



IMRAN KHAN CANCER APPEAL
Surrey 3 Peaks Challenge 2026

Surrey 3 Peaks Challenge – Participant Briefing Pack

Challenge Overview

Thank you for signing up to take part in the **Surrey 3 Peaks Challenge** in support of Imran Khan Cancer Appeal.

This rewarding yet demanding trek will take you across some of the most beautiful landscapes in the South East, covering. You can choose to do one, two or all three peaks. We will have arrangements in place for pick up between mountains.

- **Distance:** 22–23 miles (35–37 km)
- **Peaks:** Box Hill, Leith Hill, and Holmbury Hill.
- **Duration:** 10–12 hours
- **Terrain:** Mixed (woodland paths, hills, uneven trails)
- **Parking:** [National Trust Box Hill visitor centre car park](#) (KT20 7PJ)

This challenge is designed to test your endurance while raising vital funds for cancer patients in need.

Event Day Timings

- Box Hill to Leith Hill: Distance: ~ 12 miles (19 km)
- Leith Hill to Holmbury Hill: Distance: ~ 3 miles (5 km)
- Holmbury Hill to Box Hill (completing the loop): Distance: ~ 7 miles (11 km)

Meeting Point: : [National Trust Box Hill visitor centre car park](#)

Date: 11th Saturday July

Time	Activity
07:00	Arrival & Registration
07:15	Safety Briefing & Duas
07:30	Challenge Begins

The timings provided are for guidance only and may be subject to change on the day. Please ensure you arrive promptly, as late arrivals may not be permitted to start.



IMRAN KHAN CANCER APPEAL
Surrey 3 Peaks Challenge 2026

Essential Kit List

Your safety and comfort are paramount. Please ensure you bring the following:

(Essential)

- Sturdy **walking boots** (broken in, no new footwear)
- Weather-appropriate clothing (waterproof jacket recommended)
- Small **backpack**
- Minimum **2 litres of water**
- Packed lunch & high-energy snacks
- Personal medication (if required)
- Fully charged mobile phone

Recommended

- Walking poles
- Blister plasters & basic first aid
- Power bank
- Hat / gloves (weather dependent)
- Sunscreen

Fundraising Targets

Your participation directly supports life-saving cancer treatment.

- **Minimum fundraising target:** £250 per participant
- **Suggested target:** £500+

Fundraising Tips:

- Share your journey on WhatsApp and social media
- Create a personal story – why you are taking part
- Ask friends and family for support
- Approach local businesses for sponsorship
- Hold a small event in your community

All funds raised will go towards supporting patients at Shaukat Khanum Cancer Hospital.



IMRAN KHAN CANCER APPEAL
Surrey 3 Peaks Challenge 2026

Safety Guidelines

- Follow instructions from event leaders at all times
- Stay with your assigned group, no lone walking
- Inform a leader immediately if you feel unwell
- Respect the countryside and local environment
- Emergency contact details will be provided on the day

Spiritual & Community Element

This challenge is not only physical but also deeply meaningful. You are walking to bring hope and healing to those facing cancer.

Take moments throughout the journey for reflection, gratitude, and intention.

Contact Information

For any queries before the event:

- Email: support@ikca.org.uk
- Phone: 01274 424444

Final Message

Your effort, every step you take, and every pound you raise carries immense value. You are part of something far greater than a walk, you are helping save lives.

We look forward to sharing this journey with you.

May your efforts be accepted and rewarded.