Trailwalker is so much more than a 100km walk, every year we put in checkpoints around 10km apart to help keep you motivated and Trailwalker Relay is no different!

We’ve taken all the amazing relics of Trailwalker checkpoints from the South Downs Way for you to dip into alongside your own challenge to help bring the magic of Trailwalker into your own home!

We hope you are able to acknowledge and celebrate your incremental achievements across the week with this guide and keep an eye on our social media channels for additional content @TrailwalkerUK!
START LINE

*Let’s get ready to become Trailwalker Heroes!*

1. Print off your downloadable race bib!
2. Check your whole team knows how to record your walks and how to upload it to your online fundraising page!

**SAFETY BRIEFING:**

“As the Military Planning Officer for Trailwalker, thank you for stepping up to the virtual challenge in these unprecedented times. As you prepare both mentally and physically for the task ahead, I must provide you with some safety considerations:

1. **Look out for each other.** The distance remains arduous so please ensure you and your team prepare suitably in advance. Keep a close eye on your team mates and help each other when times are getting tough. Ensure your route is safe, that you are visible and that you can communicate in an emergency. We are one team.

2. **Look after the environment.** Wherever you choose to complete the challenge, please do so in the spirit of the event and the environment – so please ensure you respect local guidelines and restrictions and clean up any litter along the way.

3. **Weather.** Whenever you choose to attempt Trailwalker Relay, please ensure the climatic conditions are safe for the duration you are on the ground. Check your local weather forecast and ensure your clothing and equipment is suitable for the predicted forecast. Be alert to dynamic weather changes.

4. **COVID-19.** We must comply with the government’s guidelines on COVID-19 restrictions. You must not take any unnecessary risk at the expense of your safety or those around you.

Good luck and keep smiling.

Jai Trailwalker.”
In Trailwalker, you would have made it to Harting Down! With incredible hilltop views and amazing wildlife, it’s enough to help you settle your nerves and get into your groove.

On average, women and children in developing countries walk 3.7 miles and carry 5 gallons everyday day to bring clean water home to their families.

How far do you have to walk for water? Last year Oxfam helped 5.5 million people get clean water – but collecting water is still a massive burden for the world’s poorest.
Checkpoint 2 is Hilltop Farm which is located near the historic village of Cocking on the South Downs Way. During Trailwalker, the 500 teams would have gone through this checkpoint with 7 hours of each other. The race is on!

Oxfam’s very own Peter Blum has completed Trailwalker 3 times. He says: "At the start of Trailwalker you are fresh and full of anticipation, so it’s great to know you will be meeting your Support Crew at Checkpoint 2 to keep you going!"
Georgia Oliver from GWT welcomes you to our next checkpoint:

“You've now reached Checkpoint 3! On the original Traikwalker UK route, you would have followed the woodland path through the South Downs Way to the opening of a vast field, where you can hear the spirited cheers and drumming from Gurkha Soldiers and GWT volunteers to keep your spirits high!”

Gurkha veterans and widows from both our Residential Homes were given the opportunity to fulfil their wishes and visit the holy temples in Kathmandu. Most had only ever heard stories of the places like the Pashupatinath Temple, but had never had the opportunity to visit them in their lifetime—It’s because of amazing people like you and the support you give us that we’re able to make wishes like these come true; thank you so much!
Checkpoint Coordinator Maggie Cox says:

"Welcome to Checkpoint 4 at Houghton. Here you are a little over one third of your way to Brighton... and that curry!

You probably HEARD us before you SAW us as we like to make a lot of noise to greet you! Then you will see a busy scene at the bottom of the hill.

We will welcome you with high 5's, hugs and cheers, after you have checked in with your wristband, and make sure you meet up with your heroic support team. We will be able to offer you hot drinks and, if it is hot and sunny like 2019, lots of cool refreshing water. Toilet facilities too, of course!"

When you are ready to leave we will see you safely through the exit and wish you a safe onward journey. See you at Brighton!"

Remember – the top 5 fundraising teams get to theme a checkpoint at our next event. If you could theme a checkpoint, what would you choose?
CHECKPOINT 5-
WASHINGTON
You’re halfway!!

ATHLETES’ ANGELS have been providing massage and physiotherapy services across the Trailwalker route for over 10 years. Jenny Buckley says; “Trailwalker has become a firm favourite with our therapy team, as we support competitors through this challenge. I always enjoy seeing someone at the finish line, knowing that our team has helped them at an earlier stage in the event.
Whilst we are unable to be with you for 2020, we are with you in spirit so would love to share some top tips for Trailwalker Relay. Good luck!”

**Tip 1 - Preparation**

We hear so often “you can’t help my feet can you?”. In short, no. Once you have a blister, the pain in there to stay. Kinesiology tape is a brilliant tool for blister prevention as it is stretchy so will move with your feet. The key here is to stick the tape to an area you know you are prone to getting blisters (on your heel maybe), to stop the skin from being rubbed before you set out.

**Tip 2 - Hydration**

As we exercise we sweat, it is how our body tries to keep us cool, but in doing so we expel vital salts and minerals, so it is important to have not just water but also an electrolyte based drink too if you are going to avoid cramp and fight of dehydration. This does not need to necessarily be a high sugar sports drink, some basic dioralyte is perfect (plus the small sachets are easy to take with you to add to your water when you refill your bottle out on route).

**Tip 3 - Keep moving**

Ever wonder why we keep our massage treatments short? Yes it is so that you aren’t waiting too long, but also if you sit around long your core temperature and heart rate begin to drop and your muscles and joints start to stiffen. So keep breaks short - 10/15mins to have a bite of food and keep going.

**Tip 4 - Recovery**

Your muscles will be sore as you fatigue and in the day or so afterwards because you have pushed your body beyond what it usually does. A cold bath will help to reduce inflammation in the muscles, as well as gentle stretching of your quadriceps and hamstrings (front and back of thigh) and your calves. Going for a short walk the day after your virtual challenge will also increase the circulation to help clear the build up of waste products in your muscles.
Checkpoint Coordinator Terry Lomas says: “Continuing the theme from last year: It’s Christmas again in September. Take care on entering the field and look for the loud cheering welcome just before Check-In. Check Point 6, that’s 60K done, well over half way, ‘only’ 40K left! Well done everybody, remember to ‘dib-in’. There’s hot drinks and water straight ahead and a first aid post in needed. Your support teams should be parked up on the right and are hopefully here to greet you. It’ll most likely be dusk or dark when most teams leave CP6 so now’s the time for Hi-Viz. There’s a village to walk through and a country lane at the top of the next hill so Tracey and Caroline will be there ready to nag you about some form of Hi-Viz and wish you a ‘Merry Christmas’. This intrepid pair of lovely volunteers will also ensure that no one leaves on their own and will help merging with another team for safety. There’s also a cheery wave from Santa to wish you on your way. Good luck, go forward with a dream of the doing an awesome thing. Tread carefully. Trailwalker Strong.”

Halima walked over 50km with her seven children to the safety of the Dabaab refugee camp in Kenya after the drought killed nearly all her livestock in Somalia. “We have one meal a day...the children are learning how hard it is.”

Christmas came early to Checkpoint 6! At Botolphs, Santa and his elves would have greeted you. With 60km under your belt, your team should be really proud! Trailwalker is the ultimate team challenge, don’t forget to check in with the rest of your team to see how they are doing, even if they are on the Naughty List!
CHECKPOINT 7 - DEVIL'S DYKE

Devil’s Dyke is an incredible valley from which the views are amazing! By this point, teams would have spread out with 17 hours difference between the first and last team and most teams reaching this point in darkness. Thankfully, the Queen’s Gurkha Signals would have put on a Pasta Party to give you that boost you need.

HAVE YOUR OWN PASTA PARTY WITH THIS PASTA ALLA NORMA RECIPE:

**INGREDIENTS:**
- aubergine 1 small- cut into cubes
- extra-virgin olive oil-2tsp
- onion ½- finely chopped
- garlic 1 large clove-crushed
- dried chilli flakes-a pinch
- plum tomatoes-400g tin
- gluten-free penne-150g
- parmesan (or veggie alternative) 20g-finely grated
- basil -a handful of leaves

**METHOD:**

**STEP 1**
Put the aubergine into a large bowl and toss with the olive oil. Heat a pan over a high heat and tip in the aubergine. Cook, tossing regularly, for 5 minutes or until the aubergine is charred. Tip into a bowl.

**STEP 2**
Turn down the heat and fry the onion with a splash of water for 5 minutes or until translucent (add a little water if it starts to catch). Add the garlic and chilli, and cook for 2 minutes, then tip in the tomatoes and ½ a tin of water. Season well and use a masher to break up the large tomato pieces. Tip the aubergine back in and simmer gently for 20-30 minutes or until thickened and the aubergine is soft.

**STEP 3**
Cook the pasta following pack instructions, then drain well, reserving some of the cooking water. Tip the pasta into the sauce and toss well, adding a little pasta water if it’s too thick. Add ⅔ of the cheese and toss well, divide between bowls then top with the remaining cheese and the basil.
Dan says: “I often get asked what keeps drawing us back to CP8. Well if helping 2000+ Enduro Walkers to raise over £1Million for Oxfam and The Gurkha Welfare Trust is your thing. If spending 18 hours on a dirt track, mostly in the dark, listening to Rocky on repeat, covered head to toe in light up gear and musical instruments, clapping, cheering and singing is your thing, then CP8, the party checkpoint, is for you. It’s quite simply the best weekend of your year.”

As all past Trailwalkers know, the next section of the walk is the longest (13.8km) and involves some intense hills.

Time to dig deep!
Ever been invited to a Nepali party before? Well welcome to Checkpoint 9! This is the last checkpoint before the finish and at this stage you will have walked over an incredible 90km! Here you’d be transported to Nepal in our Nepali village and sung in by traditional, uplifting Nepali music to get you through to the finish line!

“I walk at least 3-4 hours a day, about 5-6 KM. I have to walk every single day, if I don’t then I will get sick, I will lose my appetite and won’t feel normal. So, as soon as I eat my lunch I go for a walk. Due to your help and support, many people are still living, people have been able to sustain their livelihoods. People have been able to sit and eat. My blessings to you all. May you live longer so that you can keep supporting people like us. I would like to thank all of you for your support from the bottom of my heart.

Thank you!”

veteran Indra Bahadur Rai
Richard Hamilton has been our finishing line commentator at Trailwalker since 2004. He says:

“Where else do you get the privilege, honour – and joy – of engaging with the remarkable men and women of the Gurkhas? Their humour is addictive. I love responding to their heckling... giving as good as I get. And then there’s the curry. Why would I not wish to come back every year?

I send love, congratulations and best wishes to all of you who take part in Trailwalker Relay. I will be thinking of everyone – participants; support crews; my Gurkha and Gurkha Welfare Trust friends; and the Oxfam personnel and volunteers. Covid hasn’t stopped you... and it won’t silence me!”

FINISH LINE
Congratulations, you’ve done it!
You truly are a Trailwalker Hero!

WHY NOT CREATE YOUR OWN TRAILWALKER RELAY FINISH LINE MOMENT?
•Tune into our Finish Line soundtrack in the last hour of your challenge
•Get your supporters to create a finish line for you to cross in a dramatic fashion to mark the end of your challenge
•Celebrate with your team, in person or virtually depending on the government guidelines!
•Share your fundraising link and let your sponsors know that you are officially a Trailwalker Hero!
•Anyone who has completed Trailwalker before will say nothing tastes better than a traditional Gurkha curry with your feet up. We persuaded Chef Ram to share his recipe on the next page!
AUTHENTIC CURRY RECIPE
from Sgt. Ramchandra Limbu
Queens Gurkha Signals' own master chef

EAT. ENJOY. SHARE.

BASIC GURKHA CURRY PASTE
(APPROXIMATELY 500ML)

INGREDIENTS:
- Onions (prepared) 500g
- Cooking oil 100ml
- Ginger & garlic paste 1tbs
- Tomatoes (prepared) 100 gm
- Ground cumin 1 tbsp
- Ground coriander 1 tbsp
- Cardamom sticks 2 each
- Cloves 4 each
- Turmeric ½tsp
- Tomato paste 1tbsp
- Bay leaves 2
- Salt for seasoning

METHOD:

a. Peel and roughly chop the onions and tomatoes.
b. Heat a pan with oil and lightly toss cardamom sticks and cloves. Fry the onion to light golden colour, add ginger & garlic paste until it is golden brown colour.
c. Add ground cumin, ground coriander, bay leaves, turmeric, and stir for 2 – 3 minutes.
d. Add the chopped tomatoes and tomato puree and simmer gently for about 30 minutes, stirring occasionally to avoid any burnt in the bottom of the pan.
e. Discard any cardamom sticks, cloves and bay leaves. Blend the paste to a smooth consistency.

GURKHA CHICKEN CURRY WITH SAUCE *
(SERVE 4–6)

INGREDIENTS:
- Boneless chicken 600gm
- Vegetable cooking oil 30ml
- Gurkha curry paste 150ml
- Ginger & garlic paste ¼ tsp
- Hot water (As required)
- GARAM MASALA 1TSP
- Fresh red chilli (Optional) 1
- Bay leaves 2
- Chicken stock 100ml
- Fresh coriander for garnish
- Salt for seasoning

MARINADE:
- Turmeric powder Pinch
- Chilli powder (Optional) ¼ tsp
- Ginger & garlic paste 1 tsp
- Salt ½ tsp
- Soy Sauce dark 10ml
- Oil

METHOD:

a. Cut the chicken into rough 1” dice and marinade, keep in a fridge for about 30 minutes.
b. Shallow fry the marinated meat until light golden-brown colour, transfer into a clean sauce pan and add the curry paste, bay leaves, fresh chilli (Optional).
c. Bring it to the boil and simmer gently for about 10 minutes. Stir and adjust the consistency with stock and continue to simmer further 5 minutes.
d. Adjust the seasoning and finish with chopped coriander.

*the recipe can be turned into a vegetarian curry, just by replacing the chicken with your favourite vegetables
Wow – what a week! After your Finish Point curry and once you’ve put your feet up and had a deserved rest, don’t forget to submit your evidence to be eligible for a Trailwalker Relay medal!

CONGRATULATIONS

EVIDENCE FORM

Team Leaders should complete this form and include the link to your online fundraising page which must include both of the following to be eligible for medals:

1. Evidence that your team have collectively completed 100km across the event week (e.g. uploading your walks from the Strava app or screenshots)
2. Evidence that your team have raised the minimum target of £350