



LONDON MARATHON WALK

UK • TREK • TOUGH

ABOUT THE CHALLENGE

PULL ON YOUR DAISY ROOTS, AND JOIN US FOR OUR COCKNEY-THEMED LONDON MARATHON BALL OF CHALK!

2017 sees our cockney-themed 26.2 mile 'marathon' walk (half-marathon option also available) which takes in famous landmarks and lesser-known corners of the historic capital.

Our route takes us towards the church of St-Mary-le-Bow, centre of London's Cockney heritage, while having fun learning the old cockney rhyming slang (some of which you will have to figure out yourself as you go along!)

This is a tough challenge and you can expect tired pins and plates of meat, but there's plenty for you to have a butcher's at along the way! With plenty of sights for your mince pies, it'll be one of the most memorable things you do this year – you won't Adam & Eve it!

So bubble and squeak to your china plates or your trouble – and even if you start out on your Jack Jones you'll end up with plenty of new friends. Register online or just pick up the dog and bone

Registration for this challenge is now closed - [Date and theme for 2018 will be confirmed shortly.](#)

LONDON MARATHON WALK • 1 DAY

Day 1: The Event

We meet early for registration at our event hub in Chiswick, and have time for a good warm-up as well as a fortifying hot drink and a breakfast bap. We then set off! Our route takes us across the River Thames and follows its southern bank, looking across to Craven Cottage stadium as we walk on a mix of embankment paths and quiet residential streets. We cross the Thames again at Battersea and continue through Chelsea and Knightsbridge, passing Hyde Park Corner and continuing to Regent's Park, where we follow a wonderful section of Regent's Canal through Camden Lock. Looping south, we come to St Pancras and our half-way mark.

Now heading for the historic centre of London, we pass Smithfield Market and come to historic Cheapside, immortalised in literature from Shakespeare to Austen and Dickens. Here lies the church of St-Mary-le-Bow, centre-piece of Cockney heritage. According to tradition, a true Cockney is born within earshot of the church bells; these are the Bow Bells which legend says called back Dick Whittington to be mayor of London.

Central London's icons come thick and fast now; we spot landmarks from St Paul's Cathedral, Tower Bridge and the Shard, London Eye, Big Ben and Buckingham Palace as we criss-cross the Thames and walk through Whitehall to Westminster. Heading out of the city, we return to Fulham and walk alongside the Thames back to our event hub.

There's time afterwards to enjoy the atmosphere at the hub and say farewell to your fellow walkers before heading home.

Trek 26.2 miles

A half-marathon option (Grade Challenging) is also available. This starts at our halfway point at St Pancras and follows the second part of the route as described, crossing the finish line at our event hub in Chiswick.

Trek 13.1 miles

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

Registrations will close on [29th August 2017](#) so please book as soon as possible if you would like to take part in this

challenge.

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 [London Marathon Walk 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!

Please note: these are applicable to our Open challenges - these may vary if you are on a bespoke challenge

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.

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

GRADE | TOUGH (3)

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

TOUGH trips involve tough terrain, with some very rigorous days; weather, altitude and/or basic living conditions will add to the challenge. They 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 19 Sep 2017, and the challenge is subject to change.