stand with your feet shoulder width apart
- Lift your left leg and cross your ankle over your right thigh
- Slow squat on your right leg
- Sit into the stretch
- Your left ankle should be on your right thigh and push your bent knee (left) down
- Hold for 15 – 30 seconds
- Switch legs and repeat





Quads

- Stand tall with feet shoulder width apart
- With your left hand, reach back and hold your left foot or ankle and pull it towards your bottom
- Make sure your knee is pointing straight down to the floor
- Hold for 15 – 30 seconds
- Switch legs and repeat



Glutes

- Sit on the floor with your right leg out straight
- Bend your left knee and cross your left leg over your right leg
- Place the left foot on the floor on the other side of your right knee
- Hug the bent left leg into your chest
- Keep your back straight
- Hold for 15 – 30 seconds
- Switch legs and repeat



Hips

- Kneel down on your right knee
- There should be a 90 degree angle at both knees
- Push your hips forward and down until you feel a stretch at the front of the hip
- Hold for 15 – 30 seconds
- Switch legs and repeat



Ankle rotation

- Stand tall, feet shoulder width apart
- Lift your left foot and rotate from the ankle in a clockwise direction for 5 rotations
- Switch legs and repeat
- Switch legs again and repeat in an anti-clockwise direction



Calves

- Standing tall, place your right leg in front of your left leg
- Shift your body weight onto your right leg which is at the front
- Keep your back foot (left) flat and press your heel into the floor
- Hold for 15 – 30 seconds
- Switch legs and repeat

Top tips for training

1. Make sure you have a decent pair of walking boots or shoes that have been worn and broken in before you turn up on event day
2. Get into a routine to help you stay consistent and motivated
3. Track your training activities with your phone or fitness watch
4. Mix it up by incorporating different types of training
5. Prepare for all weather (There's no such thing as bad weather, only bad clothing!)

Frequently asked questions

What time do Registrations close (to sign up for the event)?

You need to register for the event by 31 July 2025.

What time does registration close on the day?

Walkers can arrive from 8am. Registration will close at 9.00am in time for the briefing at 9.15am.

How old do I have to be?

We have no age limit for this event, but anyone under the age of 18 must have a responsible adult taking part with them who is responsible for the young person in question for the duration of the event. The responsible adult must take part and walk with the young person.

How do I cancel my place?

Please contact fundraising@cclg.org.uk. Please note that your registration fee is non-refundable

Can I make a team and how do I do this?

You are more than welcome to make a team. The fundraising pledge is still £250 per person, but you are welcome to combine your pledges into one team total. Please inform us on the registration form if you are part of a team and what your team name is.

Will there be toilet facilities throughout the walk?

There will be toilet facilities at Hartington Village Hall and at each of the three checkpoints.

Is there a minimum fundraising target for a team?

The minimum fundraising target for the team will be £250 multiplied by the number of people in the team. For example, if there are 3 people in the team, the fundraising total for that team is £750 (3x£250).

Refreshments

Refreshments will be provided by CCLG on the day at no extra charge. However, if you wish to stop at a shop, you must bring your own money. You may also wish to bring some of your own snacks in case you don't like what is on offer.

What do I need to bring?

Please check the kit list. The most important thing being a sturdy pair of walking boots, preferably with ankle support. You can find the kit list on page 12.

Am I allowed to bring my dog?

Friendly dogs are welcome, but they must be kept on a lead at all times. You are also responsible for cleaning up after your dog and must carry poo bags. Please let us know on your registration form if you are bringing your four-legged friend with you.

Can I run the route?

No. This is an inclusive, non-competitive event. The event is fully supported and arrangements for the event have been made based on a walking pace.





**The Children &
Young People's
Cancer Association**



We are CCLG: The Children & Young People's Cancer Association, a charity dedicated to creating a brighter future for children and young people with cancer. Powered by expertise, we unite the children and young people's cancer community, driving collective action and progress.

We fund and lead pioneering research, provide trusted information and guidance for children and young people with cancer and their families, and bring together professionals to improve treatment, care, and outcomes.

Our work is only possible thanks to the generosity of fundraisers, donors, and supporters who share our mission. Every pound raised helps fund our research, provide trusted information for families, and brings together experts to improve treatment, care and outcomes. Together, we can achieve more.

**CCLG: The Children & Young
People's Cancer Association**
Century House
24 De Montfort Street
Leicester LE1 7GB



CCLG and The Children & Young People's Cancer Association are operating names of The Children's Cancer and Leukaemia Group, registered charity in England and Wales (1182637) and Scotland (SC049948).

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fundraising@cclg.org.uk
www.cclg.org.uk

