



Renewd.net

The open network of specialized subscription,
membership & event professionals

RENEWD RETREAT
11-14 September 2025

OBJECTIVE

A unique opportunity to spend quality time hiking in the most stunning surroundings with fellow B2B media founders and leaders, raising money for good causes.

2 days, 3 nights of walking and talking. Evenings in an impressive chalet, continuing discussions in a relaxed setting over a glass of wine and three-course dinner

ITINERARY

A typical day...

07.45: Breakfast

08.30: Depart chalet for hike

12.30: Picnic Lunch on summit (approx. 800-1000m+)

16.30: Finish hike & return to chalet

17.00: Free time to relax

19.00: Team drinks, dinner & discussion

Discussion topics to include:

- ❖ Setting the right growth strategy for your business
- ❖ Building an effective leadership team
- ❖ What AI means for your business
- ❖ Succession and exit planning







ACCOMMODATION & FOOD

- Luxury chalet in Chamonix Valley
- Sauna & Spa
- Breakfast, lunch and dinner provided by CHX chefs
- Wine, beer & soft drinks in chalet included
- Picnics for daytime
- Dietary requirements accommodated







LOGISTICS

- Day pack to be carried by participants, including drinks, food & clothing
- 2 meals a day in chalet; picnic lunches on trek
- Full kit list provided; waterproof & good quality hiking boots required
- Fully guided, plus CHX staff on-hand to support you throughout



CLOTHING & FOOTWEAR

CLOTHING

- BASE LAYERS – MERINO WOOL / DRI-FIT (e.g. ICEBREAKER ® OR EQUIVALENT)
- SHORTS & HIKING TROUSERS / LEGGINGS
- MICRO FLEECE / OTHER INSULATING LAYER
- WATERPROOF JACKET (GORETEX ®)
- LIGHT SOFT SHELL JACKET / WINDSTOPPER ® LAYER (OPTIONAL)
- WATERPROOF TROUSERS (GORETEX ®)
- SUN HAT, WARM HAT & BUFF
- LIGHTWEIGHT WARM GLOVES
- COMFY CLOTHES FOR TRAVEL / ACCOMMODATION IN THE VALLEY

FOOTWEAR

- HIKING SOCKS (e.g. SMARTWOOL ®)
- HIKING BOOTS WITH ANKLE SUPPORT (IDEALLY GORETEX ®)
- COMFY SHOES FOR TRAVEL / ACCOMMODATION IN THE VALLEY





EQUIPMENT & ADDITIONAL ITEMS

EQUIPMENT

- RUCKSACK (~25-30 LITRE)
- RUCKSACK WATERPROOF COVER / WATERPROOF LINER BAG(S)
- WATER BOTTLE(S): 1.5-2 LITRES IN TOTAL (e.g. NALGENE ®)
- THERMOS ® (OPTIONAL – IN ADDITION TO WATER BOTTLE)
- HIKING / TREKKING POLES (FOLDABLE / EXTENDABLE)
- SUNGLASSES (IDEALLY WRAP-AROUND)

ADDITIONAL ITEMS

- SUNCREAM & LIPSALVE (UVF 30+)
- BLISTER PADS – e.g. SECOND SKIN / COMPEED ®
- WASH KIT
- SWIMMING COSTUME (FOR SPA / POOL / HOT-TUB, WHERE APPLICABLE)
- SNACKS FOR THE TRAILS (e.g. NUTS / DRIED FRUIT / ENERGY BARS, ETC.)
- EUROS(€) - FOR ADDITIONAL SNACKS / DRINKS IF NEEDED





ALPINE CHALLENGE TRAINING PLAN

2025



12 WEEK TRAINING PLAN – TOP TIPS

While you don't need to be an exceptional athlete, you will need a degree of fitness and determination. The most important things to consider as you prepare for the event are:

- **Walk more** – starting with a bit more each day and building up steadily (up and down hills)
- **Get outside** – try to spend at least one day at the weekend on a long walk, somewhere nice (and hilly) all day
 - **Increase gradually** – build up your training in a way that feels good and at a pace that is right for you
 - **Listen to your body** – if you need a rest, take a rest; if you want to speed up, speed up
 - **Carry the weight** – use a rucksack as much as you can to get used to the feel of it (~5-10 kgs is good)
 - **Days in a row** – try to walk on back-to-back days to get used to walking on tired legs
- **These boots are made for walking** – use the kit (especially the boots) that you will be wearing for the challenge event
- **Eat & Drink** – ‘sip, sip, nibble, nibble’... practice consuming water & the snacks you will use on the trail as you walk
 - **Smile** – get out with friends, enjoy the environment, do what makes you feel good
- **Don't worry** – we are here to help you all the way so, if you have any questions, just contact CHX staff...

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