

MIDSUMMER CHALLENGE 2008

TREK THE LAKE DISTRICT ON THE LONGEST DAY OF THE YEAR

20-22 JUNE 2008



Join ActionAid's first Midsummer Challenge in 2008 and spend the longest day of the year walking from sunrise to sunset through England's largest national park – the Lake District. What better way to explore the best of England's national heritage and enjoy our country's most spectacular scenery.

DAY 1 Friday 20 June 2008

We arrive, meet our fellow walkers and settle at our accommodation, set in Keswick, the heart of the Lake District. This evening we meet the team and receive a briefing on the plan for the following day's walk before heading for an early night in preparation for an early start tomorrow.

DAY 2 Saturday 21 June 2008

A bright and early 3.30am start as we ascend an undulating track up the grassy northern escarpment of Cat Bells in time for breakfast, taking in first light over the splendour of the mountains on the longest day of the year. While we eat we will be overlooking Derwent Water in the foreground and Keswick nestling at the mouth of the valley. The grandeur of Scafell, Scafell Pike, Blencathra and High Seat peaks form our impressive skyline.

From our sunrise vantage point we will continue our beautiful Lakeland walk this morning, heading back to Keswick where we can enjoy a hearty hot meal. Here we will have time for a change of clothing, a shower, and perhaps even time to explore the thriving market town of Keswick.

In the afternoon we head off on the final leg of our day's walk through Keswick towards Castlrigg,

visiting the famous Stone Circle. Here we can enjoy superb photo opportunities looking down through the Vale of St John before starting our ascent up to Latrigg Peak. A fitting reward for reaching our destination is a packed dinner while absorbing the 360 degree views of the Southern Lakes as the sun sets over Derwent Water, Catbells, Dale Head and High Spy – just a few of the peaks jostling for their place on this magnificent skyline.

We complete our challenge with a short descent by torchlight back to our accommodation for well earned refreshments and a good night's sleep.

DAY 3 Sunday 22 June 2008

This morning we enjoy a hearty cooked breakfast with the team before heading home with the memories of the scenery that we've experienced, the new friends we've made and the challenge that we have achieved to fight poverty together.

MIDSUMMER CHALLENGE 2008 - REGISTRATION & MEDICAL FORM

For our Midsummer challenge there is an initial non-refundable registration fee of £99. To register, please complete and return this detachable form to: Jan Truscott, ActionAid, Freepost (BS4868), Chard, Somerset, TA20 1BR. If you require any further information before registering please contact the Challenge Events Team on challenge.queries@actionaid.org Once we receive your registration fee, we will reserve your place, subject to availability and send you a detailed information and fundraising pack.

Personal Details

Surname
 First Name.....
 Mr/Mrs/Miss/Ms/Dr/Other

Middle Name/s
 Preferred first name
 Home Address

 Postcode.....
 Daytime phone no.
 Mobile No
 Email
 Date of birth
 Sex: M/F

Where did you hear about this event?

Have you taken part in an ActionAid challenge before? If so which one

Dietary information

Vegetarian/Vegan/other dietary requirements

 Food Allergies

Room sharing

Accommodation will be shared, with varying numbers of beds in rooms. If you have anyone you would like to share with please give their name/s and will do our best to accommodate you:

Contact list

We will distribute a list of contact details of the other people in your group before the event. If you do not wish to be on this list please tick
 T-shirt size: S / M / L / XL PTO



MONEY MATTERS

REGISTRATION FEE: £99
MINIMUM SPONSORSHIP: £300
 (excluding registration fee)

The registration fee of **£99** will cover your trip costs*. This includes:

- 2 night's Accommodation (Youth Hostel style)
- Meals (breakfast on Saturday and Sunday, lunch and dinner on Saturday).
- Experienced first aid qualified guides and ActionAid representative/s
- An ActionAid T-shirt.

Additional extras that you will need to cover:

- Personal spending money
- Travel to and from the Lake District
- Personal Liability Insurance

*subject to reaching minimum numbers

Image credits: Dave Willis, Tony West, www.cumbriaphoto.co.uk
Liba Taylor, Candace Feit, ActionAid

FUNDRAISING HOW YOU COULD GET THERE

There are hundreds of ways you could use your skills, talents, hobbies and enlist the help of friends and family, to help you raise money for a good cause. When you sign up you will receive a detailed fundraising pack and dedicated fundraising support to help you raise as much as possible for ActionAid. In the meantime here's one example of how you could reach target:

10 friends donating £10 each	£100
Coffee morning at work or at home <small>(ask colleagues / friends to help bake cakes / goodies and ask local businesses to donate prizes for a raffle you could draw at the event to raise supplementary funds). Raise £5 per person with 20 people present (£3 for beverage with a snack and £2 for a raffle ticket).</small>	£100
Hold a jumble sale or log on to E-bay to sell your unwanted stuff	£100
Total	£300



01460 238 047



actionadventures@actionaid.org



www.actionaid.org.uk/adventures

actionaid

Registered charity number 274467

MIDSUMMER CHALLENGE 2008 - REGISTRATION & MEDICAL FORM

Please return to: ActionAid, Freepost (BS4868), Chard, Somerset, TA20 1BR

Person to contact in an emergency (a person not on the event and available to be contacted during the event):

Name

Number

Medical Information

Please inform us of any medical conditions (diabetes, asthma, epilepsy heart problems etc), medical problems (knee or back difficulties etc), current medication or operations you might have had that could interfere with your participation in this activity. Please continue on another sheet if necessary.

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Conditions of Entry

Please ensure that you have read the conditions of entry below before registering. Your registration implies acceptance of these conditions.

1. To register for the Challenge we require a non-refundable registration fee of £99 payable to ActionAid, which should be enclosed with your application form. Should you cancel your place on the challenge your deposit will be non-refundable and used to cover administration already undertaken.
2. By registering for the challenge you will aim to raise at least £300 for ActionAid and the objective will be to raise as much sponsorship money as possible.
3. You will aim to send ActionAid all the funds you have raised by 31st July 2008.
4. Should you withdraw from the challenge all sponsor forms and monies should be forwarded to ActionAid.
5. You must be at least 18 years old before the challenge, or accompanied by a parent or guardian if you are aged 16-18 (guardian must be 25 or over).
6. Accommodation on the challenge will be shared, with a varying number of beds, and conditions may be basic. Mixed couples and room share requests can be catered for where possible, however this cannot be guaranteed.
7. You will be responsible for providing your own personal equipment, and a kit list will be provided.

8. During the event you will be covered by ActionAid's third party event insurance however we would recommend you also take out personal liability insurance to ensure you are fully insured against all eventualities.

9. You participate at your own risk and will be prepared and fit enough to take on the challenge of the event.

10. ActionAid will not accept liability for any loss, damage or injury on the event or for the cancellation of the event for any reasons outside their control.

11. ActionAid reserves the right to cancel the event if there are fewer than the minimum required number of participants (in which case your registration fee will be refunded).

12. ActionAid may, at their sole discretion, withdraw places on this challenge if it is believed to be in its best interest to do so.

I apply to take part in the ActionAid Midsummer Challenge 2008 and abide by the conditions of entry. 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

Name (in capitals).....

Date