

Cycle Kenya

19 – 28 February 2012

Raising funds to fight breast,
cervical and ovarian cancers.



We are delighted to give you information about our fantastic, new fundraising **Women V Cancer** cycle challenge. Due to the huge popularity of this event four dates are now full but we are able to offer extra places for a fifth date from **19 – 28 February 2012**. If you want to be part of this very special adventure please register as soon as you can as they will be filled very quickly.

Women of all ages are joining together to cycle through the Rift Valley in Kenya - from the slopes of majestic Mount Kenya to the shores of Lake Victoria. It will be a journey full of fun, friendship and incredible support as women of all ages and from all walks of life challenge themselves for an amazing cause.

Among the first women to sign up were television presenters Dawn Porter and Aggie MacKenzie. Aggie is best known for her Channel 4 series *How Clean is Your House?* and Dawn for hard-hitting documentaries like *Super Slim Me* and *My Breasts Could Kill Me*. They will both be challenging themselves as part of the women-only team of cyclists supporting the work of three charities: Breast Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action. A donation will also be made to support cancer care in Kenya.

Women of all ages and all cycling abilities from across the UK are invited to join the adventure. Lots of cycle training advice will be provided by us at Action for Charity as event organisers and there will be a pre-event training weekend for everyone taking part which will be a great opportunity to assess personal fitness levels as well as to meet fellow cyclists.

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 **0845 408 2698** or e-mail **events@actionforcharity.co.uk**

Warmest good wishes

A handwritten signature in black ink that reads 'Gay and Ann'.

Gay Bentley-Coleman & Ann Frampton
Event Organisers, Action for Charity

<p>WOMEN V CANCER www.actionforcharity.co.uk 0845 408 2698 events@actionforcharity.co.uk</p>

Women V Cancer is managed by Action for Charity on behalf of Breast Cancer Care (RCN:1017658), Jo's Cervical Cancer Trust (RCN:1133542/SC041236) & Ovarian Cancer Action (RCN: 1109743). Women V Cancer is a charity established under the Charities Aid Foundation, Charity No. 268369. Action for Charity is the trading name of Action Events Limited, Newcourt House, New Street, Lymington SO41 9BQ. Company Registration No. 3615142.

actionforcharity

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



women V cancer

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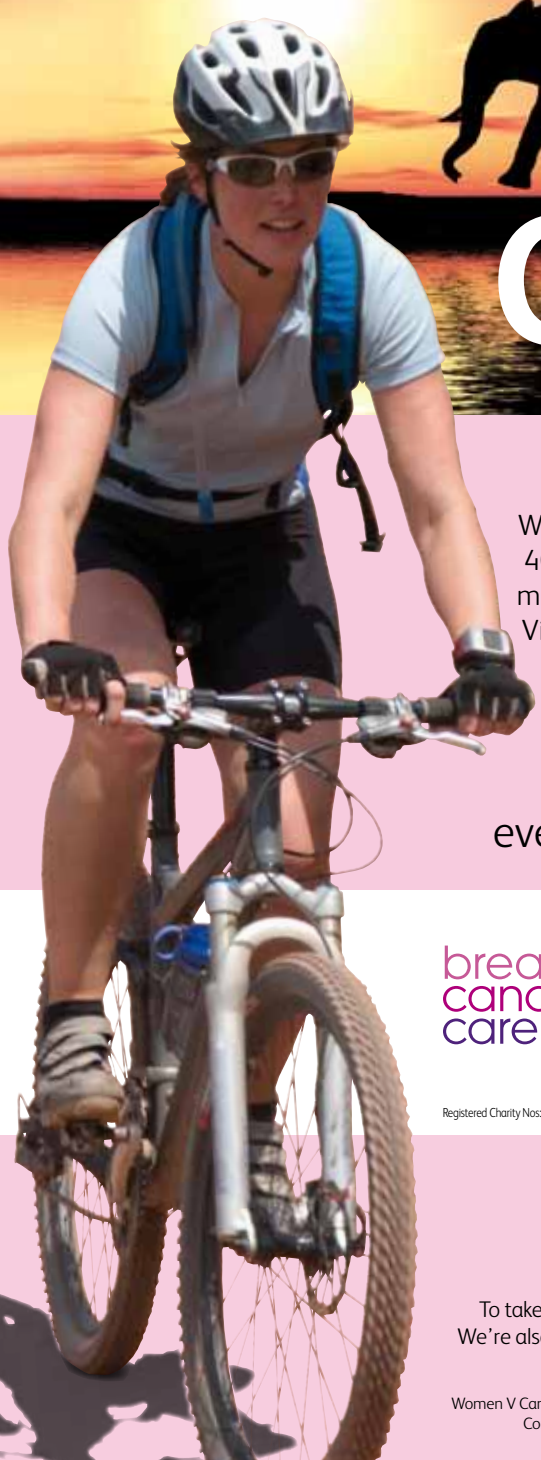
Women of all ages are joining together for an incredible 400km ride through the Rift Valley – from the slopes of majestic Mount Kenya to the shores of magnificent Lake Victoria. And if that isn't exciting enough... we'll visit an elephant orphanage too!

EXTRA
5th DATE
Four earlier
dates now
full

For information and to register online:

www.actionforcharity.co.uk

events@actionforcharity.co.uk • 0845 408 2698



Registered Charity Nos: Breast Cancer Care: 1017658, Jo's Cervical Cancer Trust: 1133542/SCD41236, Ovarian Cancer Action: 1109743. Women V Cancer is a charity established under the Charities Aid Foundation Charity No. 268369



Acting as agents for



To take part you need to pay a registration fee of £250 and raise minimum sponsorship funds of £2,800. We're also supporting cancer care in Kenya so £100 of the funds you raise will be added to a donation of £25 per cyclist from Action for Charity and used for a project to help Kenyan people.

Women V Cancer is managed by Action for Charity to raise funds for the above charities. Action for Charity is the trading name of Action Events Limited. Company Registration No. 3615142. Registered Office: 2nd Floor, Newcourt House, New Street Lymington, Hampshire SO41 9BQ.



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

Join an amazing group of women taking positive action in the fight against cancer. Cycle through Kenya, the heart of African safari country, on the first ever **Women V Cancer** event.

We will cycle around 400kms over five days – both on and off road – experiencing Africa away from the usual tourist trails through savannah plains, wildlife game parks, tropical rainforests and traditional villages. It will be a journey full of fun, friendship and incredible support as women of all ages and from all walks of life challenge themselves for a great cause.

When we have completed our challenge we will visit an elephant orphanage working to rehabilitate elephants orphaned through poaching and other human-related disasters back into the wild at Nairobi National Park.

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

Day 1 Overnight flight from London to Nairobi.

Day 2 Nairobi – Nyeri 5km cycling approx.

Early morning arrival and transfer to hotel at the gateway to Aberdale National Park. Bike fitting followed by a short warm-up ride.

Day 3 Nyeri – Nyahururu 98km cycling approx.

A tough start as we cycle past fields of crops including sugar cane, tea and coffee. It's a long steady climb with several downhill stretches over small river valleys with fantastic views of majestic Mount Kenya in the distance. After 83km we reach the equator for the first time. Overnight at the Thomson's Fall Lodge.

Day 4 Nyahururu – Nakuru then transfer to Kabarnet 57km cycling approx.

A shorter and easier day with some uphill cycling through lush countryside as we head into the Subukia Valley. After lunch we transfer 140km to Kabarnet where we stay overnight.

Day 5 Kabarnet – Eldoret 93km cycling approx.

The most challenging day of the ride crossing the Kerio Valley and climbing the Elgeyo escarpment. We start with 18km of downhill, parts of which are quite steep, followed by gentler terrain. After around 28km it's a serious climb over 26km on windy roads through a pretty forest with lots of butterflies to the top of the hill at 2,293m for fantastic views across the Rift Valley. Overnight at the Wagon Hotel.

Day 6 Eldoret – Kakamega 98km (67km on tarmac & 31km on dirt road) 110km if there has been rain

There are two options for cycling depending on the weather before our arrival. If there has not been rain we will cycle on hilly, tarmac roads with some steeper, longer hills then on a dirt track and into rainforest. If there has been rain (very likely) we will use more major roads before entering the Kakamega Forest Reserve, home to black and white colobus monkeys and flying squirrels. Overnight at the Golf Hotel in Kakamega.

Day 7 Kakamega – Kisumu 53km cycling approx.

Today's ride is mainly downhill with some steep climbs. After 39km we get our first view of our final destination – Lake Victoria. We finish cycling around lunch time and overnight at the Sunset Hotel where we enjoy a well-deserved celebration meal.

Day 8 Transfer Kisumu – Nakuru approx 4 hours

We transfer by road to Nakuru where the afternoon is free to relax or take part in an optional game drive. Overnight in Nakuru

Day 9 Transfer Nakuru – Nairobi approx 4 hours

This morning we transfer to Nairobi where we visit the Nairobi National Park and an elephant orphanage. In the evening there is an optional visit to the Carnivore "Africa's greatest eating experience" which also offers fish and vegetarian alternatives.

Day 10 Nairobi – UK

Transfer to the airport for our flight to London arriving the same day.

This itinerary is complex and subject to change. © Copyright of Classic Tours



Breast Cancer Care

Every year 46,000 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. 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 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. 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. www.ovarian.org.uk



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Women V Cancer is a very special and unique new 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 the individual women who achieve their 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. This is the 5th date for this event - 29 Oct -7 Nov 2011; 6 - 15 Nov 2011; 20 - 28 Nov 2011 & 11 – 20 Feb 2012 dates are full.

Our cycle ride entails five days of cycling for a distance of around 400km, both on and off road in rural Kenya. 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 as women of all ages and from all walks of life join together for this special event. **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 Kenya. The specialist tour operator for the event is Classic Tours.

To take part you are required to pay a registration fee of £250 to Action for Charity and then raise minimum funds of £2,800 for the **Women V Cancer** charities. Your charitable funds must be paid in at least ten weeks before the event date ie. by **10 December 2011**. The charities will pay tour costs of approximately **£1,296** per person (subject to group size) or you can opt to pay them yourself. The more money raised by participants in 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.

Your personal challenge is to train and get fit enough to take part; to raise at least £2,800 in sponsorship funds and/or donations and to accomplish the challenge in Kenya.

YOUR QUESTIONS ANSWERED . . .

Who will benefit from the funds I raise?

You are required to raise a minimum of £2,800 in donations and sponsorship funds for **Women V Cancer**. After costs, the balance of the funds you raise will be used by the three charities to support their work supporting women affected by either breast, cervical or ovarian cancer. We're also supporting cancer care in Kenya so £100 of the funds you raise will be added to a donation of £25 per cyclist from Action for Charity and used for a project to help cancer sufferers in Kenya. The percentage of funds raised that benefits the charities will be much greater if as many people as possible exceed the minimum fundraising target.

How does it work?

You pay a non-refundable registration fee of £250, which is used solely for non-travel costs. You must also pledge to raise the minimum amount of charitable funds and pay them in by **10 December 2011**. 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.

Who can take part?

Any woman over the age of 18 who is reasonably fit and is prepared to put in plenty of cycling training beforehand. If you are over the age of 65 or have a medical condition of any sort a medical form will need to be signed by your doctor confirming your fitness to take part.

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How fit do I have to be?

You will need to be fit and to have trained. Many of those 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. You will be sent a comprehensive guide to training when you register and we will be organising a training weekend for everyone who is taking part.

Do I need special equipment?

You will need a cycling helmet and cycling shorts, a rucksack and a water bottle or water hydration system. Apart from that no specialist equipment is required. We will supply you with a list of everything you need to take before you go. Cyclists will have the use of 18 or 21-gear hybrid bikes and it is suggested that you bring the saddle or gel cover you are used to riding on. A mechanic will accompany the event.

Where will we sleep overnight?

We stay in hotels throughout the bike ride, which are basic, but of an acceptable standard with en-suite facilities. Some of the hotels have swimming pools. Accommodation will be in twin or triple share rooms.

Will I have to carry my kit?

No, your luggage will be transported each day by our support team. You will need a water bottle and a rucksack or waistbag for things like your camera, sun cream, tissues, fleece etc.

Who organises all the travel arrangements?

All the tour arrangements are organised by specialist tour operator Classic Tours, the originators of trekking and cycle challenges in aid of charity. The company is bonded with the Civil Aviation Authority ATOL number 3379.

What about insurance and visas?

You will need to take out travel insurance and Classic Tours has a recommended policy. You can however take out your own personal insurance providing it is valid for a charity cycle ride in Kenya and includes health, accident, loss and repatriation cover. You need to have a Passport which has 6 months validity from the date of return to the UK. British citizens require a visa to enter Kenya. The current cost is £35. We will send full details on how to apply for this. If you are a non British citizen please contact us for advice.

What other costs will I have to pay?

In addition to paying your registration fee you will need to budget for your airport taxes (currently £200 but subject to change), personal travel insurance, gratuities, optional tours and personal expenses including travel to and from the departure airport.

How do I book a place?

You can register and make secure payment of your registration fee online or fill in a printed application form and send it to Action for Charity with a registration fee of £250 – payable by either cheque, credit/debit card or online secure payment at <http://www.actionforcharity.co.uk/secure/> You will then be sent confirmation of your registration, further details and a comprehensive fundraising pack.

If you have any questions at all about **Women V Cancer Cycle Kenya** please telephone the events team at Action for Charity on **0845 408 2698** or e-mail: **events@actionforcharity.co.uk**

REGISTER AND MAKE SECURE PAYMENT ONLINE AT: www.actionforcharity.co.uk

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**Women V Cancer
Cycle Kenya
19 - 28 February 2012**

Conditions of entry

1. A registration fee of £250 (non-refundable) is required to participate in the Women V Cancer Cycle Kenya event. In addition you must raise a minimum of £2,800 in sponsorship money and donations for the charities which must be sent to the organisers, Action for Charity, by 10 December 2011. Of the monies raised approximately £1,296 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 19 February 2012.
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 Kenya do so at their own risk. The charities have arranged flights, accommodation, food, guides etc. with Classic Tours, a company which specialises in events of this nature and is fully bonded by the Civil Aviation Authority ATOL number 3379. 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 Kenya 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 Classic Tours.
13. You must agree to be bound by Classic Tours Booking Conditions for the event.
14. Action for Charity and the charities may, at their discretion, withdraw places on the Women V Cancer Cycle Kenya event if they believe it is in the best interest of the charities to do so.

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CLASSIC TOURS BOOKING CONDITIONS – CHARITABLE EVENTS

These are the terms and conditions of Classic Tours which apply to those who are advised by the charity or the trading company of the charity, 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, then the following conditions will apply:

1. Your contract with Classic Tours

If you are 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, Classic Tours Limited trading as Classic Tours of Tramways House, 377 Camden Road, London N7 OSH. 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 ATOL Licence Number 3379 arranged with Civil Aviation Authority (CAA). When you buy an ATOL protected air package from Classic Tours you will receive a confirmation invoice from us confirming your arrangements and your protection under our Air Travel Organisers Licence number 3379. 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. Payment for your travel arrangements will be made to us by the charity from the sponsorship it has received in accordance with the charities' terms for participating in the fundraising 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 transportation costs (including the cost of fuel); dues, taxes or fees chargeable for services such as landing taxes and fees at airports and the exchange rate applicable to your travel arrangements. No price increase will be made within 30 days of your departure date and in any event, 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 charitable event in which you will be participating is challenging and will require a good level of fitness, strength and endurance and it is your responsibility to ensure that you have the appropriate level. You should check with your doctor to ensure 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 United Kingdom. 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. Classic Tours 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, which have been agreed with the charity, 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 co-operate 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 of 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 travellers advice line, the details of which are 0870 606 0290. You should ensure that you are kept informed of the latest FCO advice.

6. Alterations by Classic Tours

- (i) Classic Tours 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 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) Classic Tours 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 is attributable to you or unforeseen or unavoidable actions of a third party unconnected with the provision of your travel arrangements or unusual and unforeseeable 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 Classic Tours may be obliged to pay will be limited in the manner provided by the relevant International Convention. Carriage by air is subject to the carriers conditions of carriage. In particular drunkenness or rowdy behaviour may lead to the airline refusing carriage when alternative flights may have to be arranged at your own cost.

9. Flights

(a) Delays

Most flights will be arranged with scheduled airlines who will usually provide refreshments, meals or accommodation where there is any substantial flight delay and when this is possible to arrange. Classic Tours will not arrange these facilities if there is a delay at the outward or homeward points of departure if not offered by the airline.

(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 and Visas and Health

You will be advised separately of any passports or visa requirements and any compulsory health requirements to enable you to participate in your travel arrangements. Please note that you will require a full British passport with at least 6 months unexpired at the date of return travel. For EC and other passport holders please contact Classic Tours for special requirements.

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