

LandAid

Trek Your Way





Trek Your Way is a flexible challenge taking place anytime between 14–28 September 2026, allowing participants to complete 20km or 40km wherever they choose. Perfect for those who can't join our Eastbourne trek. It's an opportunity to get your team, office, clients, or even your whole company involved by hosting your own trek. Walk, run, or jog your chosen distance in city streets, local parks, countryside trails, or mountain paths. Join Trek Your Way and raise £100 per person to support LandAid's mission to end youth homelessness, all while getting active, networking differently, and stepping outside the office.

Event Overview

Dates: Anytime between 14–28 Sep 2026

Distance: 20km or 40km

Cost: £30 per person

Fundraising: £100 per person

Event website

All proceeds raised will go directly to projects across the UK supporting young people aged 16–24 who are experiencing homelessness.

Example Routes

The routes below are examples only and have not been risk assessed or guided by LandAid.

North Trek

Peak District, The Edale Skyline

Difficulty: Moderate–Difficult

Distance: 33.5km/20.8miles

Total ascent: 1128m

Est Time: 8–12 hours depending on speed, fitness and rest breaks

Starting location: [Hope Train Station](#) (S33 6RR)

Key features: summits of Win Hill, Brown Knoll, Mam Tor, Back Tor and Lose Hill, rock formations towards the Kinder Scout plateau.

Handy links:

- <https://wildoutdoors.uk/2023/09/04/the-edale-skyline-the-ultimate-peak-district-hiking-challenge/>
- <https://peakdistrictwalks.net/edale-skyline-walk-from-hope-20-mile-route/>
- <https://www.adventurecafe.uk/trekking/our-treks/peak-district>

South Trek

Kent, Eden Valley Walk

Difficulty: Easy to moderate

Distance: 24km

Starting location: Cernes Farm just outside Edenbridge

Key features: Pass through parkland, woodland, open fields and villages as well as alongside some of the county's most architecturally interesting historic castles and houses.

Handy links:

- Downloadable map: <https://explorekent.org/activities/eden-valley-walk/>
- <https://www.handmadekent.co.uk/eden-valley-walk/>

Kent, Darent Valley Path

Difficulty: Easy to moderate

Distance: 30km

Starting location: River Thames bank in Dartford

Key features: Walk through the picturesque countryside of Kent, from the banks of the River Thames in Dartford to the Greensand Hills above Sevenoaks. The route takes walkers through a diverse landscape, including peaceful villages, lush meadows, ancient woodlands, and rolling hills.

Handy links:

- <https://explorekent.org/activities/darent-valley-path/>
- <https://www.handmadekent.co.uk/darent-valley-path-walk/>

Tips

- Wear footwear previously worn to reduce chance of blisters. Ankle support advised to reduce likelihood of sprained ankles. Always try footwear in-store and wear it in before the event. Good trail shoes are fine if familiar to the terrain. We recommend waterproof versions.
- Padded walking socks, lightweight walking trousers or leggings and running or wicking tops pull sweat away from the body and dry quickly are recommended. Cotton tops become cold when wet. Avoid vests as backpack straps can rub on shoulders. Synthetic tops dry quickly; merino wool provides more warmth.
- A warm layer that goes over base layer to add warmth for planned/unplanned stops and a waterproof layer are advised along with a hat and gloves to be worn as needed. A cap and sunglasses are vital in bright conditions and reduce the chance of heat exhaustion.
- Walking poles are not compulsory but are recommended for longer walks. They reduce 40% of weight on your feet, improve stability on technical sections and improve speed and efficiency on ascents and descents. Use a pair of poles, not one. Leki and Black Diamond are the most popular, but cheaper, heavier equivalents are available.
- A 20-30 litre backpack with small first aid kit, mobile phone, batter pack, head/torch with spare batteries, refillable water bottle and snacks are essential.
- Sense-check the overall distance and ascent to ensure it's appropriate for the group – feedback if it is too short/long on either ascent or length
- Identify any sections that may be too challenging (e.g. scrambling, overly steep or technical terrain)
- Highlight any areas where we may need to adjust or reroute to keep it accessible and safe

- Leave No Trace: We're committing to a "Leave No Trace" policy across the trek route. All participants should use public bins and/or bring waste bags and should take away everything they bring.
- Share your route and expected finish time with someone beforehand
- Check weather forecasts before setting off
- Carry a fully charged mobile phone and backup battery
- In an emergency call 999 and ask for Mountain Rescue if required
- Do not continue if weather or terrain becomes unsafe
- Participants should ensure they have appropriate insurance and seek medical advice if unsure about taking part.

Self-Guided Event Notice

Trek Your Way is a self-guided fundraising challenge. Participants are fully responsible for planning, navigating, and completing their chosen route safely.

Any route information, timings, distances, terrain descriptions, or kit recommendations provided by LandAid are intended as general guidance only and should not replace personal judgement.

Participants are responsible for assessing their own fitness, experience, medical conditions, equipment, weather conditions, and route suitability before taking part.

LandAid and event partners are not acting as guides, supervisors, or rescue providers, and participation is entirely at the participant's own risk.