



HOPE FOR JUSTICE

2026

EXTREME CHALLENGE

CANADA: SEA TO SUMMIT

BRITISH COLUMBIA, CANADA
SEPTEMBER 12TH TO 20TH, 2026

**APPRECIATE THE SHEER BEAUTY OF BRITISH COLUMBIA FROM
VANCOUVER TO WHISTLER WHILE PUSHING YOURSELF TO THE
LIMIT FOR AN INCREDIBLE CAUSE**

CHANGE THE LIVES OF PEOPLE TRAPPED IN MODERN
SLAVERY AND WHO HAVE SURVIVED HUMAN TRAFFICKING.

JOIN A TEAM OF ADVENTURERS AND FUNDRAISERS AND DO SOMETHING TRULY SPECIAL IN THE FIGHT AGAINST MODERN SLAVERY AND HUMAN TRAFFICKING.



Hope for Justice's Extreme Challenge for 2026 is a seven-day adventure stretching from the Salish Sea across the North Shore Mountains that tower over Vancouver in North Columbia.

This series of epic treks shows off the pride of Western Canada, rising dramatically from the coastal waters to heights in excess of 2,400m (7,000 feet). This adventure will take you to your limits and will change your perception of what you can achieve – it may even change your life!

You will be joining a team led by Hope for Justice CEO, Tim Nelson. Past participants who have done Extreme Challenge with Hope for Justice say they tremendously value the connections they made, with friendships and new professional relationships that have really endured.

Your fundraising could free more victims and provide trauma-informed aftercare for survivors.

Do something powerful for others!

ABOUT HOPE FOR JUSTICE

Hope for Justice is a charity working to bring freedom from human trafficking and modern slavery with an effective and proven multi-disciplinary model, by identifying victims, supporting survivors and preventing exploitation. Our programmes and training initiatives in

the UK, USA, Ethiopia and Uganda reach just under 150,000 adults and children each year. Hope for Justice depends on fundraising from generous individuals, groups and organisations to sustain and expand our life-changing work.

KEY FACTS

- **Sea to Summit in 7 days**
- **40 total participants**
- **Total distance approx. 90–100km (56 to 62 miles), walking at altitudes of up to 2,400m (7,900 feet)**
- **Sleeping in lodges and under the stars (in a tent!)**

ABOUT THE TREK

This is a strenuous, medium-altitude trek requiring good walking stamina. You should be comfortable covering 20km (12.5 miles) per day over undulating terrain with some steep sections. This is likely to equate to around 6 to 8 hours of walking each day.

While the trek is not technical, it passes over rugged terrain in a pristine wilderness area, and you may be off marked trails except when ascending or descending the major passes.

You will experience dramatic and extensive views of British Columbia's mountain ranges and will have the opportunity to ascend a variety of summits, mountain passes and traverse mirror-like lakes.

September is an ideal time to visit. The trails will be relatively quiet and the start of fall means that the weather conditions walk the line between summer and autumn.



COSTS & FUNDRAISING

The cost is GBP£2,450 / US\$3,170 / EUR€2,920 per person, with GBP£500 / US\$650 / EUR€600 needed in advance to confirm a place. Our event partners at Race2Adventure, LLC (www.race2adventure.com) will set up a monthly payment plan for the balance of the payment.

There is an early bird price of £2,350 for sign up and payment of deposit by April 30, 2025

Additionally, there is a mandatory fundraising minimum requirement of £5,000 / US\$6,000 / €6,000. To ensure your place on the trek, 80% of the total should be raised by July 30th 2026. You will get all the support and advice you need to help you hit your fundraising goal!

WHAT IS INCLUDED IN

THE COST YOU PAY?

- 1 night at Vancouver Hotel with Welcome Dinner
- 7 nights accommodation: Lodges (5 nights) and Camping (2 nights) on a full-board basis
- Tents (although you are welcome to supply your own)
- Guided hikes, including return transport to the accommodation
- Park permits
- Mountain guides
- All food provisions for the trek
- Fundraising pack with suggestions on how to raise sponsorship, and access to Hope for Justice fundraising team for advice, ideas and resources for fundraising events
- Physical training plan
- Team nights (online) in run-up to challenge, covering fundraising, training and Q&A



WHAT IS NOT INCLUDED?

You should budget to pay separately for:

- Your flight to and from Vancouver Airport
- Transfer from Vancouver Airport to Vancouver Hotel on arrival
- Travel insurance – we recommend insurance for baggage, cancellation, medical costs and hiking at altitude
- Any gratuities
- Any meals or services not mentioned

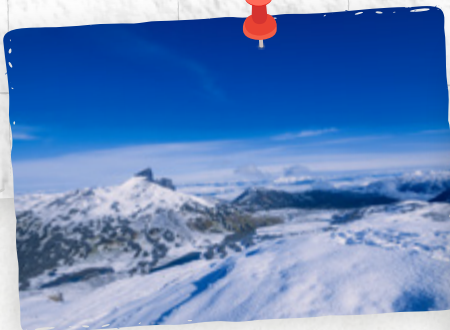
IS THIS EXPERIENCE RIGHT FOR YOU?

We are putting out a call for people with a passion for ending modern slavery and human trafficking, who want to push themselves physically as part of this demanding trek.

We also want people comfortable in a team and willing to encourage others. You must be willing to use this experience as an opportunity to raise funds and awareness about this devastating issue, and connect with everyone who you know to encourage them to support your fundraising.

September '26

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
6	7	8	9	10	11	12 <i>Land in Vancouver & welcome dinner</i>
13 <i>Deep Cove to Lynn Canyon. Overnight in lodge.</i>	14 <i>Chief Peak 1 with Gondola return. Overnight in lodge.</i>	15 <i>Rubble Creek to Garibaldi Lake. Overnight camping.</i>	16 <i>Garibaldi Lake to Panorama Ridge to Helm Creek. Overnight in lodge.</i>	17 <i>Wedgemont Lake. Overnight in lodge.</i>	18 <i>Whistler Mountain to High Note / Musical Bumps / Singing Pass / Russet Lake. Overnight camping.</i>	19 <i>Russet Lake to Whistler Village. Overnight in hotel with farewell meal.</i>
20 <i>3-hour transfer from Whistler to Vancouver Airport.</i>	21	22	23	24	25	26
27	28					



SCHEDULE

Saturday 12th September

Land in Vancouver, transfer to Vancouver Hotel for welcome dinner.

Sunday 13th September

Deep Cove to Lynn Canyon. Overnight in lodge.

Monday 14th September

Chief Peak 1 with Gondola return. Overnight in lodge.

Tuesday 15th September

Rubble Creek to Garibaldi Lake. Overnight camping.

Wednesday 16th September

Garibaldi Lake to Panorama Ridge to Helm Creek. Overnight in lodge.

Thursday 17th September

Wedgemont Lake. Overnight in lodge.

Friday 18th September

Whistler Mountain to High Note / Musical Bumps / Singing Pass / Russet Lake. Overnight camping.

Saturday 19th September

Russet Lake to Whistler Village. Overnight in hotel with farewell meal.

Sunday 20th September

3-hour transfer from Whistler to Vancouver Airport.

THIS WILL BE THE ADVENTURE OF A LIFETIME!



SIGN UP AND FIND OUT MORE

Email organiser andrew.wrath@hopeforjustice.org
with your questions or to request an application form.

DETAILED ITINERARY (Subject to change)

DAY 1 – Saturday, September 12th, 2026

Group arriving at Vancouver YVR airport throughout the day. Group shuttled to the hotel in Vancouver (TBD).

Meet and greet/socialize with the group and your guides, week briefing, welcome dinner.

DAY 2 – Sunday, September 13th, 2026

After an early breakfast, we'll take a short shuttle to the stunning waterside location of Deep Cove where we'll start our first hike of the week.

We will have the option to rent a kayak or SUP (stand-up paddleboard) to enjoy an hour of paddling in the beautiful waters of Indian Arm, a traditional clamming and fishing area of the Tsleil-Waututh nation who lived in the area. Following our paddle, we'll set out on our first hike!

This beautiful point-to-point hike weaves through the Coastal Temperate Rain Forest and covers the section of the famous Baden Powell Trail from Deep Cove to Lynn Canyon Park. It's often considered to be the most scenic section of the full 45km (28-mile) Baden Powell Trail.

The 12km (7.5-mile) point-to-point section we'll be covering is a moderately challenging route that takes an average of 4 hours to complete. This is a very popular area for hiking and running, so you'll likely encounter other people while exploring.

Numerous attractions are passed along the way, with the most popular being Quarry Rock, Seymour Canyon, Twin Falls, and Lynn Canyon. Trail conditions range considerably throughout the hike, with a mix of smooth paths, long boardwalks, steep staircases, and rougher terrain.

Our shuttle will be waiting at Lynn Canyon to transport the group to our accommodation in Squamish for the night. Free afternoon to explore downtown Squamish. Group dinner in Squamish.

DAY 3 – Monday, September 14th, 2026

After breakfast, we'll take a 5-minute shuttle to the Stawamus Chief Provincial Park, where we will begin our 10-mile full-day exploration.

The awesome trail up to the Chief's First Peak summit consists of steep steps, ladders, and rocky terrain through the temperate rainforest. Once we reach the stunning summit, we will regroup and enjoy the views. For the second portion of today's challenge, we'll descend halfway down the mountain, to connect with the Sea to Summit Trail.

This aptly named trail is a spectacular and challenging hike that ascends from the shores of Howe Sound to the summit of the Sea to Sky Gondola, offering breathtaking views of fjords, temperate rainforests and granite peaks.

The Sea to Summit trail climbs up approximately 1km (3,000 feet) of steep, rocky, rooty and often technical switchbacks, with a few chain-assisted sections to keep you alert and present!

Once we reach the Summit Lodge, we'll marvel at the stunning views, the suspended bridge, and the overall grand atmosphere of this location. We'll have a snack, and a drink, before heading back down the mountains aboard the Sea to Sky Gondola.

As a special bonus today, we'll walk on the connector trail (half a mile) from the Sea to Sky gondola base to the adjacent Shannon Falls Provincial Park, to see another natural wonder!

5-minute shuttle back to our accommodations in Squamish. Group dinner in Squamish. Packing for our overnight camping at Garibaldi Lake.

Day 4 – Tuesday, September 15th, 2026

After breakfast, we'll take a 30-minute shuttle to the Rubble Creek trailhead at Garibaldi Lake Provincial Park.

The trail meanders up the first 5km (3 miles) through seemingly endless and gradually inclined switchbacks. It leads to a single-track section which eventually passes through the first two lakes, Barrier Lake and Lesser Garibaldi Lake, culminating at Garibaldi Lake. Garibaldi is the crown jewel with amazing colour and breathtaking views.

We can drop off our backpacks at our lakeside campsite and have a well-deserved lunch.

The afternoon will be free to explore the surroundings, enjoy the campground and cool off in the pristine glacial waters of Garibaldi Lake!

Day 5 – Wednesday, September 16th, 2026

Today we have a long adventure day ahead so we'll wake up early and have a hearty breakfast before we pack up camp and head out on our trek.

Our first objective today is to reach Panorama Ridge. This trail has a steep start winding through the forest, but very quickly flattens out into an easy and well-maintained trail through alpine meadows. The last couple of kilometers are up steep rock (not overly technical) to the Lookout Summit on a well-defined path.

Once the entire group has reunited at Panorama Ridge (wow factor will be off the charts!), we'll hike back down the Ridge to the Cinder Flats meadows trail to continue on down to Helm Creek and eventually reach the Cheakamus Lake parking lot. After a group celebration, our shuttle will transport us to our hotel in Whistler! Late afternoon will be free to explore Whistler Village before dinner. We're coming back to this hotel tomorrow night so no need to pack your bags!

Day 6 – Thursday, September 17th, 2026

After an early breakfast, we'll jump on the shuttle for a 20-minute drive to the Wedgemount Lake sector of Garibaldi Provincial Park.

The Wedgemount Lake Trail is absolutely stunning. Experienced hikers can do this steep 13km (8 mile) out and back in under six hours, with 1.3km (4,300 feet) of elevation gain along the way.

There are some steeper sections, but also a lot of flat parts. In most of the steep areas, there are plenty of roots and rocks to act as steps. The rocks are also fun for folks who enjoy a good mountain scramble. Most of the trail is under forest-cover.

There are plenty of snow-capped mountains behind us when finishing the scramble, right before seeing the majestic Wedgemount Lake. The lake is beautiful on a sunny day and makes for a perfect cool off before the descent.

We'll enjoy the lake and have lunch before hiking back down to load our shuttle back to Whistler.

Tonight after dinner you'll pack for our next overnight camping adventure in the alpine!

Day 7 – Friday, September 18th, 2026

Today we'll have an easier (but mega spectacular!) day to recover from the previous days.

After breakfast, we'll walk to the Whistler Gondola for a lift up to the Roundhouse Lodge where we'll begin our alpine trek to the Kees and Claire Hut (TBD) located atop pristine and magical Russet Lake.

There are changes in elevation along this trail, which make it strenuous. The first point of interest along this trail is Harmony Lake, which offers a beautiful spot to stop for some water and to take in the view. Following the Musical Bumps Trail further reaches Flute Summit which has spectacular views of the surrounding valleys and Cheakamus Lake. Afterwards, the trail continues to Russet Lake.

Once at the Kees and Claire Hut, we'll settle in and have lunch. The afternoon will be free to explore and enjoy Russet Lake and its majestic alpine surroundings! Dinner at the Hut.

Day 8 – Saturday, September 19th, 2026

Today is our final challenge! A 16km (10-mile) trek down the mountain will bring us right back to Whistler Village!

Enjoy all the beauty of this delightful downhill single-track experience and reminisce on all the unforgettable moments we've shared together. Once back down the mountain, we'll have a free afternoon to enjoy Whistler and prepare for our final group dinner celebration!

Day 9 – Sunday, September 20th, 2026

After breakfast we'll load our shuttle for a 2-hour drive back to the Vancouver Airport (YVR) to catch your flights back home.





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hopeforjustice.org



Mar 2025

Hope for Justice is a registered charity in England & Wales (no. 1126097) and in Scotland (no SC045769), and a company limited by guarantee, registered in England and Wales, number 6563365. | Hope for Justice is a 501(c)(3) not-for-profit organization.

All gifts received are tax deductible as charitable contributions for federal income tax purposes (EIN 75-3179471).