

Organise your own trekking challenge

Every year hundreds of people organise their own walking or trekking challenges to raise funds for the Society. You can organise a trek that is a tough one day walk or one that takes a few days either in the UK or abroad or a short walk (like [Memory Walk](#)) in your local area.

Treks

- Decide where you want to go; you could [take a look at the popular routes](#). We also have a number of [useful websites and handy tips](#).
- Get a map
- Book your accommodation if required
- Decide [what you need to take](#)



Fundraising support

Let us know that you are going to be fundraising for us by completing the [organise your own walking event form](#). We will then automatically email back a fundraising pack, sample press release, a material order form, donation form and sponsor form. You can also request a pack by calling us on **0870 417 0192** giving your contact details, event date and details.

If you have any further questions about fundraising for an event do check our [frequently asked questions](#). If your question is not covered here just [email us](#).

Support with training

Discover Adventure (the Alzheimer's Society's overseas tour operator) has written a [training guide](#) to help you get fit for your long distance walk.

Short walks

For more details on organising a short walk please contact memorywalk@alzheimers.org.uk

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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