**Information Letter**

WHAT IS THE EXMOOR CHALLENGE?

The Exmoor Challenge is a 16 mile (25Km) team walk across southern Exmoor, organised by Exmoor Rotary Club, attracting around 600 entrants each year. Teams of four must walk across Exmoor, within the times stated on their route card, so as to avoid incurring penalty points.

WHO CAN DO IT?

Anyone can participate, provided you meet age requirements (i.e. in school years 6 to 12). The training programme will enable you to build fitness and expedition skills so you can successfully complete the challenge.

HOW WILL THE TRAINING WORK?

There will be around 4 training weekend camps spread out over the months prior to the event; these will consist of day walks of increasing length, so that by the end of the process teams are comfortable walking the distances required by the Exmoor Challenge, and at a good speed appropriate for their age. The training weekends will take place predominately on Exmoor, staying in bunkhouses and other indoor group accommodation, with a provisional price of £30 a weekend. (The challenge itself costs £7).

WHAT CAN THIS LEAD ONTO?

Firstly, the Exmoor challenge will be a great thing for you to do for its own benefit, however you may wish to do it to go on and do other outdoorsy expedition challenges, for example several QO members participate in Mountain Marathons.

ANY QUESTIONS PLEASE CONTACT ME

Yours Faithfully

Tom Hasler

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EXPRESSION OF INTEREST FORM – EXMOOR CHALLENGE, Please hand to me, Tom Hasler, or send the information electronically.

Name:

School Year: