

EuroCity Bike Ride

6-10 SEPT 2012

RAISING FUNDS TO SUPPORT MEN AND WOMEN
PARALYSED IN SPORTING ACCIDENTS



LONDON

AMSTERDAM

BRUSSELS

www.actionforcharity.co.uk

email: events@actionforcharity.co.uk • tel: 01590 677854


REGAIN
The Trust for Sports Tetraplegics

Managed by Action for Charity. Acting as agents for Global Adventure Challenges, ATOL protected 6506 on behalf of REGAIN.

Registered Charity Number: 1030693

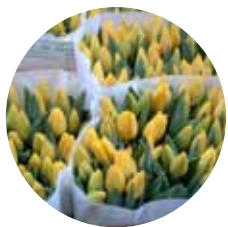


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Join the next REGAIN cycle challenge, a stunning ride through three of Europe's most cultural cities – London, Amsterdam and Brussels. Our route covers approximately 300 miles with four days in the saddle, taking in the rolling countryside of Essex, the plains of Holland and the sleepy lanes of Belgium. There will be a huge amount of fun and friendship along the way as cyclists of all abilities, including tetraplegic hand cyclists, take up this special challenge.



Funds raised by the Euro City Bike Ride will support men and women paralysed in sporting accidents through the work of spinal injury charity REGAIN. REGAIN supports these individuals by providing financial help to purchase a wide range of specialist equipment that enables them to become independent again. REGAIN also prides itself on encouraging tetraplegics to

take part in sporting activities again after their accidents and provides numerous grants every year for sports wheelchairs and hand cycles.

If you have any questions about the Euro City Bike Ride or need further information please telephone the Action for Charity events team on 01590 677854 or e-mail events@actionforcharity.co.uk



“I have now completed four rides with Regain, met the most inspirational people and made friends for life.

I am so lucky to have experienced such trips, they have helped me enormously, given me the drive to train and raise funds for such utterly amazing people.”

Sarah Thorne
REGAIN past participant





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The Itinerary



Day 1

London to Harwich – Ferry to Holland 80 Miles

Our challenge begins early morning in London as we aim to be on the road by 7am to avoid the rush hour. It's not too long before we are cycling through beautiful Essex countryside on roads that undulate and weave through the country. We arrive at the Port of Harwich, where we board our overnight ferry to the Hook of Holland.



Day 2

Hook of Holland to Amsterdam 60 Miles

Our ferry docks early in the morning so we waste no time in getting back in the saddle! Our destination today is Amsterdam. Our route today hugs the coastline and winds its way along typical Dutch lanes past traditional windmills. Leaving the coast we head inwards towards the capital and ride along the canal paths that eventually lead

us into the heart of the city. Amsterdam is the world's cycling capital and is a fantastic place to end the second day of our European cycling challenge.



Day 3

Amsterdam to Breda 80 miles

Leaving the quirky city of Amsterdam behind us, we push on with our challenge riding out of the city using the designated cycle ways. We'll pick up speed and clock our miles quickly today as most of our route is flat. Following one of our delicious open-air buffet lunches in a quiet countryside village, we will be back in the saddle and heading for our destination, the charming and historic town of Breda.



Day 4

Breda to Brussels 80 miles

The final day of our challenge will see us cycle through stunning Belgium countryside along tree-lined lanes and through quite sleepy villages. Today is more of a challenge as we leave the flat low-lands of the Netherlands and head further in-country towards Belgium's bustling capital. We'll re-group at the breath-taking Atomium, before cycling en-mass to Brussels Grand Palace where we celebrate our cycling achievements. This evening we enjoy a celebration dinner before sampling Brussels nightlife.



Day 5

Today we have a free morning in Brussels to explore, before making our own way to the Euro Star terminal for the return journey to London, arriving in St Pancras late afternoon.



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Your questions answered

How does it work?

To take part you are required to pay a non-refundable registration fee of £99, which will be used solely for non-travel costs. You must also raise minimum funds of £1,700 for REGAIN, which must be paid in by 12 July 2012. In return everything for the challenge will be provided, food, accommodation, guides, travel and medical support etc.

How fit do I have to be?

Many people who take part in this type of event are not regular cyclists so it is imperative that everyone follows a reasonably serious course of training before the event. If you are over 65 or have a medical condition which could be adversely affected by exercise or any worries about your medical fitness you must get a letter from your doctor. Tetraplegic cyclists should seek advice from the charity regarding fitness and eligibility to participate as there are a limited number of places available for hand cyclists. You will be sent a comprehensive guide to training when you register.

Am I too old?

Absolutely not! One of the amazing things about the REGAIN cycling challenges is that people of all ages come together to do something very special and to raise funds for a fantastic cause. The age range is likely to be 18-70!

Will I have to carry my kit?

No, your main luggage will be transported each day by our support team. Each participant however will travel back to the UK on the Eurostar with their own luggage so you are advised to pack light. You will need a water bottle (or a camel back-type hydration system) and a waistbag or rucksack for things like your camera, sun cream, tissues etc. Any extra items you may need during the day can be carried on the support vehicle.

Who organises all the travel arrangements?

All the tour arrangements are organised by specialist tour operator Global Adventure Challenges. The company is bonded with the Civil Aviation Authority ATOL number 6506.

Do I need special equipment?

Each participant is expected to bring their own bike, with two spare inner tubes and a puncture repair kit.

A cycling helmet is essential. Cycling shorts are also recommended and everyone will need their own water bottles or a camel back-type hydration system. A kit list for the challenge will be sent to you when you register. A bicycle mechanic will be travelling with the group providing extra support if needed on the more serious of repairs. You should also bear in mind that this is a long distance, on-road cycle and you are advised to use a touring/road bike or, if using a mountain bike, having road tyres fitted.

Where will we sleep overnight?

We will sleep overnight on the Harwich to Hook ferry on the outward journey and stay in local hotels en route, each with en-suite washing facilities.

Can I pay my own tour costs?

How you fund your challenge is completely up to you. The tour costs for the Euro City Ride are approximately £700. Some people will pay their own tour costs so they can tell potential donors their donation is going directly to support the work of REGAIN, others will fundraise the full amount.

What happens if I don't reach my fundraising target?

If you don't reach your fundraising target you are not liable to pay any costs. You would simply forfeit your place on the challenge and lose your registration fee.

What about insurance?

You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. Global Adventure Challenges has a recommended policy and you will be sent details when you register.

How do I sign up?

The best way to register is on the Action for Charity website:

www.actionforcharity.co.uk

alternatively you can complete the attached application form.



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Why take part?

Life can change in a second...

REGAIN is the only charitable organisation dedicated solely to improving the lives of men and women who have become tetraplegic in a sporting accident. One minute these individuals are fit, active and healthy, the next they are paralysed, unable to move and in need of support for the rest of their lives.

REGAIN supports these individuals by providing financial help to purchase a wide range of specialist equipment that enables them to become independent again. REGAIN also prides itself on encouraging tetraplegics to take part in sporting activities again after their accidents and provides numerous grants every year for sports wheelchairs and hand cycles.

REGAIN also helps these individuals emotionally by directing tetraplegics to the relevant professionals for counselling, legal or other professional help.

The money you raise by taking part in the Euro City Ride will enable REGAIN to continue to support sportsmen and women paralysed in sporting accidents.

Funds raised by the Euro City Ride will support the work of REGAIN.



Steve Osborne was paralysed from the chest down following a swimming accident at the age of 18. Prior to his accident Steve was a fit, active sportsman with his life ahead of him. His injury was a devastating blow to someone who lived for sport. REGAIN have supported Steve by funding sports equipment such as a rugby wheelchair and hand cycle, which have enabled him to get back into sport.

“ I am still here today because REGAIN has helped me to play sport again after my accident – playing wheelchair rugby and keeping fit has kept me going for all these years. Playing sport again after an injury saves your life in terms of health and wellbeing. ”


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How we support you

Action for Charity are here to help you achieve your challenge and will support you all the way. We are on hand from the minute you sign up to answer any questions that you might have about fundraising, training or the challenge itself.

Fundraising

As soon as you register for the Euro City Ride you will be sent a welcome pack, which includes fundraising advice and original ideas on how to raise funds for REGAIN.

Online Fundraising Page

The welcome pack you receive from us will also include a link to setup your own online fundraising page on Just Giving. This will enable you to send a link that your sponsors can click on and donate securely over the internet. Previous cyclists have raised hundreds online!

Training

Your welcome pack will also include a training advice document, which includes a realistic training programme that gradually builds up as the event gets closer. The event is in September so you will have the summer months to train in.



The Euro City Bike Ride is managed by Action for Charity to raise funds for REGAIN, Registered Charity Number: 1030693
Action for Charity is the trading name of Action Events Limited Registered Office: Newcourt House, New Street, Lyminster, Hampshire SO41 9BQ.
Company Reg. No. 3615142



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Application form

Sign up now online www.actionforcharity.co.uk alternatively return this completed form with a cheque for your non-refundable registration fee of £99 (payable to ACTION FOR CHARITY) to Euro City Bike Ride, Action for Charity, Newcourt House, New Street, Lyminster, Hampshire, SO41 9BQ.

Personal Details

Title	Surname	
Forenames		
Name by which you like to be known		
Address		
	Postcode	E-mail
Home Tel	Work Tel	Mobile Tel
Occupation/job title		
Employer's name and address		
T-shirt size S/M/L/XL		

Passport Details

Full name as on passport	
Date of birth	Place of birth
Date of issue	Place of issue
Passport no	Date of expiry
Nationality	Marital status

Note: Your passport must be valid until 6 months after the event.

Next of Kin

Name	Relationship
Address	
	Postcode
Daytime Tel	Evening Tel

Room Sharing

Accommodation will be shared. Please give the name(s) of anyone with whom you specifically wish to share.

Name(s)

Special Dietary Requirements

Vegetarian	Vegan	Other (please state)
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Medical Requirements

Do you suffer from a medical condition, allergy or take regular medication?	YES/NO
If yes please give details:	

How did you hear about the event?

Please give details	
Have you undertaken an overseas challenge for charity before?	YES/NO
If yes, please give details:	

Please read the conditions of entry and sign below

I would like to take part in the Euro City Bike Ride and agree to abide by the Conditions of Entry and Global Adventure Challenges booking conditions. I undertake to raise a minimum of £1,700 for REGAIN and to send it to the organisers by 12 July 2012. I will also endeavour to raise as much as possible in addition to the minimum amount. I confirm that to the best of my knowledge my general state of health and fitness is good and I take full responsibility for my fitness to take part .

Data Protection. Action for Charity promises to respect your privacy. The information you have provided will be used by Action for Charity, the tour operator and REGAIN for the purposes of administering the event. Your details will not be passed on to other organisations. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose or share personal information supplied by you with any third party organisations without your consent. Action for Charity would however like to pass on your contact details to other event participants with your agreement and contact you about future charity events. Please tick the relevant box or boxes below if you do not wish us to do that.

Signature

- I do not wish my details to be passed to other event participants.
- I do not wish to be contacted about future Action for Charity events.

Please return to

The Euro City Bike Ride, Action for Charity, Newcourt House, New Street, Lyminster, Hampshire SO41 9BQ



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Conditions of entry

1. A registration fee of £99 (non-refundable) is required to participate in the *Euro City Bike Ride*. In addition you must raise a minimum of £1,700 in sponsorship money and donations for REGAIN which must be sent to the organisers, Action for Charity, by 12 July 2012. Of the monies raised approximately £700 (subject to group size) will be used to cover your tour costs including train and ferry fares, accommodation, food, transfers, guides and back-up support.

2. If you are unable to raise the minimum sponsorship required you will forfeit your right to a place on the event or you may choose to make up the balance yourself.

3. If you do not take up your place for any reason, you must inform Action for Charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship money returned. You must send all sponsorship forms and sponsorship money collected to Action for Charity who will pass it on to REGAIN.

4. All cheques for sponsorship money must be made payable to REGAIN and sent to Action for Charity.

5. The good reputation of the charity is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by the organisers of the event.

6. You must be at least 18 years of age before 6 September 2012 unless special permission has been given by Action for Charity.

7. You must not be dependent on alcohol or drugs or have any criminal convictions.

8. You must be covered by full travel insurance for health, accident, loss and repatriation during the event. You will need to provide proof of travel insurance eight weeks before departure or you may forfeit your place on the challenge.

9. All those who take part in the *Euro City Bike Ride* do so at their own risk. The charity has arranged travel, accommodation, food, guides etc. with Global Adventure Challenges, a company which specialises in events of this nature and is fully bonded by the Civil Aviation Authority ATOL number 6506. In making these arrangements the charity and Action for Charity are acting as your agents and are unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reasons outside their control.

10. If you are refused passage and/or entry/exit into Holland/Belgium any additional costs incurred are your responsibility.

11. If you withdraw from the event in circumstances where recovery of

cancellation charges is indemnified under travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charity. If the insurance company does not recognise your claim, you will be responsible for any cancellation charges levied on the charity.

12. Itineraries schedules and accommodation may change and other alterations may occur which are beyond the control of Global Adventure Challenges.

13. You must agree to be bound by Global Adventure Challenges Booking Conditions for the event.

14. Action for Charity and REGAIN may, at their discretion, withdraw places on the *Euro City Bike Ride* if they believe it is in the best interest of the charity to do so.

15. Your passport must have at least six months to run from the date you return to the UK.

16. It is a requirement that you must wear a cycle helmet at all times whilst cycling on this challenge.

17. You will be responsible for providing your own personal equipment and bicycle.



The Euro City Bike Ride is managed by Action for Charity on behalf of REGAIN, 78 Shirburn Road, Watlington, Oxon OX95BZ. Registered Charity No. 1030693. Action for Charity is the trading name of Action Events Limited, Registered Office: Newcourt House, New Street, Lynton, Hampshire SO41 9BQ. Co. Registration No: 3615142



EuroCity Bike Ride

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Booking conditions

Please ensure that you have read and understood the itinerary of your chosen Challenge, regarding the style of our Challenges. These terms and conditions remain valid until superseded.

Your contract is made with Global Adventure Challenges Limited ("GAC") whose registered office is at 2 Hilliards Court, Chester Business Park, Wrexham Road, Chester, CH4 9QP (Company No. 04518582). GAC accepts bookings subject to you agreeing the conditions set out below:

Definitions:-

- a) **Agreement** – The information contained in the Booking Conditions, Brochure, itinerary of the chosen Challenge, and/or the GAC Website (www.globaladventurechallenges.com)
- b) **Booking Conditions** – The Agreement made between GAC and you.
- c) **Challenge** – Chosen event undertaken by you.
- d) **Challenge Leader** – The person who leads each Challenge on behalf of GAC.
- e) **Charity** – The Charity or Organisation chosen to receive sponsorship raised by you.
- f) **Event Organiser** – Action for Charity
- g) **GAC Website** – www.globaladventurechallenges.com
- h) **Sponsors** – Those who have elected to sponsor you through financial means.
- i) **Supplier** – a company/person not employed by GAC who provides services regarding the Challenges.

1. When you register for the Challenge you undertake that you have the authority to accept and do accept these Booking Conditions. A contract will exist when the Charity and/or the Event organiser issues you with a letter confirming your acceptance onto the Challenge.

These Booking Conditions in conjunction with the information set out in the itinerary of the chosen Challenge and/or the GAC Website form the entire agreement between ourselves and yourself. GAC holds an Air Travel Organiser's Licence Number 6506 issued by the Civil Aviation Authority which provides for your financial protection and, if applicable, repatriation, in the event of our insolvency.

No employee of GAC other than a director has authority to vary or omit any of these terms or promise any discount or refund with regard to the cost of the Challenge. Any such amendments may only be made in writing.

2. You need to be a minimum of 17 years old (or if aged between 13 and 16 you MUST be accompanied by a parent or legal guardian), in suitable physical condition to undertake the Challenge as set out in the itinerary and be fully aware of the possible risks inherent in adventure travel.

The whole philosophy of this type of Challenge is one which allows alternatives and a substantial degree of on-tour flexibility. The outline itineraries given for each Challenge must therefore be taken as an indication of what each group should accomplish and not as a contractual obligation on our part. It is a fundamental condition of joining any GAC Challenge that you accept this flexibility, and acknowledge that delays and alterations and their results, such as inconvenience, discomfort, or disappointment, are possible.

Your ability to participate in the Challenge will be subject to the availability of places. The Charity and/or the Event Organiser will allocate places on a first-come, first-served basis for those who properly complete the registration formalities.

GAC, and/or the Charity reserves the right on reasonable grounds to decline your request to register and participate in the Challenge. Your entitlement to participate depends on GAC, the Charity and/or the Event Organiser being satisfied that there are no circumstances under which we ought properly to decline your participation in the Challenge. Our decision on your participation shall be final and binding. We

will not exercise this right against you unless there are clear grounds for us to do so.

You must comply with the laws and regulations of the countries visited and comply with all reasonable instructions of the Challenge Leader relating to the safety and organisation of the Challenge. If in GAC's opinion, any airline pilot, accommodation manager or other person in authority feels that you are behaving in such a manner as to cause danger, distress or annoyance to others or cause damage to property, your Challenge arrangements may be terminated by us or the Supplier concerned. In such an event, GAC shall have no liability to you and will not be responsible for making any refunds, paying any compensation or meeting any costs or expenses you incur as a result. Furthermore, you must meet any expenses GAC incurs as a result of your behaviour.

You agree that the information you provide to GAC, the Charity and/or the Event Organiser is accurate and that GAC may pass all necessary and relevant information, which we hold to our agents for the purpose of marketing and administering this Challenge. GAC shall not subject any personal data about you to any processing except as may be required for the purposes of the Challenge. GAC shall not transfer such personal data to any third party except as may be necessary for the purposes of the Challenge.

You agree that any photography taken prior to, during, or after the Challenge, which may include you in it, may be used in publicity material connected with the Challenge.

The Challenge is based on using twin accommodation (where applicable), and if you join a Challenge alone, you will be partnered with another member of the same sex to share accommodation.

Medical Treatment: it is a condition of joining a Challenge that in cases of emergency the GAC representative has your authority to arrange any necessary medical or surgical treatments and to sign any required form of consent on your behalf.

3. You are responsible to pay for your personal equipment, tips, UK and overseas airport taxes*, government imposed fees* and the costs of visas*, vaccinations*, additional food and drink, personal spending money, transport to and from the airport of departure in the UK, travel insurance (see clause 13), and any other activities not included in the itinerary. (*If applicable).

4. If you wish to extend your return flight, and GAC is able to arrange it, there will be an administration fee, and if the change of date results in a more expensive ticket, you will be required to pay the difference. You will not be able to amend the outward date, only the return date. You should put your request in writing, no later than 8 weeks prior to departure, to GAC by email or by letter. You must give a preferred return date with two other dates, just in case the first choice is not available. If GAC cannot confirm your requested change of return date, or if the resultant fare increases by £50.00 or more and you choose not to accept the flight GAC will NOT charge you the administration fee.

All GAC Challenge flights depart from the main London airports unless otherwise stated.

5. Most participants complete the Challenge they undertake. However, if you are obliged to cut your Challenge short due to ill-health or for any other reason, there is no refund of National Park fees, or flight and accommodation costs. Any additional accommodation and/or transfer fees, flight and accommodation costs are your responsibility.

6. All Challenge details are published in good faith as statements of intention only and reasonable changes to the itinerary, vehicle and equipment use, may be made where deemed necessary or advisable. In an adventure Challenge the itinerary may be and often is changed at short notice due to changing weather patterns, wildlife movements, and other

factors out of our control. While GAC makes all proper and reasonable efforts to maintain the advertised itinerary we do not guarantee that we can keep to the intended itinerary. Therefore, GAC reserves the right to amend the itinerary of any Challenge as and when it may become necessary to do so.

If there is a minor modification before you depart, GAC will try to notify you, although we are not obliged to do so, nor is GAC obliged to pay any compensation. GAC is not liable for any penalty charges associated with 'supersaver' type connecting rail or air fares, in the event of a change to a tour departure date, time, or airport. Flight timings and carriers are subject to change and all details given to you are for guidance only. Confirmed details will be as shown on your ticket.

Should a material change become necessary GAC will inform you as soon as reasonably possible. You may decide whether or not to accept the change although you must let GAC know within seven days. A material change includes one made to your travel arrangements before departure involving change of departure or arrival airport (other than between airports within the same city airport system) or if outward or return flights are re-scheduled by more than 24 hours.

If GAC alters the airline, aircraft type operating your flight or routing this is not a material change and GAC will not be under any obligation to notify you of any such change in advance.

As GAC does not control the day-to-day management of your accommodation, it is possible that we may be advised that the reserved accommodation may not be suitable or available to you upon arrival. If this happens, GAC will endeavour to provide accommodation of at least the same standard in the same area.

If GAC is required to change the itinerary during the Challenge, the Challenge Leader will arrange the best alternative. This decision will rest on the sole judgement of the Challenge Leader. The decision of the Challenge Leader is final.

Force Majeure: GAC is not responsible for changes which arise as a result of situations outside of our control such as technical or maintenance problems with means of transportation, changes imposed by re-scheduling or cancellation of flights by an airline or main charterer, war or threat of war, civil strife, industrial disputes, natural disasters, bad weather, bureaucratic obstacles or terrorist activity.

7. GAC reserves the right in any circumstance to cancel the Challenge. However, in no case will GAC cancel your Challenge less than six weeks before the scheduled departure date unless it is for reasons outside of our control.

In exceptional circumstances where there are less than the minimum number of participants required to operate the Challenge, GAC and the Charity reserve the right to cancel the Challenge, and will not do so later than six weeks prior to the Challenge departure date. The Charity's terms and conditions may allow for refunds in certain circumstances following cancellation but in no event shall GAC be liable to you for any refunds following cancellation.

GAC will not be liable to you for any incidental expenses that you may have incurred as a result of your booking, such as visas, vaccinations and non-refundable connecting flights.

8. Participants together with their personal property including baggage are at all times solely at their own risk. GAC accepts responsibility for the negligent acts and/or omissions of our employees, while acting within the scope of or in the course of their employment, and for any deficiencies in the services GAC is contractually obliged to provide or the failure of such services to reach a reasonable standard.

Except in respect of death or personal injury caused by the negligence of GAC, or as expressly provided in this Agreement, GAC should not be liable to you by reason of any representation (unless fraudulent) or any implied warranty,



Booking conditions 2

condition or other term, of any duty at common law, or under the expressed terms of the Agreement, for any loss of profit or any indirect, special or consequential loss, damage, costs, expenses or other claims (whether caused by the negligence of GAC, its servants or agents or otherwise) which arise out of or in connection with the provision of any services under the Agreement and the entire liability of GAC and in connection with the Agreement should not exceed £5,000,000.

Subject to the limitation provisions detailed above GAC does not accept responsibility or any losses suffered by any person taking one of our Challenges as a result of (but not limited to) physical exertion for which a participant is not prepared; forces of nature; consumption of alcoholic beverages; civil unrest; terrorism; breakdown of equipment; high altitude; lack of or limited access to medical attention in remote locations; and the adequacy of medical attention once provided;

Subject to the limitation provisions detailed above GAC does not accept responsibility or any losses suffered by any person taking one of our Challenges as a result of (but not limited to) any excursion not provided for in the itinerary, whether or not such excursion is organised by our employees, agents, sub-contractors or Suppliers.

GAC does not accept any responsibility for disruption, inconvenience, cancellation or alteration to Challenges due to problems caused directly or indirectly by computer problems, where these problems are not our fault or the fault of our Suppliers or could not have been avoided even though all reasonable care has been taken.

If you book any additional activities locally, which are not a part of the original Challenge itinerary, your contract for the operation of the activity is with the local company operating the activity.

Please note that your statutory rights as a consumer are not affected by this Agreement.

9. In due course you will be provided with general information about passport and visa requirements, information about health formalities required for the Challenge, the arrangements for security for the money paid over and (where applicable) for your repatriation in the event of our insolvency, and the times and places of intermediate stops and transport connections and accommodation details.

You must ensure that your travel documents, full ten year passport (with a minimum of six months validity at the end of the Challenge), visas and vaccination certificates are in order. Please bear in mind these requirements are subject to change and GAC cannot be held responsible if you do not check current requirements before your departure. If failure to obtain any such documents results in fines, surcharges or other financial penalty being imposed upon GAC then you shall reimburse accordingly.

You are liable for any costs, expenses or other sums incurred by you as a consequence of a refusal to allow you into any country on the itinerary as a result of insufficient time on your passport or otherwise. The information in this Agreement and in the documents supplied to you accompanying this Agreement is correct at the time of printing, and is given in good faith but without responsibility on the part of GAC. Where relevant you should check with the relevant authority the latest information prior to your Challenge.

10. GAC is not a carrier or provider of accommodation. Each journey (whether undertaken or not) by land, sea or air is governed by the conditions of the carrier undertaking to provide that carriage. Some of these conditions limit or exclude liability and are often the subject of international agreements. Copies of applicable conditions are available for inspection at the offices of the carrier concerned.

As all GAC's itineraries are different, airlines used differ with each itinerary. In prepared itineraries, transport timings are

provided by the carrier concerned and are subject to such matters as weather conditions, maintenance requirements, the ability of passengers to check-in on time, and in the case of flights, to air traffic control restrictions. Accordingly, the times of flights and other forms of transport are estimates only and cannot be guaranteed. Internal flights are particularly vulnerable to change.

GAC has no control and accepts no liability whatsoever for cancellations and delays, which are subject to operational decisions by airlines and/or traffic control authorities. You are responsible for check-in for flights at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

If flight delays mean that any additional transfers are required to enable you to join the group these costs must be met immediately by you and should later be reclaimed under your insurance policy if applicable. If you are joining the tour locally (i.e. the country the Challenge takes place in) the responsibility of GAC does not commence until the appointed time at the designated meeting point.

No credit or refunds will be given if you fail to take up any component of your Challenge, or if you lose, mislay or destroy any travel documents.

The availability or provision of accommodation is subject to the 'house rules' of the accommodation or site. This Challenge may be taking place in a country where travel and accommodation standards are less developed than in the UK. Standards of accommodation will vary from extremely basic to adequate and in some locations, you may have to do without essential services.

11 In order to participate in a GAC Event, it is compulsory that you have adequate Travel Insurance. GAC is able to offer you travel insurance specifically tailored to these types of challenges. For up to date information on the relevant Travel Insurance Company and their requirements for your chosen Challenge, please contact GAC.

If you decide to obtain your own travel insurance then you will need to sign and return GAC Insurance Indemnity Form before being allowed to travel. You will also need to provide us with a copy of your own personal travel insurance.

It is not administratively possible for GAC to vet each and every participant's own personal travel insurance policy. Therefore you are responsible for ensuring that you have adequate personal travel insurance, with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. If you make your own arrangements you should ensure that there is no exclusion clauses limiting protection for the type of activities included in the challenge.

Whilst GAC has taken steps, which they consider necessary to review the travel insurance policies it offers, it is not possible to anticipate every conceivable risk or accident that can occur on an adventure Challenge. In addition, no insurance policy covers every possible accident that may arise. You are therefore requested to consider for yourself the wording of the policy provided and which is compulsory for this Challenge.

You should take the original copy of the travel insurance policy on the Challenge, and leave a photocopy at home

12. An adventure Challenge is not without risks. You must be adequately fit to cover the distances and undertake the programme set out in your Challenge itinerary. You therefore take part entirely at your own risk. In addition you agree to indemnify GAC and the Charity against claims for loss or damage to personal property or for loss or consequential losses or claims through your participation in this Challenge arising from your own actions.

You take the risk that you will be able to satisfy all immigration customs or other authorities to be able to be granted lawful access into all the countries on the itinerary. If you are refused access, GAC accepts no liability for any costs and expenses you incur in resolving your difficulties or returning to the UK.

GAC will give such assistance as we can in the circumstances without any obligation upon us to do so and without any liability for our actions on your behalf.

Cyclists must wear a helmet meeting UK standards when riding and must wear such other safety clothing or equipment as may be required in the country concerned or under the rules and regulations of any local service provider of any activity undertaken by you. For water-based activities you must be able to swim 50 metres fully clothed.

13. GAC will do our very best to ensure that your travel arrangements go according to plan. However, if you have a complaint arising out of what GAC has agreed to provide for you please let us know at the earliest opportunity, if necessary by calling the GAC UK office from wherever you may be.

If a problem arises during your Challenge, it is important that you advise the Challenge Leader and the Supplier at the earliest opportunity who will endeavour to put things right.

If your complaint cannot be resolved locally you should advise GAC within 28 days of returning to the UK, in writing, with all other relevant information. Your letter will be given prompt attention. If you fail to follow this simple procedure, GAC will not accept responsibility, as we would have been deprived of the opportunity to investigate the matter and hopefully rectify any problem.

Failure to complain on the spot will result in the client's ability to claim compensation from GAC being extinguished or at least reduced.

Any dispute or difference between the parties arising out of or in connection with this Agreement shall be referred to a single mediator to be agreed upon by the parties or in default of agreement to be nominated by the President for the time being of the Law Society of England and Wales.

14. The contract between GAC and you, and these Booking Conditions are governed by and construed in accordance with English law. All parties agree to submit to the exclusive jurisdiction of the English Courts.

15. No failure or delay on the part of GAC in exercising any of its rights under this Agreement shall be deemed to be a waiver of that right, and no waiver by GAC of any breach of this Agreement by you should be considered as a waiver of any subsequent breach of the same or any other provision.

This Agreement and all the rights under it may be assigned or transferred by GAC.

A person who is not a party to this Agreement has no rights under the Contracts (Rights of Third Parties) Act 1999 to enforce any terms of this Agreement.

The failure by either party to enforce at any time or for any period one or more of the terms or conditions of this Agreement shall not be a waiver of them or of the right at any time subsequently to enforce all terms and conditions of this Agreement.