



MARATHON WALK LONDON

UK • TREK • TOUGH

ABOUT THE CHALLENGE

In 2019, the Marathon Walk London is coming back bigger and better than ever before.

We are busy planning a truly incredible and fun-packed day of trekking through the capital, taking in recent feedback to ensure our gutsy marathon walkers have a totally awesome experience from start to finish. [Get your name down](#) to be first in line to receive the latest info, offers and to find out how to sign up for the [Marathon Walk London 2019](#).

Whether it's the **full** or **half** marathon you wish to participate in, every step makes a difference when you fundraise for your favourite charity.

MARATHON WALK LONDON • 1 DAY

WHAT'S INCLUDED

- Experienced Discover Adventure leaders and support staff throughout to manage the event safely and enjoyably
- Marshalling stops with water and snacks
- Packed lunch
- Maps and route information

WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Transport to and from the event
- Entry to any optional sites of activities
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders and support crew. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. You are in very safe hands with a Discover Adventure leader. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary, as well as vehicle support.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group, but at Discover Adventure we pride ourselves on our high leader: participant ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Open Challenge FAQs

Download your [Marathon Walk London FAQs](#) here. We hope that these answer all your questions but if there is anything else we can help you with please do give us a call!

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. Training is all part of the preparation: inadequate training will impact on your enjoyment of the trip, and your chances of completing it. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

GRADE | TOUGH (3)

Trip grades range from Challenging (1) to Extreme (5).

TOUGH trips can involve tough terrain, a very rigorous day and weather. They are endurance events and demand good stamina, fitness and a determined attitude.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 24 Oct 2018, and the challenge is subject to change.