



Enter your team now: [www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker)

**“Probably the most rewarding thing I’ve ever done. Life changing.”**

# Epic.

## Trailwalker™ UK 2011

16/17 July 2011. Join 500 inspirational teams from all walks of life and achieve something amazing.



recycle **100% recycled**

Oxfam is a registered charity in England and Wales: no 202918 and Scotland: SC039042. Oxfam GB is a member of Oxfam International. Gurkha Welfare Trust: Registered Charity Number 1103669 Company Limited by Guarantee Number 5098581 Registered in England. Inhouse: 4760a. Photos: Karen Robinson or Richard Werne except where indicated



Sponsored by STATE STREET

# Be inspired...



Sometimes – maybe just once in a lifetime – you get the chance to achieve something extraordinary. To wow your friends. And prove something to yourself. Trailwalker 2011 is one of those chances. It's an epic journey that changes lives forever – including yours.

# Imagine...

...You and three mates, marching out in high spirits across the golden Sussex hills. Trekking through the night, sharing jokes, and keeping each other going right to the finish line...

## The challenge

Trailwalker is an exceptional team challenge – an epic 100km overnight trek across the stunning South Downs. Trailwalkers tell us it's 'life changing'. And they should know.

You'll experience the unique atmosphere generated by 500 determined teams – and the Gurkhas. These masters of teamwork will keep you going with curry and encouragement, and your support crew will patch you up with smiles and hugs. When you and your teammates cross the finish line you'll be amazed at what you've achieved, and so will your friends and family.

## The history

Trailwalker was first held 30 years ago as a training exercise for the Queen's Gurkha Signals in Hong Kong. Trailwalker UK has since grown into a major fundraising event for Oxfam and the Gurkha Welfare Trust (GWT), and helps people to work their way out of poverty around the world. The Gurkhas play a major role in the logistics and organisation of the event – and their incredible teams are always the first over the finish line.

Today, Trailwalker takes place in nine countries, and it's still growing. It's sponsored by State Street, who also sponsor Trailwalker events around the globe.



The Gurkhas are a huge part of the Trailwalker experience.

# One epic adventure

"I remember the sunset at the top of a very steep hill and the lights shining in the darkness. The Gurkhas were amazing, as was the whole experience. The pain was definitely worth it – it lasts a few days but the memories last forever."

Siobhan Ashton-Cleary



Sugar rush. A Trailwalker pauses for an energy boost in the sunshine.

Enter your team now: [www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker)

# A real achievement



“The experience of a lifetime – the hardest thing I’ve ever done but I wouldn’t have missed it for the world!” Maggie Gregory

You did it! Emotions run high at the Trailwalker finish line.

## What you’ll get out of it

The profound sense of achievement is what Trailwalker is all about. It all starts long before the day of the event, and we’ll support you with expert training and fundraising advice from the moment you sign up.

### Before

We’ll look after you and your teammates on every step of your Trailwalker journey. You’ll get a toolkit of fundraising and training materials, as well as online support at [www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker) and an Oxfam contact for personal advice. If you’re part of a corporate team, ask us for a presentation tailored to your business.

### At the start

You’ll experience the anticipation, excitement and general hubbub of the night before, with free camping (optional) and a feast to set you up for the challenge ahead.

### On the way

There are regular checkpoints where you’ll meet your support crew, put your feet up and receive first aid if you need it. The incredible Gurkhas and Oxfam volunteers will keep you going with smiles and words of encouragement, and you’ll get a much-needed hot meal along the way, too.

### Trailwalker gives you:

- > Motivation for training and fundraising
- > Recognition and respect
- > New friendships and opportunities
- > Renewed energy and lust for life.

### At the finish line

The joy of crossing the line with your friends as the crowd cheers you on is hard to beat. You’ll also get your special Trailwalker medal, plus hot showers, a genuine Gurkha curry, drinks, a massage from qualified sports therapists (volunteers permitting), a very warm glow and an incredible sense of achievement.

### Afterwards

That sense of achievement will stay with you for a lifetime. There’s also a special Trailwalker celebration evening, where we hand out some great prizes and awards.



Enter your team now: [www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker)

# Inspirational teams

“The greatest team challenge we’ve ever done. After 24 hours we finally understood what ‘teamwork’ really meant.”

Trailwalker attracts teams from all walks of life – here are just some that took part in 2010.

## Corporate teams

Aviva  
Barclays  
Bloomberg  
Explore Worldwide  
HSBC  
Honda  
JP Morgan  
Lastminute.com  
QVC  
Schlumberger  
Skandia  
State Street

## Military teams

26 Engineer Regiment Young'uns  
22 Signal Regiment  
228 Signal Squadron  
Gurkha Girls (Rifles)  
HQ Brigade of Gurkhas  
Org Headquarters Land Forces

## Public sector teams

Kettering General Hospital  
Metropolitan police  
Suffolk Constabulary  
The Princess Royal Hospital Kent

## Societies & Clubs

Cheshunt Rugby club  
Eastbourne Community Tennis  
Manor Farm Rambling Society  
Petersfield Round Table  
Newcastle Hiking Group  
Sport England  
Trust Directors (GWT)  
Tunbridge Wells Harriers

## Students & teachers

Dartford Grammar School  
Imperial College London  
Notely High School  
Oxford University

## Teams of friends

3 Casualties and a Nurse  
Dad's Army  
Desert Girls  
Eighteen – Eighty  
Midwife Crisis  
Thame Tortoises

From dusk 'til dawn. The overnight leg of Trailwalker is when teams really start to bond.

## Lifting people out of poverty

Each Trailwalker team pledges to raise money as a key part of their challenge – and many are surprised at just how rewarding this proves to be. Through Oxfam and the Gurkha Welfare Trust (GWT), you'll be helping to change lives and give hope of a better future for poor communities.

## Oxfam

Your money will help Oxfam to change lives in the three areas in which we work:

1. Providing clean water and sanitation during emergencies such as the floods in Pakistan or the earthquake in Haiti.
2. Funding long-term projects that help lift people out of poverty, focusing on areas such as health care, education or supporting people's livelihoods.
3. Helping our campaigning work – pushing for changes that will make the world safer and fairer for everyone.



An Oxfam helicopter leaves to distribute essential supplies to remote, mountainous areas of Pakistan affected by an earthquake.

## The Gurkha Welfare Trust

For generations, Gurkha villages in Nepal have offered their finest young men for service in the British Army. A debt of honour is now owed to these proud people. Money raised for the GWT through Trailwalker will help to support Gurkha communities across Nepal.

**In 2011 the Gurkha Welfare Trust will use funds raised at Trailwalker to help provide clean, safe drinking water and sanitation facilities in 80 Gurkha villages.**



Last year, the GWT built 1,614 tap stands, providing clean water for nearly 15,000 people.

Photo: Robert Hollingworth Photography

## Your dream team

To take part in Trailwalker 2011 you just need a team of four\* (plus at least one person as your support crew) and bags of enthusiasm. You'll depend on each other during fundraising and training – and, of course, throughout the event itself.

### Getting your team together

1. Think about the different qualities you want in your team, whether it's energy, enthusiasm, organisational skills, fundraising ideas, map-reading skills or an endless stream of amusing chat.
2. Decide on a team leader – they'll act as the main contact between your team and the Oxfam office, and will help to co-ordinate fundraising, training and logistics.
3. Enlist helpers for your essential support crew at the event – they'll supply you with food, extra water, minor medical supplies, hugs and encouragement.
4. Secure your team's place as early as possible – entries open in November and places are limited. Sign up at: [www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker)

**“A total team event – you draw strength from each other (and a never-ending supply of tea and sympathy from your support crew).”** Kate Walton

Enter your team now: [www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker)



### We all work full-time. Will we have time to train?

Most Trailwalkers work full-time and make it over the finish line. You don't need to train every spare waking hour – training is often about quality not quantity, and you need rest periods between long treks. We'll help you with training tips when you register.



## Every great achievement begins with a first step...



Enter your team now:  
[www.oxfam.org.uk/trailwalker](http://www.oxfam.org.uk/trailwalker)

\* All team members must be aged 18 or over on the day of the event.