Join the next Women V Cancer cycle challenge in Tanzania and raise funds to fight breast, cervical and ovarian cancers.

For information and to register online:

www.actionforcharity.co.uk
events@actionforcharity.co.uk • 01590 677854
Women V Cancer overseas cycling challenges in Kenya, India and Cuba have raised a staggering £3.4 million for Breast Cancer Care, Jo’s Cervical Cancer Trust and Ovarian Cancer Action.

The next Women V Cancer challenge is a stunning 350km ride across Tanzania, starting in the shadow of Mount Kilimanjaro and finishing at the impressive Ngorongoro Crater, where we will have the option to take a safari. Along the way we will cycle through three national parks and experience the life and culture of the colourful Maasai tribe in their natural environment.

It will be a challenging ride that is achievable with plenty of training beforehand. The friendship and camaraderie along the way however will be amazing as women of all ages and from all walks of life come together to do something very special.

Women V Cancer is managed by Action for Charity on behalf of Breast Cancer Care, Jo’s Cervical Cancer Trust and Ovarian Cancer Action. All funds raised by the challenge will be divided equally between the charities. The specialist tour operator for the event is Dream Challenges.

This is an opportunity to share a challenge of a lifetime. We would love you to join us. If you have any questions at all or need further information please telephone the Action for Charity events team on 01590 677854 or e-mail events@actionforcharity.co.uk
Join an amazing team of women for this incredible 350km African adventure across Tanzania.

The Itinerary

Day 1  Depart UK for our overnight flight to Kilimanjaro Airport, Arusha, Tanzania.

Day 2  Arrive Kilimanjaro Airport and transfer to our hotel, Kilemakyaro Mountain Lodge or similar which lies in the shadow of Mount Kilimanjaro, the highest free-standing mountain in the world. In the afternoon we have our bike fitting at the hotel. After dinner our Challenge event Leader will brief everybody on the challenge ahead.

Day 3  Moshi to West Kilimanjaro (61kms) Our first day of cycling will take us to West Kilimanjaro on a combination of tarmac and dirt roads. Our overnight accommodation is at the Olpopongi Maasai Village campsite where we will have the opportunity to explore the village and to gain an insight into the authentic Maasai life and culture.

Day 4  West Kilimanjaro to Arusha (81kms) Todays exciting ride takes us from West Kilimanjaro into the bustling town of Arusha where we will overnight at the Impala hotel or similar.
Day 5  Arusha to Tarangire National Park (98kms)
Today we cycle to the edge of the famous Tarangire National Park. We overnight at the Kigongoni campsite.

Day 6  Tarangire National Park to Lake Manyara National Park (66kms).
We cycle today to Lake Manyara National Park at the edge of the Great Rift Valley, the home to a multitude of species. We overnight at Njake Lodge.

Day 7  Lake Manyara National Park to Ngorongoro Gate (39kms).
We cycle today to our finish line at the gates of Ngorongoro National Park, often referred to as ‘The Garden of Eden’ and our third National Park in as many days. Ngorongoro is famous for its profusion of wildlife that teams within the extinct crater. This afternoon there will be the opportunity to participate in an optional safari drive. Later we transfer to our overnight accommodation at the Impala Hotel in Arusha where we can look forward to our celebration dinner.

Day 8  Arusha
We have some free time this morning to do as you wish before our late afternoon transfer to the airport for overnight flight back to UK.

Day 9  Arrive UK
This itinerary is complex and subject to change.

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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 £299, which is used solely for non-travel costs. You must also raise minimum funds of £3,000 for the Women V Cancer charities. Your charitable funds must be paid in by 23 July 2015. The charities will pay tour costs of £1,399 per person on your behalf to Dream Challenges our tour operator for the challenge. In return everything for the challenge will be provided – flights (not including airport taxes and the fuel surcharge), food, accommodation, guides, use of bikes, transfers, medical support etc. The more money raised by participants on the challenge the higher the percentage of funds that directly support the work of the three charities. You are therefore encouraged to exceed the minimum fundraising target.

How fit do I have to be?
This challenge is not designed for Olympic athletes – it is designed for women who are looking for an amazing goal to train and get fit for. A number of the women who will take part in this challenge will have little or no fitness level when they sign up. Women V Cancer is the perfect motivation to get fit, lose weight and have an experience of a lifetime. Once you are signed up for the challenge we give you a realistic training programme, which gradually builds up as the event gets closer.

I’m worried about signing up on my own…
Please don’t be! The majority of women sign up for Women V Cancer on their own and you will soon make new friends. Once the event is fully booked we will send you a contact list for the women on your challenge. Often there will be someone in your local area who you can meet up with to train or fundraise with. We also hold an information day and a training weekend, which are both great opportunities to meet people before the challenge.

Am I too old?
Absolutely not! One of the amazing things about Women V Cancer is that women of all ages will come together to do something very special to raise funds for three fantastic women’s cancer charities. The age range is likely to be from 18-75!

Who organises all the travel arrangements?
All the tour arrangements are organised by specialist tour operator Dream Challenges. The company is bonded with the Civil Aviation Authority ATOL number 10456.

Can I pay my own tour costs?
How you fund your challenge is completely up to you. Some women will decide to pay their own tour costs (£1,399) so they can tell their donors that the donation they are making is going directly to support the work of the charities. Others will fundraise the full amount.
Your questions answered (cont.)

Do I need special equipment?
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. Apart from that no specialist equipment is required. We will supply you with a list of everything you will need to take before you go. Cyclists will have the use of 18 or 21-gear bikes and it is suggested that you bring the saddle or gel cover you are used to riding on.

Where will we sleep overnight?
We will stay in a combination of tourist class hotels and lodges in shared rooms. We will also be camping for two nights on day 3 and day 5 of the challenge.

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.

Can I extend my stay at the end of the challenge?
It is absolutely fine for you to extend your stay at the end of the challenge to explore Tanzania further or to take a well deserved break! Once the group flights are confirmed (11 months before departure) we will send you a flight extension form from the airline, which will enable you to extend your stay. Extensions are allocated on a first come first served basis.

What other costs will I have to pay?
In addition to paying your registration fee you will need to budget for your airport taxes and fuel surcharge (currently £350 but subject to change), personal travel insurance, tourist visa (£40), gratuities, optional tours and personal expenses including travel to and from the departure airport in London.

What about insurance and visas?
You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. Dream Challenges has a recommended policy, which we will send you details of. You can however take out your own insurance providing it covers you for a charity cycle ride in Tanzania. British passport holders require a visa to enter Tanzania. We will send you information and application forms to apply for your visa. The cost of a visa for entry into Tanzania is currently £40.

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. Please note places are limited.
Why take part?

Funds raised by Women V Cancer will support the work of three very special charities:

**Breast Cancer Care**
Every year 55,000 women and men will receive the devastating news that they have breast cancer. Breast Cancer Care wants to be there for every one of them, providing expert information and skilled emotional and practical support, informed by our clinical expertise and our understanding of people’s experience. With your help, we can. For more information visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Jo’s Cervical Cancer Trust**
Jo’s Cervical Cancer Trust is the only UK charity dedicated to women affected by cervical abnormalities and cervical cancer. Nearly three women die every day in the UK from cervical cancer with a further eight being diagnosed and facing an uncertain future. We are there to offer support on every step of their journey, 24 hours a day. For more information visit [www.jostrust.org.uk](http://www.jostrust.org.uk)

**Ovarian Cancer Action**
Ovarian cancer is the biggest gynecological killer of women in the UK. 12 women die each day from the disease and the UK has one of the lowest survival rates of the developed world. Ovarian Cancer Action is dedicated to improving women’s chances of survival by funding research at the Ovarian Cancer Action Research Centre; raising awareness of the disease; and giving a voice to women affected by it. For more information visit [www.ovarian.org.uk](http://www.ovarian.org.uk)
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 your fundraising, training or the challenge itself.

Fundraising
As soon as you register for Women V Cancer Cycle Africa you will be sent a welcome pack, which includes fundraising advice and original ideas on how to raise funds for Women V Cancer. You will receive sponsorship forms and regular fundraising ideas in the build up to the event.

Online Fundraising Page
Your welcome pack will also include a link to setup your very own Women V Cancer fundraising page on Just Giving. This will enable you to send a link that your sponsors can then click on and donate securely over the internet. Previous cyclists have raised hundreds online!

Information Day
We will be organising a Women V Cancer Cycle Africa information day, which will be a great opportunity to come along and hear more about your exciting challenge as well as to hear about the important work of the Women V Cancer charities. It will also be a chance to meet lots of the women you will be cycling with in Tanzania.

Training
As soon as you register for Women V Cancer Cycle Africa we will send you a training advice pack, which includes a realistic training programme. The programme gradually builds up as the event gets closer. We also organise a training weekend, which is a great opportunity to meet a number of the women you are going to be cycling with in Tanzania. It is also a great chance to do two days back to back cycling of 40 miles and to pick up some tips from our cycling guides.
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 £299 (payable to ACTION FOR CHARITY) to Women V Cancer Cycle Africa, Action for Charity, Newcourt House, New Street, Lymington, 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

Height (for bike size)
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)

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

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 the charities concerned 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.

Please read the conditions of entry and sign below
I would like to take part in Women V Cancer Cycle Africa and agree to abide by the Conditions of Entry above and Dream Challenges booking conditions. I undertake to raise a minimum of £3,000 for the Women V Cancer charities and to send it to the organisers by 23 July 2015. I will also endeavour to raise as much sponsorship 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 .

Signature

Please return to
Women V Cancer Cycle Africa, Action for Charity, Newcourt House, New Street, Lymington, Hampshire SO41 9BQ
Conditions of entry

1. A registration fee of £299 (non-refundable) is required to participate in the Women V Cancer Cycle Africa event. In addition you must raise a minimum of £3,000 in sponsorship money and donations for the charities which must be sent to the organisers, Action for Charity, by 23 July 2015. Of the monies raised £1,399 will be used to cover your tour costs including air fare (not including airport taxes and the fuel surcharge), accommodation, food, transfers, guides, use of bikes 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 the charities.

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

5. The good reputation of the charities 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 1 October 2015 unless special permission is granted 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 at least eight weeks before departure or you may forfeit your place on the challenge.

9. All those who take part in Women V Cancer Cycle Africa do so at their own risk. The charities have arranged flights, accommodation, food, guides etc. with Dream Challenges a company which specialises in events of this nature and is fully bonded by the Civil Aviation Authority ATOL number 10456. In making these arrangements the charities 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 to or from Tanzania 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 charities. If the insurance company does not recognise your claim, you will be responsible for any cancellation charges levied on the charities.

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

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

14. Action for Charity and the charities may, at their discretion, withdraw places on the Women V Cancer Cycle Africa event if they believe it is in the best interest of the charities to do so.
Dream Challenges booking conditions – charitable events

These are the terms and conditions of Dream Challenges which apply to those who are advised by the charity or its trading company, known hereinafter as ‘the charity’ that they will be participating in the fundraising event. Please refer to the charity’s own terms and conditions regarding your sponsorship and eligibility to travel. Only those potential participants who qualify under the charity’s rules will be entitled to travel. For those selected to travel the following conditions all apply:

1. Your contract with Dream Challenges

If selected to take part in the fundraising event we will be advised of your details by the charity. Your contract for travel, accommodation and other services (your travel arrangements) will be with us, Dream Challenges Limited of Newcourt House, New Street, Lymington SO41 9BQ. If you are selected then we will confirm our contractual commitment to you by sending to you a confirmation invoice, together with the details of your travel arrangements and the itinerary that we have agreed to provide. Your contract for only the terms and conditions will apply and a contract will exist between us, which is governed by English Laws and the exclusive jurisdiction of the English Courts. Travel arrangements made by us which include flight and accommodation are fully protected under the company’s Air Travel Organisers Licence 104565 arranged with the Civil Aviation Authority (CAA). If you buy an ATOL protected air package from Dream Challenges you will receive a confirmation invoice from us confirming your arrangements and protection under our ATOL. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid to us for the air portion of your booking. For further information visit the ATOL website www.atol.org.uk. Payment for your travel arrangements will be made to us by the charity from the sponsorship it has received in accordance with the charity’s terms for participating in the event.

All the flights and flight inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that you are fully insured before departure. This ATOL certificate number will be shown on your invoice when you book your travel arrangements. We reserve the right to increase the price of your travel arrangements to allow for variations in transport costs, including the cost of fuel, taxes, duties or fees, or for any other chargeable factors such as landing taxes and airport fees and the exchange rate applicable to your travel arrangements. No price increase will be made within 30 days of your departure date. We will absorb any increase which equals 2% or less of the cost of your travel arrangements.

2. The price of your tour

(i) The cost of your participation in the fundraising event forms a part of the overall value of the sponsorship raised by you and received by the charity. From those moneys received by the charity, the charity will pay to us the cost of your travel arrangements that we are agreeing to provide.

(ii) We reserve the right to increase the price of your travel arrangements to allow for variations in transport costs, including the cost of fuel, taxes, duties or fees, or for any other chargeable factors such as landing taxes and airport fees and the exchange rate applicable to your travel arrangements. No price increase will be made within 30 days of your departure date. We will absorb any increase which equals 2% or less of the cost of your travel arrangements.

3. Health, Safety & Fitness and your insurance cover

The event in which you will be participating is challenging and requires a good level of fitness, strength and endurance and it is your responsibility to ensure that you are suitably prepared. You should take into account that medical and other facilities, particularly for those with special requirements.

Most flights are arranged with scheduled airlines that will usually provide refreshments, and or meals, however, this may not always be the case. Please check your departure and check in times on your documentation when received to ensure that you arrive at your destination in the expected time.

4. Cancellation

(i) If you cancel your travel arrangements; then there will be no refund payable to you as your sponsorship was raised for charitable purposes. Any balance of the sum paid to us by the charity for your travel arrangements after deduction of cancellation charges, will be repaid to the charity.

(ii) Similarly, if we cancel your travel arrangements any refunds or compensation will be paid to the charity.

The event in which you will be participating is challenging and requires a good level of fitness, strength and endurance and it is your responsibility to ensure that you are suitably prepared. You should take into account that medical and other facilities, particularly for those with special requirements.