

actionforcharity



# Cycle Cuba

women V cancer

6-14 October 2013

Be part of the third Women V Cancer cycle ride raising funds to fight breast, cervical and ovarian cancers



**PLACES LIMITED**

Join this amazing team of women for a stunning 400km cycle challenge across the beautiful Caribbean island of Cuba.

For information and to register online:

[www.actionforcharity.co.uk](http://www.actionforcharity.co.uk)

[events@actionforcharity.co.uk](mailto:events@actionforcharity.co.uk) • 01590 677854

Raising funds for these charities:



Registered Charity Nos: Breast Cancer Care: 1017658, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743. Women V Cancer is a charity established under the Charities Aid Foundation Charity No. 268369



To take part you need to pay a registration fee of £250 and raise minimum sponsorship funds of £2,900. We are also supporting cancer care in Cuba so £50 of the funds you raise will be added to a donation from Action for Charity and used to fund a project helping women fight cancer in Cuba.



# Cycle Cuba

6-14 October 2013

**women V cancer**

*raising funds to fight breast, cervical and ovarian cancers.*

**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](mailto:events@actionforcharity.co.uk)**

**Have you, or anyone you know, been touched by cancer?**

**Women V Cancer** is a very special and unique event. It is open to women of all ages and from all walks of life who will come together to do something amazing. It will be life-changing in many ways, for you the individual, who will achieve your own personal challenge and for the women who benefit from the incredible work of three special charities working in the field of breast, cervical and ovarian cancer.

Our cycle challenge entails five days of cycling for a distance of around 400kms across the Caribbean Island of Cuba. It will be a challenging ride that is achievable with plenty of training beforehand. The friendship and the camaraderie along the way however will be amazing. **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 with a donation being made to support cancer care in Cuba. The specialist tour operator for the event is Dream Challenges.

**It will truly be an adventure of a lifetime for every woman who takes part!**



Join this amazing team of women for an incredible 400km adventure across the Caribbean Island of Cuba.

## The Itinerary



### Day 1 Depart London to Havana

Transfer to local hotel for event briefing and dinner.

### Day 2 Warm up ride approx. 30km

After breakfast we have a bike fitting before setting off for a warm up ride around Havana. We head along the coastline to La Puntilla where we stop briefly to regroup before continuing towards the Bosque Metropolitano. From here it's a short sharp uphill to Nuevo Vedado and then a gentle cruise to Revolution Square with its iconic images of Che Guevara, Camilo Cienfuegos and Jose Marti. From here we take the long route round past the main railway station to reach the harbour where we will enjoy a well-deserved lunch on the waterfront. While you eat lunch your bikes will be loaded into the buses and after lunch we transfer to Varadero for dinner and overnight.



### Day 3 Varadero to Banos de Elguea approx. 94km

An early start this morning as we set off for the challenging cycle to Banos de Elguea. We cycle through the resort and pass through Cardenas and head east. Our route today takes us through small farming communities, which provides us with an

insight into Cuba's rural heartlands. We will stop along the way for a picnic lunch. We overnight in Banos de Elguea where we can relax and recover from today's ride.

### Day 4 Banos de Elguea to Santa Clara approx. 109km

Today is our longest ride and again it is an early start as we tackle 109km. We cycle across plains and agricultural land as we head for Santa Clara, famous for being the location of the most decisive battle between Batista and the revolutionary forces when Che Guevara and his men ambushed a train full of soldiers loyal to Batista. A spectacular mausoleum commemorates Che's outstanding contribution to Cuba's revolution. On arrival at Santa Clara we check into our hotel on arrival for dinner and overnight.



### Day 5 Santa Clara to Sancti Spiritus approx. 86km

After visiting the Che Guevara Memorial, we set off east along the Carretera Central. The undulating road takes us through farming communities as we share the road with horse-drawn carts, vintage American cars and farm vehicles! We overnight in Sancti Spiritus.

### Day 6 Sancti Spiritus to Trinidad approx. 70km

Today is sugar cane country and with the help of a tail wind we head towards Trinidad, one of Cuba's most charming colonial cities. The road undulates past field after field of cane, one Cuba's most important crop. Trinidad and the surrounding area became extremely wealthy in the 18th and 19th century thanks to their production of sugar. Once



slavery was abolished however, sugar production diminished and Trinidad's importance began to decline. It is now a sleepy provincial town full of live music and beautiful colonial architecture. We arrive in Trinidad where our finish line awaits.

### Day 7 Trinidad and then return to Havana

This morning we have the chance to do some sightseeing in Trinidad before we depart for Havana about 11am. We stop for lunch in Cienfuegos and then continue on to Havana arriving late afternoon. This evening we celebrate in style with our celebration dinner in the centre of Havana's old town.

### Day 8 Havana to London

After a free morning we check out of the hotel around midday and head to the airport for our return flight to the UK (arrive the following day).

This itinerary is complex and subject to change.  
© Dream Challenges



# Your questions answered

## How does it work?

To take part you are required to pay a non-refundable registration fee of £250, which is used solely for non-travel costs. You must also raise minimum funds of £2,900 for the **Women V Cancer** charities. Your charitable funds must be paid in by Friday 26 July 2013. The charities will pay tour costs of £1,369 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 and fuel tax), 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 18-70!

## 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 (£1,369) 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.



*When I first saw Women V Cancer Cycle Kenya advertised I didn't really think it was possible, I weighed 18 stone and was massively unfit. However I took the plunge and signed up! I lost an amazing amount of weight before the ride and managed to complete the challenge. Taking part in Cycle Kenya has given me the determination to overcome years of low self confidence, shame and an unhealthy lifestyle. The challenge has literally turned my life around.*

**Jackie Bushnell**  
Women V Cancer Cycle Kenya participant



## 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 tourist class hotels in shared rooms. As Cuba is a developing country be prepared for power cuts and limited hot water at times.

### 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 Cuba 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.

### 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 £250 but subject to change), personal travel insurance, 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 Cuba. British passport holders require a tourist card (like a visa) to enter Cuba and this will be arranged by our tour operator Dream Challenges. The cost of this is covered by your tour costs.

## 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.**

*I have just returned from the first Women V Cancer cycle challenge in Kenya and it was one of the best experiences of my life. It was a challenge but the support I received from the other women was truly amazing. I was 67 when I completed my challenge so if I can do it so can you!*

**Carole Phillips**

Women V Cancer Cycle Kenya participant



## Why take part?

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

### Breast Cancer Care

Every year 50,000 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. After breast cancer, cervical cancer is the second most common cancer in women aged 35 and under. 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)



Registered Charity Nos: Breast Cancer Care: 1017658, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743.



## 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** 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** 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 Cuba.

### Training

As soon as your register for **Women V Cancer** 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 Cuba. 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](http://www.actionforcharity.co.uk) alternatively return this completed form with a cheque for your non-refundable registration fee of £250 (payable to ACTION FOR CHARITY) to Women V Cancer Cycle Cuba, 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   |        |
| 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 *Women V Cancer Cycle Cuba* and agree to abide by the Conditions of Entry above and Dream Challenges booking conditions. I undertake to raise a minimum of £2,900 for the Women V Cancer charities and to send it to the organisers by 26 July 2013. 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

**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.

- 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

**Women V Cancer Cycle Cuba, Action for Charity, Newcourt House, New Street, Lymington, Hampshire SO41 9BQ**

## Conditions of entry

1. A registration fee of £250 (non-refundable) is required to participate in the **Women V Cancer Cycle Cuba** event. In addition you must raise a minimum of **£2,900** in sponsorship money and donations for the charities which must be sent to the organisers, Action for Charity, by **26 July 2013**. Of the monies raised £1,369 will be used to cover your tour costs including air fare (not including airport and fuel taxes), 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 **6 October 2013** 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 Cuba** 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 Cuba 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 Cuba** 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. It is only then that these 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 10465 arranged with the Civil Aviation Authority (CAA). When you buy an ATOL protected air package from Dream Challenges you will receive an 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 an advance booking. For further information visit the ATOL website [www.atol.org.uk](http://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.

### 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 sums 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, dues, taxes or fees chargeable for services 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 check with your doctor that you are sufficiently fit, healthy and mobile to participate in the event. You should take into account that medical and other facilities, particularly for those with any disability, illness or infirmity, at your destination are likely to be inferior to those in the United Kingdom. Accordingly it is a compulsory term of travel that you take out travel insurance to cover any health or injury problems that arise and, if necessary, to arrange for your repatriation to the UK. You must complete a medical form in order to be able to travel and you should also advise your insurer of any pre-existing medical condition before travel. Failure to advise this may invalidate your insurance cover. Dream Challenges reserves the right to refuse participation if the above is not complied with.

### 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.
- (iii) If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will cooperate in the recovery of these charges from the insurers and any sums recovered under the policy will again be paid over to the charity.
- (iv) If cancellation occurs due to unusual and unforeseeable circumstances beyond our control, such as national emergency, natural disaster, fire, bad weather, flight delays or other such events (acts as force majeure) then we will advise you as soon as it is reasonable to do so.

### 5. Destination Safety and Force Majeure

Your personal safety during the charitable event is of fundamental importance to us and whilst we will carefully monitor the safety of your destination, the Foreign and Commonwealth Office do offer a travelers advice line 0870 606 0290. You should ensure that you are kept informed of the latest FCO advice.

### 6. Alterations by Dream Challenges

- (i) Dream Challenges and its supplier of flight, accommodation and land arrangements shall be entitled to change the details of your travel arrangements and itinerary. If a change is significant you will be advised as soon as possible and you will be entitled to:-
- (ii) Cancel your participation in the event, in which case you agree that the cost of your travel arrangements will be repaid by us to the charity and you will have no entitlement to such sums; or
- (iii) Agree to proceed with the revised arrangements for the event.

### 7. Standard and Quality of Accommodation and Services

You should not have unreasonable expectations of the facilities that will be provided which in some remote areas and some destinations may be below what you might expect at home. The level of the standard and quality of your travel arrangements will be in line with the itinerary and any literature you receive from us.

### 8. Liability

- (i) We accept responsibility for ensuring that your travel arrangements will be as described in the literature produced by us, or on our behalf, in our confirmation invoice and with the itinerary and that the services we are contractually obliged to provide are to a reasonable standard. If in the reasonable opinion of the charity any part of your travel arrangements is not provided as promised we will pay appropriate compensation if this has affected the quality or structure of your travel arrangements. We accept responsibility for the acts and/or omissions of our employees, agents and suppliers (except for claims for death, injury or illness – see below).
- (ii) Dream Challenges accepts responsibility for death, injury or illness caused by negligent acts and/or omissions of us, our employees, agents, suppliers and sub-contractors whilst acting within the scope of, or in the course of their employment in the provision of any part of your travel arrangements in the itinerary, that we are contractually obliged to provide. We will accordingly, pay to an affected participant such damages as might have been awarded in such circumstances under English Law. However, damages are not payable where any failure to perform the contract is due neither to any fault on our part or a supplier of any part of your travel arrangements or unusual circumstances beyond our control or an event which could not have been foreseen even if all due care had been exercised.
- (iii) In respect of carriage by air, sea and rail and the provision of accommodation, the amount of compensation we may be obliged to pay will be limited provided for by the relevant International Convention. Carriage by air is subject to the carriers conditions of carriage. In particular drunkenness or rowdiness may lead to the airline refusing carriage and alternative flights may have to be arranged at your own cost.

### 9. Flights

#### (a) Delays

Most flights are arranged with scheduled airlines that will usually provide refreshments, and or accommodation where a substantial flight delay occurs and when it is possible to arrange. If not offered by the airline, Dream Challenges will not arrange these facilities at outward or homeward points of departure.

#### (b) Flight Changes

Airlines may have to change aircraft without advance warning. You are asked to check carefully departure and check in times on your documentation when received to ensure that you arrive at the airport in sufficient time.

### 10. Passports, Visas and Health

You will be advised separately of any passport, visa and compulsory health requirements to enable you to participate in your event. You will require a full British passport with at least 6 months validity at the date of return travel. For EU and other passport holders please contact Dream Challenges for special requirements.

11. This contract is governed by English Law and the exclusive jurisdiction of the English Courts.