

# PUSH YOURSELF FURTHER IN 2022

## ULTRA CHALLENGE SERIES

100KM

50KM

25KM



WINTER  
WALK

29/30 Jan

EASTER 50  
CHALLENGE

9 April

ISLE OF  
WIGHT  
CHALLENGE

30 Apr - 1 May

JURASSIC  
COAST  
CHALLENGE

14/15 May

LONDON  
BRIGHTON 2  
CHALLENGE

28/29 May

LAKE  
DISTRICT  
CHALLENGE

11/12 June

GOTSWOLD  
WAY  
CHALLENGE

25/26 June

PEAK  
DISTRICT  
CHALLENGE

9/10 July

YORKSHIRE  
CHALLENGE

23/24 July

SOUTH WEST  
COAST 50  
CHALLENGE

6 August

SOUTH  
COAST  
CHALLENGE

3/4 Sept

THAMES  
BRIDGES  
TREK

10 Sept

THAMES  
PATHS  
CHALLENGE

10/11 Sept

CHILTERN  
50  
CHALLENGE

24 Sept

[www.ultrachallenge.com](http://www.ultrachallenge.com)

# Ultra Challenge Series 2022

**WALK, JOG, OR RUN - PUSH YOURSELF FURTHER IN 2022!**

You may be a walker and new to endurance events, or a seasoned marathon runner looking to up the distance, whatever your pace, you'll have 14 fantastic endurance events in the Ultra Challenge Series to choose from, each with its own character, each a real challenge, and all achievable. Whether it's setting out in stunning coastal scenery, along a historic towpath, or over the trails of England's northern countryside - your Challenge will test you, and you'll remember the unforgettable journey.

Most will walk at a pace that suits them, many will jog parts, and some will run the whole course Ultra Marathon style – all will have a special reason to push themselves. Join as an Individual or as a Team, do it for a Charity of your choice – or do it just for yourself.

There are full 100km challenges for those who are up for it, with full support and great hospitality through day & night, and 50km / 25km options – this is your Challenge! These are high quality events, with marquee rest stops every 10-15km with drinks, snacks & hot food to keep you going – all included! The routes are fully signed (you won't get lost!), you can camp with us for some distances, and there's medical support to fix you along the way!

Taking on an Ultra Challenge will make a real difference to you – and to your charity of choice if you're fundraising. You'll see stunning scenery, meet new friends, discover inner resilience and spirit, and rewarded with an overwhelming sense of achievement as you cross your finishing line. With some training, determination, and our support, anyone can take on an Ultra Challenge. Are you ready for a real Challenge in 2022?

- **WALK IT!** - at a pace that suits you – 24+ hours
- **RUN IT!** - ideal event to 'up' your distance
- **JOG IT!** - run a bit, walk a bit - you choose
- For a Charity of your choice or 'Self Fund' & go for it!
- Join as an Individual or as a Team
- 100km, 50km, or 25km. Your Challenge, Your Way!
- 2 Day 100km option – 50 km / day – Rest at half way.
- Marquee Rest Stops every 10-15km – full support
- FREE hot meals, drinks & snacks en route
- Pace walkers, medics, massage, support vehicles
- Fully Signed Route – pink arrows all the way!
- Corporate packages available; round up your colleagues!
- Finisher's medal, T shirt, glass of bubbly!
- Free shuttle buses to stations at the finish



 **actionchallenge**  
challenge events worldwide

[www.ultrachallenge.com](http://www.ultrachallenge.com)



# London Winter Walk

29 - 30 January 2022

A great event to walk off the Christmas celebrations, and to kick start your New Year fitness regime! There are Full Marathon & Half Marathon options, both starting & finishing at The Oval Cricket Ground on Saturday 29 & Sunday 30 January, and take in highlights of the Thames, its historic bridges, and many of the Capital's key landmarks. Families are welcome, there's a free winter bobble hat & neck buff, rest stops with snacks, with a special medal and hot food at the finish.

Whether it's to enjoy an active day out with friends, or to maintain a New Year fitness regime – there's a London Winter Walk for you! Join as an Individual or as a team, and do it for yourself and self fund, or support one of our Charity Partners with much needed fundraising.

- 26 miles (42 km) looped walk, starting & finishing at The Oval Cricket Ground in Vauxhall
- Half Marathon route, 13 miles heading west initially along the Thames and then loops through the heart of the Capital
- Good train & tube links
- Rest Stops at ~8.5 & ~17.5 miles
- Big range of snacks & drinks
- FREE bobble hat & neck buff



For full info, visit [www.ultrachallenge.com/london-winter-walk](http://www.ultrachallenge.com/london-winter-walk)



# Easter 50 Challenge

9 April 2022

Take on a 50 km Ultra or a historic 25km – and make it an active Easter! From our Windsor Racecourse base camp 1500 adventurers will head out on looped routes through the Great Park with fantastic views of the Castle, on to Runnymede, along the Thames Path, and takes in some wonderful countryside. You'll get full support all the way, a few post Easter surprises, a celebration finish at base camp, and a BBQ meal. It's a great way to kick off the 2022 Ultra Challenge season, and to get in shape for summer.

- Full 50 km loop – from Windsor Racecourse
- Follow 'The Great Walk' towards with epic views of Windsor Castle
- Half Challenge 25 km Windsor Loop
- Highlights include Dorney Lake, Windsor Castle and The Long Walk
- Route takes in Thames Path, and some wonderful countryside
- Camping packages available



For full info, visit [www.ultrachallenge.com/easter-challenge/](http://www.ultrachallenge.com/easter-challenge/)



# Isle of Wight Challenge



**30 April - 1 May 2022**

Great challenges need great settings – and few are better than the Island's coastal path. 2,000 adventurers will take on the Isle of Wight in May 2022 year – with all out to push themselves further. It's along the spectacular southern cliffs, past the iconic Needles, and up to historic Cowes at the half way stop.

For Full Island challengers it's on to historic Ventnor, and back to our welcome Base Camp in Chale after an epic 106km journey. You'll get full support & hospitality all the way, and with half & quarter Island options also – there's an Isle of Wight Challenge for everyone!

“ I was absolutely amazed at the organisation. Outstanding. The rest stops were amazing. [The Trekmasters] helped the team get through the night and got us through to the end. ”

Louise, 2021 Isle of Wight Challenger

- Take on the Full Island – 106 km along the coastal path
- Half & Quarter options available also
- 1,960 metres of ascent – mixture of trails & footpaths
- Spectacular scenery; the Needles, white cliffs, sandy beaches
- Starts & finishes at a basecamp in Chale – optional camping available
- Transport options from the Ferry Port
- 2 Day Full Island option – with overnight camp at halfway



**For Full info, visit [www.ultrachallenge.com/isle-of-wight-challenge](http://www.ultrachallenge.com/isle-of-wight-challenge)**

# Jurassic Coast Challenge



**14 - 15 May 2022**

You can now take on the spectacular Jurassic Coast from our NEW start venue in CORFE CASTLE, on a great route which loops down to Swanage, then across to Lulworth Cove & Durdle Door, with ups & downs to the Weymouth halfway stop. For 100 km challengers it's along the end of Chesil Beach to West Bay's famous cliffs (of TV's Broadchurch) with a finish line celebration in vibrant Bridport.

You'll get full support & hospitality – and with half, marathon, and quarter distance options available – plus a parallel 'Virtual Version' – there's a Jurassic Coast Challenge for everyone, and a most welcome return to the trails in 2022!

- The Full Challenge: 100km from Corfe Castle to Bridport
- Half & Quarter options also available
- Along the coastal path – 2,200m of ascent
- Dramatic cliffs, harbours, bays & beaches
- Sandbanks, Durdle Door & Lulworth Cove, Weymouth
- Take on the Full Challenge over 2 Days – optional camping at halfway



**For full info, visit [www.ultrachallenge.com/jurassic-coast-challenge](http://www.ultrachallenge.com/jurassic-coast-challenge)**



**[www.ultrachallenge.com](http://www.ultrachallenge.com)**

# London 2 Brighton Challenge

28 - 29 May 2022

The original. The classic. The not-to-be-missed. The London 2 Brighton Challenge will be in its 10th year in 2022! 3,000 adventurers of all experience levels and ages will take on this iconic route from Capital to Coast, testing their grit and determination. The full route starts in Richmond, before making its way over the North and South Downs. These final climbs are rewarded with a very welcome view of Brighton coastline, as you descend to a huge celebration finish.

- Full 100 km route – from capital to coast – an iconic challenge
- 66% of route off road; 1,490m ascent
- Trails, paths, road & climbs – mixture of terrain under foot
- Half (56 or 44km) & Quarter options available
- Highlights include North & South Downs, Brighton coastline views
- 2 Day Full Challenge option – with overnight camp at halfway
- Shuttles from the finish points to nearest stations

“ I run a lot of marathons and I've never seen organisation at the same level as Action Challenge! THANK YOU so much for the clear registration and signage, free buff, snacks, drinks etc. Your staff are always so friendly and helpful. It REALLY makes a difference. I'll be returning in 2021 to complete a full 100k with you guys! ”

Emma, 2021 London 2 Brighton Challenger



For full info, visit [www.ultrachallenge.com/london-2-brighton-challenge](http://www.ultrachallenge.com/london-2-brighton-challenge)



# Lake District Challenge

11 - 12 June 2022

Join the Lake District Challenge and take on England's finest countryside at your pace. Test yourself on a fantastic Ultra Challenge - suitable for all experience levels - and you'll get the best support & hospitality all the way.

Our Challenge Base Camp is in Kendal. From there it's a 100km anticlockwise loop taking in a couple of tough hills, Ambleside, a half way point by Lake Windermere, forests, and nature reserves - with some stunning views enroute - before a huge welcome and celebration back at Base Camp after a momentous journey.



- 100km Full Challenge
- 2 day 100km 'daylight' option
- Half & Quarter options available
- Through Lake District National Park – 2,650m of ascent
- Lake Districts world famous scenery
- 8 covered rest stops
- Free food & drink
- Kendal Base Camp
- YMCA accommodation at 50km - halfway



For full info, visit [www.ultrachallenge.com/lake-district-challenge](http://www.ultrachallenge.com/lake-district-challenge)



[www.ultrachallenge.com](http://www.ultrachallenge.com)

# Cotswold Way Challenge



25 - 26 June 2022

The Cotswold Way provides a stunning setting for this testing challenge - with some fantastic views en route and tough hills in between! Don't be fooled by its idyllic outward appearance, this Challenge has some hills! You'll start at our base-camp in Cirencester, and ahead lies 100km of footpaths and trails. With every grit-testing climb, there will be the reward of a stunning view and plenty of support to keep you going right to the end.

- 100km loop from Cirencester, then west to Wotton before returning to base camp
- Half & Quarter distance options available
- 2,250m metres of ascent – Footpaths, trails & lots of climbs
- Along the Cotswold Way – up to stunning views and panoramas
- Take on the Full Challenge over 2 Days – optional camping at halfway

“ What a weekend! The scenery and views were stunning along the way. Those hills were brutal though, so very pleased to have made it to the finish. Thank you for an incredibly well supported event. You always do a first class job, but this event went even further. The facilities and support at each stop were excellent, as well as the catering and supplies. The signage was the best I'd seen too... looking forward to the next one! ”

Michelle, 2021 Cotswold Way Challenger

For full info, visit [www.ultrachallenge.com/cotswold-way-challenge](http://www.ultrachallenge.com/cotswold-way-challenge)



# Peak District Challenge



9 - 10 July 2022

Now in its 4th year and will welcome 2,000 adventurers into the fabulous Peak District National Park. With a major Base Camp set-up in idyllic Bakewell. The full 100km Challenge takes a tough and varied figure of 8 route through Derbyshire's finest scenery. You'll make your way along the Monsal trail, passing viaducts, country estates and Chee Dale, before returning back to Bakewell for a fantastic finish.

- The Full Challenge: 100km figure of 8 route starting/finishing in Bakewell
- Half & Quarter options available
- Through Peak District National Park – 2,450m of ascent
- Derbyshire's finest scenery & peaks
- Base camp in Bakewell
- Take on the Full Challenge over 2 days – optional camping halfway



For full info, visit [www.ultrachallenge.com/peak-district-challenge](http://www.ultrachallenge.com/peak-district-challenge)

[www.ultrachallenge.com](http://www.ultrachallenge.com)

# Yorkshire Challenge



23 - 24 July 2022

Our newest Ultra Challenge is based in the Nidderdale AONB, on the south east edge of the Yorkshire Dales. The full 100 km route is a figure of 8, out & back from our base-camp in Pateley Bridge, where there's a range of camping & hospitality options. The famous Nidderdale Way passes the Brimham Rocks, Ripley Castle, and Gouthwaite Reservoir – providing a fantastic challenge backdrop!

- Full 100km route, North and South loops from Nidderdale
- Tackle the South loop, marginally tougher of the two 50km routes
- Join in with a full competitor on the North loop
- 1st Quarter option – Nidderdale to Ripley Castle
- Shuttles from finishes to nearest stations



For full info, visit [www.ultrachallenge.com/yorkshire-challenge](http://www.ultrachallenge.com/yorkshire-challenge)



# South West Coast 50 Challenge



6 August 2022

A new 'South West' challenge for 2022 – taking in the initial section of the stunning & famous 630 mile Coastal Path, which officially starts in Minehead, and close to our extensive 'base-camp' in the shadows of the impressive Dunster Castle.

Then the 50 km loop heads over Exmoor with ups & downs and some magnificent views. You'll get full support all the way, a finish line celebration, and with three 25 km options also, along with camping options and festival style hospitality at base-camp across the weekend – there's a South West Coast Challenge for everyone!

- 50km Full Challenge
- Dunster/Minehead loop
- Overnight camping available
- 1st and 2nd Half options available
- Covered rest stops every 12.5km
- Free food & drink



For full info, visit [www.ultrachallenge.com/coast-2-coast](http://www.ultrachallenge.com/coast-2-coast)

[www.ultrachallenge.com](http://www.ultrachallenge.com)



# South Coast Challenge

3 - 4 September 2022

Take on some of England's finest scenery as a Walk, Jog, or even a Run! It's up Beachy Head, over the magnificent Seven Sisters, and along the South Downs Way with stunning views over the sea to a Brighton mid-point. Devil's Dyke, welcome rest stops, ups & downs all lie ahead before historic Arundel comes into view after an 100km amazing journey that you'll never forget. With half and quarter Challenge options – there really is something for everyone.

- Full 100km route from Eastbourne to Arundel
- Iconic coastal route – Seven Sisters, South Downs & Devil's Dyke
- Mixture of coastal climbs & dramatic downhills – tests the legs!
- Tackle the 1st 55km from Eastbourne to Hove
- 1st Quarter option – Eastbourne to Alfriston
- Shuttles from finishes to nearest stations

“ A very special thank you the teams behind the organisation, the volunteers on the day, the first aid crew and the massage therapists. I finally made it into Arundel and I could not have done it without the support at each rest stop. ”

Sally, 2021 South Coast Challenger



For full info, visit [www.ultrachallenge.com/south-coast-challenge](http://www.ultrachallenge.com/south-coast-challenge)



# Thames Bridges Trek

10 September 2022

Join other 3,000 trekkers as we venture across the Capital taking in unrivalled views of the skyline from its best vantage points. Setting out from Putney Bridge - we head East towards the City, zig-zagging over the array of historic bridges - each with its own fascinating story - and a mid point rest stop at The Oval Cricket Ground for some snacks & drinks. 25km later, it's a finish line celebration in Southwark Park past the majestic Tower Bridge.

- 25km across 16 of London's most iconic bridges
- Ideal 1st Ultra Challenge for anyone looking to push themselves
- London Bridge, Millennium Bridge, Tower Bridge!
- Starting from Putney, Bishop's Park heading to Southwark Park
- Following the Thames Path through Central London
- Mid-point stop en route – refuel on snacks & drinks
- Buffet lunch at the finish line & celebration!

“ This was the first time that I have ever done a challenge like this. It was brilliantly organised and sign posted. The rest stop offered fantastic choice and amazing pastries. The prosecco at the end was very welcome! Great sightseeing! ”

Nikki, 2021 Thames Bridges Trek Challenger



For full info, visit [www.ultrachallenge.com/thames-bridges-trek](http://www.ultrachallenge.com/thames-bridges-trek)

# Thames Path Challenge

10 - 11 September 2022

Take on the Thames Path Challenge following England's greatest river with 3,000 other Challengers. Our full 100km route heads upstream from Putney Bridge past Hampton Court to Runnymede of Magna Carta fame at 50km, then on past wonderful scenery all the way to Henley. Choose from the Full 100km, either half or any quarter section!



- Take on 100, 50 or 25km of the Thames Path
- Various distance options from Putney to Henley
- Flat route, footpaths & riverside scenery
- Leafy West London, Hampton Court, Oxfordshire
- Friends & family can sign up and join for final 22km on Sunday
- Or join the Henley 10k for supporters on Sunday

“ We completed the second half this year after doing first half in 2014. The scenery is amazing, but it's the organisation of Action Challenge that makes it possible. The food and refreshments at the rest stops is fantastic...and the endless supply of blister plasters! Seeing the sunset as we came into Henley-on-Thames [when] everything lit up, was like Christmas! ”

Sue, 2021 Thames Path Challenger

For full info, visit [www.ultrachallenge.com/thames-path-challenge](http://www.ultrachallenge.com/thames-path-challenge)



# Chiltern 50 Challenge

24 September 2022

This end of season 50km looped route covers some of the best of the Chilterns countryside. You can Walk, Jog, or Run along historic trails and over rolling hills.

Starting & finishing at our Base Camp in Henley-on-Thames, there's a Saturday night celebration BBQ & entertainment with camping options.

Passing through nature reserves, forests, and hills with great views - it's a route with real variety, and some wonderful scenery - and it's all easily accessible from London.

With 25km options also - there's a Chiltern Challenge here for everyone!

- Henley showground basecamp
- 50km loop full challenge
- 25km challenge options
- 4 covered rest stops
- Free food & drink
- Walk at your pace - 12 hrs+
- Run or jog - set a new goal



For full info, visit [www.ultrachallenge.com/chiltern-50-challenge](http://www.ultrachallenge.com/chiltern-50-challenge)

[www.ultrachallenge.com](http://www.ultrachallenge.com)



# How to Join

THERE ARE 3 PAYMENT OPTIONS – choose what suits your budget & fundraising intentions:

## Option 1 CHARITY SPONSORSHIP

Pay a low registration fee & do 'lots' of fundraising for a chosen charity. The charity covers your event place cost.

## Option 2 MIXED FUNDING

Lower charity fundraising target - and you pay half the Self Fund cost (and the charity pays half).

## Option 3 SELF FUNDING

You pay full event place cost when you register. No fundraising required, but you can if you wish to!

Distance	Charity payment options	Registration Fee	Fundraising target	Self Funding option
Full	Full Sponsorship	£30.00	£595	£198
	Mixed funding	£110.00	£330	
Half	Full Sponsorship	£20.00	£395	£129
	Mixed funding	£72.50	£218	
Quarter	Full Sponsorship	£10.00	£250	£79
	Mixed funding	£45.00	£135	

## DISCOUNTS

### Multi-Deal

#### SAVE £££'s

for anyone entering 3 or more Challenges

Visit the website for more information

### TRI Challenge

#### SAVE UP TO £106

Take on a 25km, then a 50km, and end on a 100km Challenge!

Visit the website for more information

## 500+ Charities involved



We add new charities every day - so why not sign up and nominate your chosen cause on the registration form and we can get back to you to confirm when you can start fundraising!



**actionchallenge**  
challenge events worldwide

[www.actionchallenge.com](http://www.actionchallenge.com)