

REGISTRATION PACK

CHINA – TREK THE GREAT WALL

OPEN CHALLENGE 2008

Thankyou for your interest in taking part in this adventurous challenge. The enclosed pack includes information on the trip, as well as everything you need to register.

If you have any queries please contact us on the details below.

We recommend you contact your charity for any detailed queries about fundraising.

To sign up just return the registration form to Discover Adventure at the address below. Please don't send this via your charity – the sooner you send it to us, the sooner we can guarantee your place on the trip!

We hope that you decide to take up the challenge!

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Registration Form

Open Challenges 2008

China – Trek the Great Wall

Please complete all sections of this form in block capitals.

Dates: *(delete as appropriate)* **17 April – 27 April / 16 October – 26 October 2008**

PAYMENT OPTIONS

If you plan to fundraise, regardless of which Payment Option you are taking, we are obliged to let your charity know. They may wish to contact you themselves to give you help and advice, and to ensure you are fundraising within their guidelines.

Please tick one option below as appropriate:

~~FUNDRAISING OPTION~~

~~I will be raising money for:~~

~~Charity Name: Tel No:~~

~~Charity Address: Fax No:~~

~~Contact Name (if you've already contacted charity):~~

~~Please complete the above in full to help us confirm your place as quickly as possible.~~

PAYMENT OPTION

~~I will pay my own tour cost and am not raising money for a charity~~

I will pay my own tour cost but still intend to raise money for:

Charity Name: **Lewis-Manning Hospice** Tel No: **(01202) 701000**

Charity Address: **1 Crichel Mount Road, Lilliput, Poole, BH14 8LT** Fax No: **(01202) 701890**

Contact Name (if you've already contacted charity):

Please complete the above in full to help us confirm your place as quickly as possible.

1. Personal Details

Title: Forename: Surname:

Name by which you like to be known: Gender: M / F

Address:

Postcode: Home Tel: Work Tel:

Mobile: E-mail:

I agree to my contact details being given to my fellow challenge participants: Y / N

T-shirt size: S (38") M (42") L (46") XL (50") 2XL (52")

2. Dietary Requirements

Do you have any special dietary requirements / food allergies? Y / N

- Vegetarian Gluten Free
- Nut allergy Other

3. Passport Details*

Please send a photocopy of the photo page of your passport with this registration form.

Name (as it appears on Passport):

Date of Birth: Age at time of Challenge:

Passport No: Place of Birth:

Issue Date: Expiry Date: Place of Issue:

Nationality: Occupation:

*Please note that your passport must be valid for at least 6 months after your return. If you do not currently have a valid passport, please send us this registration form and forward your new passport details through as soon as they are confirmed.

4. Next of Kin/Emergency Contact*

Name: Relationship:

Address:

..... Postcode:

Daytime Tel: Evening Tel: Mobile Tel:

*Please give details of the person you would like us to contact in case of emergency. This should not be someone who will be on the challenge with you.

5. Accommodation

Accommodation will be shared (usually twin-bedded) single sex rooms/tents. Please let us know if there is somebody else on the trip you would like to share with. We will try to accommodate your request, however it cannot be guaranteed.

Share with

6. Registration Payment

The registration fee for my chosen challenge is £ 299.00

NB: This is non-refundable and is used to secure flights/ground arrangements on your behalf. The registration fee is not included in the amounts given for fundraising target or tour cost.

Payment can be by cheque (payable to 'Discover Adventure Ltd') or simply fill in your card details below.

Card Type: DELTA / SWITCH / VISA / MASTERCARD (Delete as applicable)

Card No: - - 3-digit security number:

Valid Date: / Expiry Date: / Issue No: (Switch Only)

NB: All fundraising monies must be paid to the charity you are supporting.

Declaration and Registration

I confirm that all of the information provided by me on this form is to the best of my knowledge true and correct. I understand that if any of the information provided by me on the form is found to be false, I risk losing my place on the Discover Adventure Challenge.

By signing this form I agree with the Open Challenge Agreement (enclosed in this pack).

Signed

Date

Please return this form to Discover Adventure at the address below and ensure you have also enclosed the following: *Without these we regret we cannot confirm your place on the trip.*

- Registration Fee
- Completed Medical form
- Photocopy of the photo page of your passport



DISCOVER ADVENTURE LTD

MEDICAL QUESTIONNAIRE

China – Trek the Great Wall Open Challenge 2008

(In confidence when complete)

Please complete and return with your registration form to Discover Adventure. This forms part of your trip registration.

It is for your own safety that we find out as much as possible about your medical history, to ensure that you can cope with the rigours of the trek.

Your answers will be treated in the strictest confidence and will not necessarily adversely affect your chance to take part. Any decisions will be made in consultation with you. The information you supply will only be disclosed to Discover Adventure Ltd, the charity you are supporting and medical staff employed by the tour operator for the event. It is one of the conditions of your registration that you give full and accurate details.

A. PERSONAL DETAILS

NAME: TRIP DEPARTURE DATE:
 DATE OF BIRTH: AGE WHEN ON TRIP:
 HEIGHT: WEIGHT:
 TEL NO (HOME) TEL NO (WORK)

B. MEDICAL HISTORY

1. Do you suffer, or have you ever suffered from:-

(please circle)

Heart trouble and/or blood pressure problems?	YES/NO
Asthma, Bronchitis and /or shortness of breath?	YES/NO
Diabetes?	YES/NO
Epilepsy and/or fainting attacks?	YES/NO
Migraine?	YES/NO
Severe Head Injury?	YES/NO
Cancer?	YES/NO
Back Problems?	YES/NO
Allergies?	YES/NO
Fractures, Tendon, Ligament/Cartilage damage?	YES/NO
Physical or other disability?	YES/NO
Psychiatric or mental illness?	YES/NO
Have you been hospitalised within the last 2 years?	YES/NO
Are you suffering from or a carrier of any infectious diseases?	YES/NO
Are you registered as disabled?	YES/NO
Any other serious illness?	YES/NO

2. If you have answered yes to any questions above, please give further details below or on a separate sheet:

.....

3. Do you regularly and/or currently use any form of medication? If so please give details below:

.....

4. Do you have any specific dietary requirements? If so, please give details below:

.....

5. Have you ever suffered from asthma? If so,

- a) When was the last time you needed hospital treatment?
- b) When was the last time you needed steroid tablets?
- c) What medication/inhalers do you use?

IMPORTANT – PLEASE READ CAREFULLY BEFORE SIGNING

- In the event of an accident or illness whilst on the trip, I hereby give permission for Discover Adventure to initiate medical treatment and to inform my next of kin/emergency contact (as detailed on my registration form) if appropriate.
- To the best of my knowledge I confirm that my mental and physical health and fitness is good and that the information I have provided in this questionnaire is a true and accurate description of my medical history and current condition. I understand that by giving false information I endanger both my own safety and that of others on the trip. I agree to take with me sufficient supplies of medication needed for my current medical condition and for any condition which I have had previously which may reasonably be expected to re-occur.
- I agree that Discover Adventure Ltd. or medical staff employed by them may approach my GP to verify the information on this form and attain some further details as they think necessary and that my GP may release such information to them.
- I understand that Discover Adventure Ltd. cannot accept any liability or expenses resulting from any illness, injury or other untoward occurrence arising from any undisclosed medical condition (other than to the extent that death or personal injury arises as a result of its negligence). **I also understand that failure to disclose a pre-existing medical condition could invalidate my travel insurance and that I am responsible for declaring any pre-existing medical conditions directly to the insurance company prior to departure.**
- I confirm that I will immediately inform Discover Adventure Ltd. of any change to the information I have provided on this medical questionnaire.

SIGNED: DATE:

RETURNING THIS MEDICAL FORM IS PART OF YOUR REGISTRATION.

This section only needs to be completed if you are over 65 OR have answered 'YES' to any of the questions on the medical form:-

MEDICAL FORM TO BE COMPLETED BY THE FAMILY DOCTOR/PHYSICIAN WHO HAS ACCESS TO THE PATIENT'S MEDICAL HISTORY.

The person named overleaf will be participating in a charity fundraising trek of 11 days duration, during which time he/she will be subject to basic accommodation and living conditions. The demands in more detail will involve trekking for up to 8 hours per day for 7 days over some rough terrain and will possibly involve extremes of temperatures and climate. Participants will be staying in basic accommodation with possible long drop toilets and basic washing facilities. Discover Adventure Ltd will provide a doctor for each trip to give immediate first aid and ensure high hygiene standards are taught and maintained. The event may be a considerable distance from any hospital back up.

With the above information, if there is any matter of which you feel that Discover Adventure Ltd should be aware, please supply details on a separate sheet. If you require any further details please call Discover Adventure Ltd on 01722 718444.

I have read the above paragraph and agree that the participant's medical details are correct. In my opinion this patient is currently fit and healthy both mentally and physically, and able to participate in the event.

Doctor's Signature: Date:

Doctor's Name (Block Capitals Please)

Address:

DOCTORS STAMP &
GMC NUMBER

China – Trek the Great Wall 2008

Open Challenge Insurance Form

17 April - 27 April / 16 October – 26 October

PLEASE COMPLETE THIS FORM CLEARLY USING BLOCK CAPITALS
YOU CAN REGISTER ON THE TRIP WITHOUT THIS FORM, BUT WE DO NEED TO KNOW YOUR INSURANCE ARRANGEMENTS AS SOON AS POSSIBLE.

Full Name (Title, First and Last Name):

Address:

.....

.....

Daytime telephone no: Date of Birth:

Email Address:

11 Days Travel Insurance to China = £ 64.25

Please note: If you plan to extend your stay the insurance premium is likely to increase a little; we recommend you wait until we are able to confirm your new flight details before purchasing insurance. It is vital to ensure you are covered for the full length of your stay.

SUMMARY OF COVER

- Medical Emergency and Repatriation	£5,000,000
- Emergency Dental Treatment	£250
- Additional Accommodation & Travelling Costs	£1,000
- Hospital Daily Benefit	£10 per day
- Cancellation & Curtailment	£5,000
- Travel Delay & Abandonment	up to £5,000
- Missed Departure on Outward Journey	£500 (Europe) £1,000 (other)
- Personal Luggage	£1500
- Single Article Limit	£200
- Valuables	£250
- Luggage Delay	Up to £100
- Money & Passport	£500
- Cash	£250
- Personal Liability	£2,000,000
- Personal Accident	
- Death	£15,000
- Loss of limb(s) / total irrecoverable loss of sight in one/both eyes	£15,000
- Permanent Total Disablement	£15,000
- Legal Protection	£25,000
- UK Cover	
- UK Medical transfer	Necessary costs
- Additional Accommodation Costs	£1,000

In order for us to process your insurance you must answer the following questions:

a) Have you been resident in the UK for at least 6 months?
Yes / No

b) Do you have any pre-existing medical conditions?
Yes / No

c) Is there anybody else's ill health that would prevent you travelling / cut your trip short?
Yes / No

Please complete and return to Discover Adventure AT LEAST TWO MONTHS before trip departure

Please make your £64.25 cheque payable to Discover Adventure Ltd. Please do not staple your cheque to this form.

Date:

Signed:

Pre-existing medical conditions: Please note that once you have purchased this insurance it is your responsibility to contact the insurer's medical helpline to declare any pre-existing medical conditions (this telephone number can be found on the insurance certificate we will send you.) Discover Adventure Limited CANNOT declare these on your behalf, even if we are aware of them. Failure to disclose any pre-existing conditions personally to the insurance company prior to travel could invalidate any travel insurance cover.

Please note as your tour operator we will not permit anyone to travel with us without proof of insurance

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China – Trek the Great Wall 2008

Open Challenge

Own Insurance Form 17 April - 27 April / 16 – 26 October 2008

If you have your own insurance policy already you may use it, but it is your responsibility to ensure that it provides adequate cover for the trip (including repatriation).

If you prefer to use your own policy you must send a copy of it to Discover Adventure, which includes the following information clearly highlighted:

Please tick the following check boxes to ensure you have included all the necessary information:

- Your name on the document and dates of policy validity
- Insurance policy number
- Telephone (and fax number if applicable) for 24hr medical emergency assistance
- Any other information your insurers ask for in case of medical emergency
- Confirmation that you are covered for long-distance trekking in remote areas

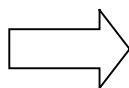
If the latter is not clear in the policy you should obtain written confirmation from your insurers stating that you are covered for this challenge and forward this with your policy details.

I confirm that I would like to use my own insurance for the above trip. Please find enclosed a copy of the policy with all the above details highlighted. I understand that it is my responsibility to check that this insurance provides suitable cover.

Signed: Date:

Name (in block capitals):

Tel Number:



Please don't forget to include the 24-hour medical emergency assistance telephone number associated with your policy. This is very important.

Pre-existing medical conditions: Please note that insurance companies require disclosure of any pre-existing medical conditions prior to travel. Once you have purchased your insurance it is your responsibility to contact the insurer's medical helpline to declare any pre-existing medical conditions. This may affect your premium. Discover Adventure Limited CANNOT declare these on your behalf, even if we are aware of them. Failure to disclose any pre-existing conditions personally to the insurance company prior to travel could invalidate any travel insurance cover.

YOU CAN REGISTER ON THE TRIP WITHOUT THIS FORM, BUT WE DO NEED TO KNOW YOUR INSURANCE ARRANGEMENTS AS SOON AS POSSIBLE.

Please complete and return with a copy of your policy to Discover Adventure at the address below AT LEAST TWO MONTHS before trip departure.

Please note as your tour operator we will not permit anyone to travel with us without proof of insurance

CHINA

TREK THE GREAT WALL

OPEN CHALLENGE ITINERARY

11 days/ 10 nights

Depart: Friday London – Beijing

Return: Sunday Beijing - London

INTRODUCTION

Stretching 6000km in a dotted line across China, the Great Wall was begun in the 5th Century BC. As it snakes across the mountains it conjures up a sense of history which is difficult to grasp until you have had the opportunity to experience it.

Our trek is very varied, as we trek through woodland and terraced farmland, and follow the contours of the beautiful hills and mountains in remote areas north of Beijing. We walk on old sections of the Great Wall, as well as restored sections with smooth flagstones and lots of steps!

This challenge is physically demanding and offers fabulous scenery and a fascinating insight into a rich culture and history.

ITINERARY

Day 1: Depart London for Beijing.

Day 2: Beijing

Arrive Beijing. We transfer to our city hotel, where we can freshen up and relax! There will be a full trip briefing in the evening. (Dinner not included)

Day 3: Beijing – Huangyaguan

We transfer this morning from the busy streets of Beijing, driving northwest into the hills above Huangyaguan (3.5-4.5 hours). Huangyaguan is situated in a beautiful valley in the heart of the Yanshan Mountains. After a scenic drive through a landscape of hills and lakes, we arrive at our village and see the Great Wall for the first

time, as it snakes along the ridgeline of the mountains. After a good traditional lunch we start our trek! The Wall is well renovated here and it disappears into the horizon in both directions. After some steep step sections, which give us a good inkling of what lies ahead, we walk predominantly downhill until we reach the small town of Huangyaguan. Here the wall crosses the road that leads to our nearby accommodation.

Approx 2 – 3 hours walking

Day 4: Huangyaguan – Mountain Village

Our day's walk begins where we left the Wall yesterday, and we head up the steep renovated steps towards what appears to be a sheer cliff face. This is where we encounter 'Heavens Ladder', a steep climb of over 200 steps leading us up the cliff face. There are fabulous views from the top, and once we have caught our breath the path continues gradually on steep tracks through forest, up to the top of the ridge. Once again we join the old Wall, and follow it along the contours of the mountain until we clamber down into the valley below. We bed down in the houses of a local village, a real cultural experience.

Approx 7 hours walking

Day 5: Village – Jinshanlin

Waving goodbye to our hospitable hosts, we head up through the farming terraces immediately behind the village. The path is steep, and the terraces soon give way to rocky hillsides scattered with scrub. Eventually we re-join the Wall, which is un-restored and crumbling so we follow a path which takes us alongside it, with fabulous views along the ridgeline to the day's highest point. We then drop down the hillside and make our way on winding tracks through trees back into the valley, where farmers grow maize, and walnut and fruit trees. Back at the village, we walk along the village road, enjoying the scenes of rural life, until reaching the main road and our waiting transport. Our drive through the mountains to Jinshanlin (3-4 hours) is very scenic.

Approx 4 – 5 hours walking

Day 6: Gubeiko – Jinshanlin

A quick 20-minute hop in the bus takes us to our start point just outside the village of Gubeiko. We walk through the village and farmland until our path takes us alongside an un-restored yet well-preserved section of the Wall. This part appears to be of almost brick-like construction and dates back to the Qing Dynasty, the last dynasty to rule over this vast land. We follow a track down into the valley in order to skirt a Chinese military post and follow dirt paths through trees and undergrowth before rejoining the Wall. There are some steep sections and we help each other out if need be. Stunning views of the Great Wall snaking along the hilltops keep us going whenever we find it tough! The final stretch to Jinshanlin is on restored Wall with lots of steps. A short walk through the village and small shops takes us to our simple accommodation.

Approx 7 – 8 hours walking

Day 7: Jinshanlin – Simatei

Today's stunning walk on this largely restored section of the Wall takes us from Jinshanlin to Simatei. Starting where we left off yesterday, we head up the carefully restored steps which take us into the mountains one final time. There are a few sections on older bricks and some dirt tracks, but for most of today we walk on good flagstones. The scenery is superb with rolling purple hills fading into the distance. We leave the Great Wall at Simatei, enjoying the view as it clings precariously to the rock face opposite, dotted with many watchtowers; classic 'scales on a dragon's back' scenery. We cross a pedestrian bridge and finish the day with the opportunity to zip slide (approx 35 yuan) across the lake and then catch a small boat ride back across to our accommodation. If you prefer not to zip slide it is an easy 30 minute walk down.

Approx 6 hours walking

Day 8: Simatei – Mutianyu

Our day starts with a bus transfer (approx 3 hrs) from our hotel at Simatei to Mutianyu Great Wall. Our trek itself starts with a brief walk through a friendly village before we climb for 1-2 hours up the hillside, where we may see

villagers gathering firewood. We can see the Wall high on the ridge ahead of us, and slowly wind our way up to it. Once more our efforts are rewarded by stunning views as the Wall disappears from view in both directions. We continue along the well-restored Wall flagstones, with some good sections of steps, before descending down to our hotel at Mutianyu. There is an opportunity to do some haggling in the markets before you reach the hotel, so carry some money with you for this!

Approx 4 – 5 hours walking

Day 9: Mutianyu – Juyongguan

After a transfer (2-3 hrs), our final day's walk takes us on a circuit of the restored Wall at Juyongguan. The Wall undulates across the rolling spine of hills offering spectacular views of this area, where many warriors once fought. After some of the steepest steps we have encountered yet, our trek is over all too soon and we must leave the Wall and return to the twenty-first century. We load up the bus and transfer to Beijing, the nation's capital and home to over 13 million people. Our senses will be unprepared as we enter Beijing and experience its frenetic energy, quite a contrast after the natural scenery and remote tranquillity of the past few days. After checking into our hotel, we have time to freshen up before the evening celebration meal. (Dinner not included)

Approx 4 hours walking

Day 10: Free day Beijing

We take the opportunity to visit the fabulous Forbidden City and Tianenman Square. You are then free to do more sight-seeing, explore the local shops and markets or simply relax. (Lunch and dinner not included)

Day 11: Transfer to the airport for our flight to London – arrive same day.

GENERAL INFORMATION

Tour Cost

The tour cost includes flights, all transport, accommodation and food other than 4 meals (hotel 3*).

A tour of the Forbidden City on your free day is also included.

Travel insurance, your Chinese entry visa and 4 meals are not included. Airport departure tax (if applicable) is also not included. At the end of the trip we collect tips for the local crew, so please leave some money aside for this. You will be advised further by your tour leader.

There is full support with local guides and cooks as well as Discover Adventure leaders.

We recommend £150 - £200 for personal expenses. There is plenty of opportunity to buy souvenirs; this sum will not cover extreme souvenir shopping!

Flights

Group flights leave from London Heathrow and are booked through Discover Adventure Ltd under ATOL licence 5636.

This itinerary is based on current flight schedules and therefore subject to change.

Food & Accommodation

All food and accommodation is included other than 4 meals as specified in the itinerary. The food is good and there is plenty of it; meals are Chinese style not western. The hotels we use range from good quality western style to basic hostels and farmers' houses: they are basic but clean and extremely friendly.

Passport, Visa & Vaccinations

A valid ten-year passport is essential for travel in China and must be valid for at least 6 months after entry into China. A visa is essential for all nationalities, costing approx £35.

We insist that you have had a tetanus injection in the last 10 years and highly recommend vaccinations against hepatitis A, typhoid and polio. You will need a yellow fever vaccination certificate only if coming from an infected area. Please note you should always check with a GP or travel clinic for up-to-date travel health advice.

Weather:

Max/Min temp in °C & No. days of possible rain per month

Beijing	Max	Min	Rainfall
April	21	7	17mm
May	27	13	35mm
Sept	26	14	58mm
Oct	20	6	16mm

TREKKING INFORMATION

Vehicles take the group to the start of the trek and carry all the luggage, food, water, etc. Vehicles also meet us for the transfers as detailed in the itinerary.

Walking is partly on flagstones of various conditions on the Wall, and partly on paths through woodland or farmland. At times it is rough and rocky underfoot. There are also many steps.

It is essential that your luggage is carried in a soft sailing bag, rucksack or expedition kitbag.

In addition you should bring a small daypack to carry for items needed during the day.

We are travelling through remote mountains where we could be exposed to bad weather at any time.

Please contact the Discover Adventure office with any queries.

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CHINA – TREK THE GREAT WALL

KIT LIST

- PASSPORT:** TEN YEAR PASSPORT ESSENTIAL – make sure it is valid for six months after departing China.
- MONEY:** It is possible to obtain Yuan before departing the UK; give banks plenty of notice. Otherwise small denominations US\$ cash is easier to change than sterling; there are few opportunities to change travellers' cheques. Credit and cash-point cards can also be used but only at certain bank machines in Beijing. A concealed money belt is recommended to carry your valuables.
- CREDIT CARD:** You should always carry a credit card in case of emergencies (with pin number!)
- VISA:** Required by all nationalities, obtain before arrival – current cost approx £35
- AIR TICKETS:** To be given out at the airport.

Please use this checklist to help you pack!

CLOTHING & GENERAL TREKKING EQUIPMENT

Protective sun hat / cap		Long-sleeved shirt x 1	
Shorts x 2		Thermals or something warm to sleep in	
Trekking trousers x 1 (zip-off pair ideal)		Tracksuit bottoms – good to sleep in / as spare trousers	
T-shirts and/or wicking trekking tops		Trainers / spare footwear for evenings	
Warm jumper / good quality fleece		Thermal / warm jacket for evenings	
Waterproof trousers and jacket		Underwear and socks	
Walking socks x 3		Warm hat & gloves	
WALKING BOOTS – well worn in & waterproofed!		Spare set of clothes to go out in Beijing	

EQUIPMENT

Sleeping bag liner / sleep sheet (recommended for extra warmth at night)		Large plastic bags to keep things dry inside your bags	
Rubber-tipped trekking poles (optional) –useful if you are unsteady on uneven ground		Wash kit	
Torch (with spare battery)		Wet-wipes	
Water bottle – at least 1 litre, or platypus		Liquid handwash (waterless type)	
Sun cream & lipsalve (minimum factor 30 – the higher the better)		Camera & film / spare batteries / memory cards etc. (little opportunity to recharge)	
Insect repellent		Ear-plugs (useful if you sleep lightly)	
Sunglasses		Alarm clock if you have problems waking up	
1 roll of toilet paper & small plastic bags (fragranced nappy bags are best)		Lightweight towel (provided by some hotels but not all)	
25-30+ litre daypack – you must be able to carry your waterproofs/water bottle/fleece/camera /first aid kit etc. as you will not be able to access your main pack until camp each day			

PERSONAL FIRST AID KIT

Imodium / Arret - (diarrhoea tablets)		Antihistamines	
Dioralyte - (rehydration sachets)		Paracetamol / Ibuprofen	
Plasters or blister dressings (such as Compeed or moleskin and tape)		Any medication you regularly take or that you take while exercising	

FURTHER INFORMATION

➤ CLIMATE

- On the whole the days should be warm, expect to trek in shorts / light trousers and T-shirt except perhaps for early starts. However, the weather can be unpredictable in the mountains and you should be prepared for any sudden change in the weather.
- Early mornings and evenings could be cold and you will need something warm to wear at night (the mountain hotels rarely have heating!) Blankets are provided, but a sleeping-bag liner is strongly recommended as an extra layer of warmth. If you know you always feel the cold at night it may be worth bringing a lightweight sleeping-bag instead.
- Average max/min temp & approx number of rainy days in Beijing:
May: 27 / 13°C; 6 days
October: 20 / 6 °C; 5 days

➤ VACCINATIONS

- We recommend you are vaccinated against **TYPHOID, HEPATITIS 'A' & POLIO**. You must have had a **TETANUS** injection in the last 10 years.
- Please note that you should always check with your GP/travel clinic for the latest health advice, as they are aware of any updates in World Health Travel requirements.

➤ LUGGAGE

- Please be careful when packing your luggage as we are restricted by space available. **Take your gear in a soft expedition-style kitbag** (see Discover Adventure for their low-cost kitbag designed for this kind of trip) **or rucksack – absolutely NO suitcases please**. A spare bag can usually be left at the hotel in Beijing if necessary.
- The weight allowance for your flight is 20kg
- Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Airport security restrictions may limit the amount you will be able to carry in your day-pack.
- Please bring a supply of large strong plastic bags for the inside of your day sack and main bag to keep them dry.
- Everyone will carry a day-sack with camera, water, sun-cream, waterproofs and some snacks for the day.

ADDITIONAL PACKING ADVICE

- It is best to wear your walking boots on the flight.
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage.
- Trekking poles should also not be carried on as hand-luggage. They should be packed into your main bag – dismantling them makes them smaller but if they don't fit, the best option is to secure them well and label them separately in case they become detached.
- It is best not to pack anything valuable into the side pockets of the bag you check in – items have been known to go missing.



Discover Adventure have linked up with specialist retailer Cotswold Outdoor and can offer you a special **15% discount off** purchases made in-store, on-line or by mail order.

Call or email Discover Adventure for more details once you have registered.

For further information on kit, such as sleeping bags or general outdoor gear, have a look at Cotswold's useful Buyers' Guides Knowledge section on <http://www.cotswoldoutdoor.com>

CHINA

General Fact Sheet

GENERAL INFORMATION

Passport: A 10-year passport, which must be valid for at least 6 months after arrival in China.

Visa: All foreign nationals require a visa to enter China. To apply for a tourist visa submit an application form (this can be downloaded from the Chinese embassy website, see the links page at www.discoveradventure.com for convenience), one or two passport size photographs, your passport, and the fee – approx £35 at time of writing. In 2004 the Chinese Embassy stopped postal applications, so if obtaining your own visa you do have to go in person. We recommend you do not apply until 3 months before departure. Discover Adventure may be able to offer a visa service, but we will confirm that around 3 months before departure. NB: When completing ‘profession’ we recommend you do not enter *writer, journalist*, or any publishing-related profession, as your visa may be refused.

Vaccinations: No vaccinations are required for China, but we insist that you have had a Tetanus injection and highly recommend Hepatitis A, Typhoid and Polio, which should all be available from your GP or travel clinic. Always check first for the latest information on health conditions in the regions you are visiting.

Health: Do not drink tap water or use it to clean your teeth and avoid ice cubes in drinks unless you are sure they are made with bottled water. For the same reason avoid salads, raw vegetables and fruit that you cannot peel yourself, as well as unpasteurised dairy products and ice cream. Do not eat a meal if you think it has not been freshly cooked. Drink lots of water, replenish your salt intake and cover up in strong sun.

Money: Currency in China is the Yuan Renminbi, referred more colloquially to as the kuai, and divided into 100 fen then 10 mao/jiao. Current rate of exchange (September 2006) GBP1 = y/15.03 and US\$1 = y/7.93, so 10 yuan is roughly 65p or \$1.20.

It is possible to order Yuan in advance from UK banks, allow plenty of time. We recommend you do this as there is little opportunity to change money while on the trip. Travellers’ cheques can only be cashed at major bank branches (Bank of China is best) so only really a good option if you are staying on afterwards. There are ATMs that are compatible with our cash-point cards, but these are currently few and far between (again Bank of China is best) even in the major cities.

Hints: Damaged or torn notes are very hard to get rid of so do not accept them. Also China is known to suffer from counterfeiting scams, the fake notes are usually produced with colour photocopiers so are fairly easy to distinguish, as the paper feels different. Avoid using notes of higher denominations as you will have difficulty obtaining change.

Time: China is eight hours ahead of GMT i.e. when it is 12 noon in London it is 20.00 in China.

Religion: Visitors to modern day China will find few obvious indications of the traditional beliefs which underpinned the country’s civilization for three thousand years. The remains of religious buildings litter the cities and countryside, but they appear out of place. The apparent lack of religion is hardly surprising when for decades the authorities have derided the old beliefs as superstition, and Confucianism – the oldest and most firmly rooted – has been criticised and rejected for nearly a century. At the heart of it all there are three basic philosophies that are intermingled: Confucianism, Taoism and Buddhism.

Food and drink: The Chinese love to eat; eating out is convenient, fun and always interesting. From market-stall buns and soup right through to the intricate variations of regional cookery, China boasts one of the world’s greatest cuisines. Endless combinations mean you are spoilt for choice – rice or noodles, meat or fish, vegetables or fruit. The best advice when ordering is to select dishes with a range of tastes and textures, you must however remember the myth when eating noodles you are not to break them, as this will bring you bad luck!

Language: *Mandarin* – English is not widely spoken in rural areas but those who know some will probably be keen to practice what they know! You might like to experiment too:

hello – ni hao

I don’t understand - wo tingbudong

please – qing

can you speak English? – ni hui shuo yingyu ma?

I would like... – wo xiang yao...

thank you – xiexie (pronounce x as ‘sh’ and ie as ‘ye’)

Climate: China's climate is extremely varied; Beijing's temperature between December and March rarely rises above zero, in summer however temperatures can be well over 30°C. Overall the best time to visit China is spring and autumn when the weather is at its most reasonable.

Climate Chart for Beijing:

	April	May	June	July	Aug	Sept	Oct	Nov
Rainfall in mm	17	35	78	243	141	58	16	11
Max temp °C	21	27	31	31	30	26	20	9
Min temp °C	7	13	18	21	20	14	6	-2

Security: As a tourist you are far richer than most others around you, so can become a target. Common sense is your greatest ally, as well as a concealed money belt to keep your passport, ticket and money in, rather than a bum bag. Be vigilant with your belongings, especially in crowded areas such as bus stations, markets and well-touristed areas such as the Forbidden City.

Dress: Remember that what you would wear on a hot day in the UK is not necessarily acceptable in countries of different cultures. Women travellers in particular should be modest in dress - avoid tight or 'strappy' tops in favour of regular T-shirts. By dressing thoughtfully you not only experience minimum hassle but also do not offend the local people. Men should wear a top at all times. Be especially aware in rural areas where the local people do not see many tourists.

Respect local way of life: Always ask before asking photos of local people; do not point cameras in their faces. Do not give sweets to children, it encourages them to beg and creates problems for future travellers, and it also leads to dietary and dental problems, which they cannot afford to deal with. What seems like generosity is not. If you feel you must give something, make a donation to a local school or hospital. Another factor that western tourists need to note is that the Chinese have almost no concept of privacy – people will quite often stare, and the concept of personal space is somewhat different! Also, behaviour perceived as anti-social in the West, for example spitting, is considered perfectly normal in China, whether it be in the street, on the train or in a restaurant.

Politics, People & Places: China is not just another country, more another world. Cut off from the rest of Eurasia by the Himalayas and Siberian steppe, it has grown up alone and aloof. While empires, languages, nations and entire peoples in the rest of the world have risen and blossomed – then disappeared without a trace – China has spent the past two millennia largely recycling itself. The ferocious dragons and lions of Chinese statuary have been produced by craftsman, with essentially the same Chinese characteristics, for 25 centuries; the script used today reached perfection at the time of the Han Dynasty over 2000 years ago.

China is currently enjoying a better government than at any other time in its recent history, though that may not be saying much. There is little sign of the Communist Party relinquishing power, or its control over the media. Negative stories of contemporary China, such as oppression of dissidents, harsh treatment of criminal suspects and the imperialist behaviour towards Tibet and other minority regions are only part of the picture.

Away from politics, the country is undergoing a huge commercial and creative upheaval – a country 10 times the size of Japan has entered the world market: Hong Kong-style skylines are being constructed in cities all across China, and tens of millions of people are finding jobs that earn them a spending power they have never known. The historic occasion which saw Hong Kong and Macau, the last European colonies, returned to China in time for the new millennium adds to the sense that Chinese destiny is being restored to its rightful place at the centre of the world.

The first thing that strikes visitors to China is the extraordinary density of population. In the fertile plains villages seem to merge into one another, while the big cities are sprawl endlessly with the majority of their inhabitants living in cramped shacks or in depressingly uniform dormitory buildings. The 'place to be' is Beijing, a city easy to enjoy, with a large foreign contingent and a wealthy and chic population. Hardly representative of the nation as a whole, it offers the best food and nightlife in the country. Away from the cities you gain a feeling of calm and enjoyment crossing such a vast and ancient land – from green paddy fields and misty hilltops of the south, to the mountains of Tibet, to the scorched, epic landscapes of the old Silk Road in the northwest. China is a unique and remarkable country, one that will stay with you for many years to come.

Trek Training Guide

Although walking is something most people do every day, it is advisable to train for a trek. You should start training several months before the event, and the attached programme will help you to do this. It is designed for a person of average fitness. Even if you walk regularly and have a good level of fitness, you will still need to train for this type of long-distance walking, though you may find that it will not take you as long to reach the stages shown. If you do not walk often and have only a basic level of fitness you should allow more time.

Why Walk?

- It strengthens your heart, reducing the risk of heart attack and stroke.
- It improves circulation, breathing and endocrine functions.
- It tones muscles and strengthens bones, reducing the risk of osteoporosis.
- It reduces blood fat and cholesterol.
- It burns calories and helps you manage your weight.
- It boosts mental performance and improves psychological well-being.
- It enables you to solve problems, manage stress and reduce anxiety.

Walking Techniques - ways to avoid injury and discomfort

- Touch the ground heel first, roll forward through the arch, over the ball of your foot to your toes, which push off to start another step. This reduces the risk of shin splints and tendon pulls.
- Walk with your head up and eyes focused ahead.
- Keep your shoulders level, pulled back and down, lift your chest.
- Contract your abdominal muscles, pressing them towards your spine.
- Carry your arms at 90° angles and pump them forward and back, rather than side to side.

The faster you move, the better your cardiovascular workout. But try to keep an even stride and maintain a steady pace. To walk faster....

- Accelerate your arm movements.
- Take smaller, quicker steps.
- To prevent lower back pain avoid leaning forward and arching your back.

Shoes

Choose a comfortable pair of walking shoes designed for the specific activity of walking. It should have a reasonably high ankle and a stiff heel counter to give lateral support. The midsole should be firm yet comfortable. It is worth investing in a good pair of trekking or hiking boots, and appropriate socks. New boots must be worn in. Wear them around the house, on the way to work, etc, and then on longer trips. Once they have conformed to the shape of your feet there is less likelihood of getting blisters.

Feet first!

There are some common foot problems which are very easy to treat and avoid:

- To avoid blisters keep your feet dry and wear socks made with fibres which draw moisture away from your skin - steer clear of pure cotton. Don't lace your shoes too tightly or too loosely. The irritation from the pinching and rubbing may cause blisters.
- Aching arches are usually caused by pounding when you walk. Make sure you touch the ground with your heel first and pushing off with your toe. Arch supports may help.
- Blackened toenails are caused by the big toe hitting the front of your shoe. Keep your toenails neatly trimmed. Make sure that if one of your feet is slightly larger than the other, as most are, that your boots fit the larger one.

SPECIFIC TIPS FOR YOUR TREK:

- *Train for long sections of steps – the more uneven the better – uphill and downhill*
- *Choose rolling terrain so your muscles are used to plenty of uphill and downhill stretches in one day*
- *Train on a variety of paths so you are confident on loose gravel and rocky ground, muddy paths and steep inclines, as well as on hard roads and smooth flagstones*
- *Get out and about in all weathers*

Long-distance Walking: 16-week Training Programme

Week 1 - 6: 2 x 30mins walks. 1 x 2 hour walk. Full stretch after each walk.

Week 7 & 8:

Sat or Sun: 4 hour walk and stretch
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Fri: Rest Day

Week 9:

Sat **AND** Sun: 4 hour walk and stretch. (Walk both days if possible).
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Fri: Rest Day

Week 10 & 11:

Sat or Sun: 6 hour walk and stretch
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Fri: Rest Day

Week 12:

Sat **AND** Sun: 6 hour walk and stretch. (Walk both days if possible).
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Fri: Rest Day

Week 13 & 14:

Sat or Sun: 8 hour walk and stretch
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Fri: Rest Day

Week 15:

Sat **AND** Sun: 8 hour walk and stretch. (Walk both days if possible).
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Fri: Rest Day

Week 16:

Sat or Sun:	4 hour walk and stretch
Mon:	Rest Day
Tues:	1 hour walk, stretch, exercise circuit x 3, stretch
Weds:	Rest Day
Thurs:	1 hour walk, stretch, exercise circuit x 3, stretch
Fri:	Rest Day

Programme Notes

The 16 week programme is a rough training guide. Obviously with work, family and fundraising commitments you may not always be able to achieve what we have set out for you. However in order to get close to achieving the training it is very important to organise your time properly. There are plenty of ways to ensure that you maximise your training, even if you feel you have no time outside work.

- You must organise your week to **make** time to get out to do some training.
- Get up an hour earlier and go out for a quick walk with some stretching in the morning before work while it is still light.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week.
- Swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably, but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.
- It is important at weekends to get into some hilly country to experience walking on different surfaces and to experience the hills and of course the weather. You should of course wear the boots and rucksack you will take on the trek.
- You should make the time to walk some consecutive long days: an isolated Sunday walk does not have the same effect as two consecutive days. Nothing will prepare you for the trek better than actually walking. Even if you're only doing an hour around the park or streets **put your rucksack and boots on**, you may look silly but it's worth it.

You may not stick to the training guide exactly but you need to keep it in mind and to do regular exercise every week according to the guide. You will enjoy this challenge far more if you are physically fit.

Training Tips

After the first six weeks you need to gain endurance by walking long slow distances. Pick one day per week as your long walk to gain endurance. Choose two evenings or mornings as your shorter walks with the Circuit Exercises to help build specific muscles groups. Remember to stretch after every walk, it is also essential to stretch after about ten minutes of walking once you've warmed up a bit. Make sure you plan adequate rest/recovery days as part of the training.

Of course nothing is better than walking. However if you play squash, tennis, badminton or go to the gym, cycle or swim for an hour or two, then this will also help with your general fitness. Adding this to your programme instead of one of the short days or on one of the rest days would be fine. Make sure you stretch properly after each session.

Exercise Circuit

The exercises are designed to strengthen specific muscle groups. It is important to just use your own body weight in the early weeks. In the latter weeks, small weights can be added to the ankles or putting on your rucksack can also help build strength. The idea of the circuit is to complete each exercise then move onto the next.

Once all exercises are completed, (i.e. one circuit), you then go round the circuit again 3, 4, or 5 times as shown in the programme. You can also increase the number of repetitions for each exercise from 20 to 30/40 or 50 depending on how strong you're feeling. It is essential you stretch before and after the session to keep the muscle loose and long, not tight and short.

1 – Calf Raises:

Stand with feet together, arm length away from wall. Have fingers just touching wall for balance. Raise yourself slowly onto tip toes and then slowly lower. Repeat 20 times.

2 – Squats:

Stand with feet shoulder width apart. Hands on hips. Keep back straight and head up whilst you slowly lower yourself so knees are bent 90 degrees. Then stand up so knees are locked straight. Repeat 20 times.

3 – Step ups:

Using bottom step of staircase or low bench, start with left foot on step and right foot on floor. Stand up straight on left leg bringing right foot up to next step above and then lower back down to floor. Repeat 20 times. Change leg and repeat.

4 – Leg extensions:

Sit on high sofa/bed/bench with backs of knees just on the edge and feet hanging down. Lean back with hands behind you for support. Keeping back of knee on seat, slowly lift left foot up so leg becomes straight and lower down again. Repeat 20 times. Change leg and repeat.

5 – Leg Raises:

Lie front down on mat or soft floor with hands under chin. Keeping left leg straight slowly raise six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.

Basic Stretch Programme

1 – Calves:

Stand approximately 1 metre away from wall with one leg straight and heel on floor. Lean forward and slowly push hips towards wall. Should feel a slow pull in calf muscle. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

2 – Hamstrings:

Stand with feet 1 metre apart. With legs straight and hands behind back slowly bend forward at the hips keeping back straight and head up. Should feel a slow pull in muscles at the back of legs. Hold for 10 secs, stand up and lean slightly backwards, repeat 3 times. Should feel pull but no pain.

3 – Quads:

Standing with feet together, bring left foot up and put left hand on lower shin by ankle and pull behind bottom. Keep back straight and head up. May need to balance with right hand on wall. Should feel slow pull down front of leg. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

4 – Groin:

Stand with feet 1 metre apart and both feet pointing forward. Keeping back straight and head up slowly lunge down to right side feeling pull on inside of left leg. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

5 – Hips:

Stand with feet shoulder width apart and hands on hips. Keeping head still rotate hips round clockwise 10 times and anti clockwise 10 times. Repeat three times.

6 – Torso:

Stand with feet shoulder width apart and hands on head. Keep feet pointing forward but twist body as far as is comfortable, hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 10 times.

7 – Shoulder:

Stand with feet shoulder width apart. Start with hands by hips and keeping arms straight slowly swing arms round backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.

8 – Standing stretch:

Stand with feet together. Place hands together and reach as high as you can, hold for 10 secs, relax. Repeat 3 times.

N.B. You should only stretch warmed up muscles. Don't stretch too far, all you should feel is a slow pull, never any pain. Never bounce, always stretch slowly. People with old injuries or bad backs should be especially careful whilst exercising and stretching.

FOOD & DIET

What you eat when you start to train will impact on your walking and energy levels. Initially while the training is at a low weekly mileage it would be best to concentrate on eating in a regular pattern and trying to reduce your daily intake of saturated fats. This includes less fried foods and dairy products as these will counter any training you start to do.

As your mileage increases it would be worth trying to ensure that at least one meal a day is high in carbohydrate; this is the product that once stored in your system will give you energy. Carbohydrate is found mainly in the form of potatoes, bread, pasta and rice and so is easy to base any meal around. Combined with this increased intake of carbohydrate must also be a good mixture of vitamins and minerals found in fruit and vegetables. The fruit in particular is an ideal food for walkers because it is high in fructose which also provides walking energy as it is more easily absorbed from the stomach for use than other sugars (such as insulin obtained through eating chocolate). Bananas are usually the preferred energy provider for walkers especially when needing to maintain energy out on a walk.

Meat and fish provide some essential micro proteins which help muscle development. If you plan to be really healthy it is best to eat fish and white meats such as chicken; if you are going to eat red meats you should cut as much fat off as possible and cook it in a healthy way such as grilling. If you are a vegetarian this is not a major point of concern: you will have probably established a balanced diet already, so you may only find yourself looking for food stuffs that give you more energy.

There are many energy bars available on the market now such as power bars or cliff bars, which are a concentrated source of energy providing elements to help you maintain your walking should you start to wane. These do work but are much more expensive than bananas or other forms of fruit.

Fluids are another area in which you will have to increase your intake as you will start to lose more from your system by sweating and other exercise related matters. This is simply combated by drinking a lot more (water, not alcohol!). You can also increase your energy levels through the intake of isotonic drinks or concentrated fruit juices, some people find these work very well and the psychological effect by itself is often enough to make them worthwhile. If you intend to use these on the challenge it is a good idea to get your body used to them while training.

Basically if you are careful with your diet, trying to eat more healthily and ensuring you eat plenty of carbohydrate before and after long walks, you will be fine. You may well find yourself enjoying eating more as the guilt disappears because you know you have exercised!

HINTS AND TIPS FOR YOUR FUNDRAISING

Raising large amounts of money for charity can seem daunting, but with a positive attitude, some imagination and a healthy dose of determination, the money will start mounting up in no time!

Your charity should have staff who are very experienced in fundraising, so do talk to them if you are finding it hard-going or if you're not sure where to start: they are the experts! Most charities are also able to give you sponsorship forms, collection tins, T-shirts, etc.

However we've picked up a few ideas over the years, so below are just a few ideas to get you started!

Ask the people you know:	Enlist the help of family and friends to donate money. Don't be afraid to ask, you will be surprised at what people will give.
'Bring £1 to Work' week:	Ask your work colleagues to bring in £1 every day for a week.
Community Fundraising:	Non-uniform days at school; coffee mornings at Church groups; local choirs – fundraising concerts.
Dinner dance:	Organise food with a band/disco (80s or 60s nights work well!); charge a good entry price. You could organise a raffle or auction too.
Empty the garage:	Raid your loft/garage and take it along to a car boot sale – explain the cause and people are likely to donate extra.
Fashion show:	Organise with local stores/hairdressers to put on a show and sell tickets at a good price for a good cause!
Get in the headlines:	Contact your local paper, radio station and TV channel; local reporters are usually very interested, especially if your efforts are for a local charity.
Halloween Ball:	Organise and sell tickets for a fancy dress evening of fun!
It's all about who you know!	Find out about local celebrities who give a talk/performance? Charge for admission and sell refreshments; have an auction for (eg) a signed book.
Jar of Sweets:	Place six 'guess how many sweets' jars in local pubs/shops and aim to raise £50 per jar...which could amount to an easy £300!
Karaoke Evening:	Get your local pub involved and host an evening of karaoke and refreshments. Charge admission fees and have collecting tins.
Lunch Money:	Ask colleagues to bring homemade lunches and donate the money they would have spent.
Matched giving:	Ask your company if they will match any money raised or donated.
Night in:	Donate the money you and your friends would have spent on a night out by having a night in!
Outward Bound weekend:	Raise money, promote the charity, build better relationships with your colleagues, and have fun!
Promote:	Put up information regarding your trip in shop windows, notice boards etc. Stand by busy areas with a collecting tin.
Quiz night:	Organise at a local pub or within your company.
Round-robin email:	Send an email to everyone you know explaining what you are doing, giving as much information as possible and asking for support.
Sponsored event:	Shave your head, swim, run, walk, parachute, abseil, persuade a hairy male to get waxed, be silent ... anything fun!
Treasure Hunt:	Good family fun; just charge a small entry fee.
Uniform day:	Organise a uniform day at work; or ask teachers to wear them.
Video night:	Hold a marathon of videos and popcorn and ask for a small donation
Wine Tasting:	Ask along a local wine dealer or expert – charge an admission fee and also ask for proceeds from the wine sold.
Xmas parties	Christmas is a great time to organise events and let the goodwill of the season do its work!
Yorkshire puddings	Hold an 'Eat as many Yorkshire puddings as possible' competition and charge people to take part; ask observers to donate to the cause.
Zany Tie day	Ask male colleagues to wear their craziest tie to work and either charge them, or charge others to vote on which is the worst!

Remember: plan ahead, try to get pledged money from people immediately, and don't be afraid to ask!

China Trek Extension: Xian & the Terracotta Warriors

Lying over 1000km from Beijing, Xian is the capital city of Shannxi Province in central China, and one of the most famous and ancient cities in China. It was the imperial city for 13 Chinese dynasties, lasting over 1000 years, and the starting point of the famed Silk Road. Its old city walls are some of the best-preserved in the country. During the Tang Dynasty (618-907AD), Xian was one of the greatest cities in the world with a population of over one million, and a centre of international trade.



While Xian is itself a fascinating place to visit with many attractions, the focal point of this trip is to see the incredible Terracotta Warriors, at the tomb of Emperor Qin Shi Hung 25km east of the city. A highlight for many visitors to China, despite their world renown the Terracotta Warriors were only discovered in 1974 when local farmers were digging a well.

Buried for over 2000 years, the ranks of soldiers that can be seen today are one of the most amazing sights in China, yet were never intended to be seen by the public. Thousands of life-size terracotta figures of warriors, horses and chariots stand in battle formation, designed to follow their emperor into immortality. The figures have different facial expressions and marks of rank, and are incredibly lifelike. Originally they carried real weapons such as bows, swords and crossbows, many of which remain – and were still sharp when first uncovered. This is a great opportunity to extend your stay after your Great Wall trek and experience what is considered by many to be the eighth wonder of the world.

ITINERARY

Day One: (same day as main group departs for home)

Main group depart morning.

We spend the morning visiting the beautiful lakeside Summer Palace, rebuilt by the Empress Dowager in the 19th century. The Palace is a huge complex of ornately decorated buildings, pavilions and covered walkways overlooking the lake. In the afternoon we transfer through the busy Beijing streets to the railway station, where we catch our overnight train (soft-sleeper) to Xian.

Breakfast and lunch provided. Train accommodation



Please note: *The soft-sleeper standard is a carriage with 4 beds and is clean and comfortable.*

Meals on the train (one dinner and one breakfast) are not provided - there is a dining carriage or you may take food and drink onto the train (there are small supermarkets at the station). There are also meal boxes available on the train containing rice, meat and vegetables. Boiled water is also available.

Day Two:

We arrive in Xian early morning and transfer to our hotel, where we can freshen up before heading out to explore the city! We visit the city walls of Xian, the most well-preserved ancient city wall in China. The walls provide us with a great way to orientate ourselves, and see the modern and ancient landmarks of the city.

After lunch we can visit the Provincial Museum (optional), which houses an impressive collection of Silk Road artefacts as well as other relics from the Song, Tang, Ming and Qing dynasties. The Museum is great preparation for visiting the Terracotta Warriors, and allows a good understanding of the culture and history of the region.

Alternatively, you can opt for free time to relax or explore the city for the rest of the day. We meet back at the hotel and head out for a traditional hotpot dinner.

Lunch and dinner provided. Hotel accommodation

Day Three:

We head out 25km east of Xian to visit the vaults of the Terracotta Warriors, where we have plenty of time to explore the vaults excavated so far. There are still many statues beneath the earth, as the authorities investigate ways to preserve them. The figures are brightly painted, but the colours fade quickly after being uncovered and very few remnants of colour remain on the Warriors you can see today. There are three 'pits' to explore, as well as a museum, and we can wander at our own pace throughout this fascinating and absorbing site.

After lunch we head back to Xian, where there is a chance to visit an extensive medical market. Meander through the stalls selling hundreds of herbs and Chinese medicines – quite a cultural experience! For dinner tonight you are free to eat at one of the hotel's varied restaurants or go into Xian for a meal.

Breakfast and lunch provided. Provide own dinner. Hotel accommodation

Day Four: In the morning we visit the Great Mosque, an impressive building in the heart of the bustling narrow alleyways of the Muslim quarter and the largest mosque in China. Unlike any mosque you'll have seen before, it is a blend of Muslim and Chinese architecture and a peaceful place to wander. The area surrounding the Mosque is full of markets and interesting shops and a great place to explore for last minute souvenirs. We transfer to the airport in good time to take the afternoon flight back to Beijing (1.5 hours). Transfer to hotel, the rest of the day is free.



Breakfast and dinner provided. Provide own lunch. Hotel accommodation

Day Five: Morning transfer to the airport for the flight back to London. (Arrival depending on flight schedules).

Breakfast provided.

Included in cost:

Accommodation in good 3* hotel in shared twin/double room
 Hotel breakfasts and Chinese meals in local restaurants as indicated in itinerary
 Entrance fees to sites mentioned in the itinerary
 All transportation (Private car or coach depending on the group size)
 Local English-speaking guide

Excluded:

Meals on the train and one dinner and lunch as noted in itinerary
 Entrance fees to sites marked as optional in the itinerary
 Any personal spending

Cost per person: £485.00

Minimum number for extension: 2

You will need to provide:

Small day pack	T shirts	Light shoes/trainers
Fleece or jacket	Shorts	Camera and film
Long-sleeved shirt	Sun hat	Water bottle
Light trousers	Poncho/raincoat	Sun screen

We recommend you take a smaller bag on the extension trip and leave your main luggage in the Beijing hotel.

We highly recommend that you have had a Tetanus injection and vaccinations against Hepatitis A, Typhoid and Polio, which should all be available from your GP or travel clinic. You also need Yellow Fever if coming from an infected area. **Always check first with your GP or travel clinic for the latest information on health conditions in the regions you are visiting.**

Weather: China's climate is extremely varied, Beijing's temperature between December and March rarely rises above zero, in summer however temperatures can be well over 30°C. Overall the best time to visit China is spring and autumn when the weather is at its most pleasant.

Max/Min temp & No's days of possible rain per month

Beijing	Max	Min	Rainfall
May	27	13	16mm
Sept	26	14	58mm
Oct	20	6	16mm



Revised January 2006

China Trek Extension: Xian & the Terracotta Warriors

Open Challenge Booking Form

Name:

Address:

.....

Tel No Daytime: Evening: Date of Trek:

If you are travelling with somebody else on this extension please give their name(s)

.....

Please tick as appropriate:

OPTION A: I would like to book myself onto the Terracotta Warriors Extension and depart for the UK on Day 5 as per the itinerary above.

OR

OPTION B: I would like to join the Terracotta Extension, THEN travel independently afterwards.

I would like to depart Beijing on : (first preference)

or (second preference)

(Flights usually arrive in the UK on the same day as you depart Beijing)

(OPTION B ONLY) I understand that there is an administration charge of £55 per person for my flight change and that my choice is subject to flight availability.

TO RESERVE YOUR PLACE:

We require a deposit of £120 to reserve your place. The balance is payable 6 weeks prior to trip departure.

OPTION A: I enclose a cheque made payable to Discover Adventure Ltd for the sum of £120

OPTION B: In addition to the deposit of £120 I have added the sum of £55 for the additional flight change (applicable if not departing for the UK on Day 5.)

Please read the following closely before signing:

- All flight and extension arrangements must be requested 3 months before departure at absolute latest. Once we have received your form and you have received our confirmation, these arrangements are unchangeable. In urgent cases we will endeavour to help you change your plans but cannot guarantee flight availability. Further changes will be subject to an extra charge.
- The Terracotta extension deposit of £120 is non-refundable
- Final payment is due 6 weeks before departure; we do not send reminder invoices. Please pay promptly as failure to do so may jeopardise your booking.
- If you have to cancel after full payment has been made:
Between 6 – 2 weeks before departure we refund 50% of the total cost
We regret we cannot refund any payment if you cancel less than two weeks before trip departure

Signed Date:

TRAVEL INSURANCE: The Terracotta Extension adds an additional 4 days to your length of stay. If you are taking our travel insurance please ask us for a quote to extend your cover.

DISCOVER ADVENTURE OPEN CHALLENGE FLIGHT EXTENSION FORM

China – Trek the Great Wall

17 April – 27 April 2008 / 16 October – 26 October 2008

It is usually possible to extend your stay after the trip. Please complete if you wish to request this.

Name:

Address:

.....

..... Day time Tel:

I wish to extend my flight and travel independently. I would like to leave Beijing on:

1st choice:

2nd choice:

I am travelling on my own / with

Please read and sign below:

I understand that:-

- **All flight changes must be requested by AT LATEST 3 months before departure.**
- **Once I have received confirmation from Discover Adventure of my new arrangements, these cannot be changed.**
- **There is a non-refundable administration charge of £55.00 per person for return date changes (enclosed). Discover Adventure is not able to process my request until the administration charge has been received.**
- **My request is subject to flight availability and is at the discretion of the airline. I understand that changing a date from a main group booking often takes a considerable amount of time to process and that I may only receive confirmation a few weeks before the trip.**

Signed:

Date:

Cheques should be made payable to Discover Adventure Ltd.

DISCOVER ADVENTURE EXPEDITION KIT BAG ORDER FORM

The Discover Adventure expedition kitbag is designed to take the rough and tumble of adventure travel. With 60 litre capacity, it is made from water resistant tough material with interior base lining, has carry handles top and ends and a handy detachable shoulder strap.

On Discover Adventure challenges luggage must be carried in a soft bag; our kitbag is ideal for our trips and very cost-effective.

NB: Kitbag does not contain kit!

To order yours now please complete and return to Discover Adventure at the address below; your bag will be delivered to your door within the next few days.



China – Trek the Great Wall Open Challenge 2008:

(delete as appropriate) **17 – 27 April / 16 – 26 October**

Name:

Address:

.....

Postcode: **Tel No:**

Please send me kitbag(s) (please insert quantity)

Price per Kitbag = £ 30.00

Regular Postage & Packing £5.00 included

To receive your bag by Special Delivery
please add an additional £3.00:

Total =

Payment Method: Cash / Cheque / Credit Card / Switch

Card No: **3-digit security code:**

Expiry Date:/..... **Issue Date:**/..... **Issue No:**

Cheques should be made payable to Discover Adventure Ltd.

We regret we are not able to refund payment once your kitbag has left our premises

Thank you for your order, your Discover Adventure Expedition Kitbag will be with you soon!

Open Challenge Agreement

The terms and conditions set out below form the basis of your relationship with Discover Adventure Limited (“DAL”) of Throope Down House, Blandford Road, Coombe Bissett, Salisbury Wiltshire, SP5 4LN and the Charity for whom you have chosen to raise funds (“the Charity”). Please read them carefully as they set out each party’s respective rights and obligations. All bookings are subject to the following terms and conditions.

Background

DAL facilitates the raising of funds for charities by providing adventure trips. Persons wishing to raise monies for the charities concerned must raise at least the minimum sponsorship monies applicable for their chosen trip. The cost of the trip is paid to DAL out of the sponsorship monies raised and the remaining sponsorship monies are kept by the charity concerned.

All parties agree the following:

Definitions.

1. In this Agreement, the following words shall have the following meanings unless the context otherwise requires:-
 - (i) “this Agreement” means this Agreement including all schedules, appendices, amendments and additions.
 - (ii) “the Trip” means the inclusive arrangements, flights, accommodation, car hire and all other products and services provided by DAL pursuant to this Agreement.
 - (iii) “the Organiser” means the organiser as defined by the Package Travel, Package Holidays and Package Tours Regulations 1992 (Statutory Instrument 1992 No. 3288) and any amendment or re-enactment of the same and all other legislation implementing the EC Directive on Package Travel, Package Holidays and Package Tours (Council Directive 90/314/EEC).
 - (iv) “the Registration Fee” means the registration fee payable to DAL for the Trip. This is payable in addition to the Fund Raising Target.
 - (v) “the Fund Raising Target” means the minimum amount of money that you must raise in order to take part in the Trip.
 - (vi) “the Trip Cost” means the cost of the Trip due to the Organiser which forms part of the Fund Raising Target.
 - (vii) “you” and “your” means the participant named on DAL’s registration form.

Section A

Who organises the Trip?

1. DAL is the Organiser of the Trip. Your contract for the Trip is with DAL. Please note DAL’s responsibilities are limited to the provision of the Trip in accordance with this Agreement. Except in relation to monies paid to the Charity and held by them on DAL’s behalf in accordance with clause 2.5, DAL has no responsibility for any payments made to the Charity or for any act(s) or omission(s) of the Charity.

What is the Payment Timetable?

- 2.1
 - (i) You must pay the Registration Fee direct to DAL at the time of booking.
 - (ii) You must pay the Fund Raising Target direct to the Charity no less than 8 weeks prior to the commencement of the Trip.
 - (iii) The Charity shall pay the Trip Cost to DAL no less than 6 weeks prior to the commencement of the Trip provided the Charity has received sufficient amounts to cover the Trip Cost from you.
 - (iv) If you wish to pay the Trip Cost yourself (as opposed to this being paid for by the Charity out of the Fund Raising Target) you can do so. In this case the Trip Cost must be paid directly to DAL no less than 6 weeks prior to the commencement of the Trip.

2.2 If you wish to purchase the insurance offered by DAL all applicable premiums must be paid as soon as possible as cover is not effective until these have been paid. Please see clause 8.

2.3 Credit Card payments: No credit card fee will be charged when paying the Registration Fee. A fee of 2% will be charged on all other credit card payments made to DAL (for example the Trip Cost.) Credit card charges on payments made to the Charity are at the discretion of the Charity.

2.4 Except for flight inclusive bookings, all monies you pay to the Charity (if any) up to the full amount of the Trip Cost prior to DAL issuing its confirmation invoice will be held by the Charity on your behalf until DAL issues the confirmation invoice. After that point, the Charity will hold such monies on DAL’s behalf. For flight inclusive bookings, all monies paid to the Charity up to the full amount of the Trip Cost will be held on DAL’s behalf until they are paid to DAL or refunded to you. Please note: this clause only applies to monies paid to the Charity up to the full amount of the Trip Cost. Monies paid to the Charity over and above the Trip Cost belong to the Charity.

What happens if I fail to pay all monies on time?

3.1 If DAL or the Charity (as applicable) do not receive all payments due from you (including any surcharge where applicable) in full and on time, DAL is entitled to assume that you wish to cancel your booking. This includes the full Fund Raising Target which must be paid to the Charity in full no less than 8 weeks before the commencement of the Trip. In this case, DAL will be entitled to keep the Registration Fee paid or due at that date. If DAL does not cancel straight away because you have promised to make payment, you must pay the cancellation charges shown in clause 14 depending on the date DAL reasonably treats your booking as cancelled.

What are your responsibilities?

4.1 You must not do anything or fail to do anything which is reasonably likely to bring the Charity and/or DAL into disrepute whether before during or after the Trip.

4.2 You must ensure that all information you give DAL and/or the Charity including all information provided on DAL’s registration and insurance forms and medical questionnaire is complete, true and accurate. If you fail to do so, DAL and/or the Charity shall be entitled to cancel your booking and DAL shall be entitled to keep the Registration Fee you have paid. Depending on the date when DAL and/or the Charity discover that you have failed to comply with the provisions of this clause DAL will also be entitled to charge the cancellation fees set out in clause 14. See also section headed “DAL’s Liability.”

What happens to the information I provide?

5. Where necessary DAL provides the personal information given by you to the various suppliers who provide each element of the Trip (for example airlines). DAL also provides this information to other bodies such as credit card and insurance companies who need to know them in order that payments can be processed and cover provided (where applicable). Personal information shall also be provided to the Charity for whom you are raising funds. DAL will also use your personal details in order to send you further information regarding DAL (for example DAL's brochure.) If you do not wish DAL to use your details in this way, please let them know.

Section B**How do I Book**

1.1 You must complete and sign DAL's registration form, the medical questionnaire and appropriate insurance form and return with the appropriate payments as set out in Section A at the time of booking. You must be at least 18 when the booking is made.

1.2 If you have made a booking by telephone using your credit card, you must send DAL a signed registration form, appropriate insurance form and medical questionnaire within 10 days of the booking having been made. If DAL does not receive your signed registration form within this time period, DAL will not issue you with a confirmation invoice, your booking will be cancelled and any Registration Fee you have paid will be refunded to you. DAL and the Charity will have no further liability towards you.

When will the Trip be confirmed?

2.1 Once DAL has received your registration, appropriate insurance form and medical questionnaire and all appropriate payments, DAL will, subject to availability, confirm the Trip by issuing a confirmation invoice. Please check this invoice carefully as soon as you receive it. You must contact DAL immediately if any information which appears on the confirmation or any other document appears to be incorrect or incomplete as it may not be possible to make changes later.

When does my contract for the Trip come into existence?

3. A binding contract between you and DAL comes into existence when DAL despatches its confirmation invoice to you. You agree that English Law (and no other) will apply to your contract and to any dispute, claim or other matter of any description which arises between you and DAL (except as set out below). You also agree that any dispute, claim or other matter of any description (and whether or not involving any personal injury) which arises between you and DAL must be dealt with by the Courts of England and Wales only unless, in the case of Court proceedings, you live in Scotland or Northern Ireland. In this case, proceedings must either be brought in the Courts of your home country or those of England and Wales. If proceedings are brought in Scotland or Northern Ireland, you may choose to have your contract and any dispute, claim or other matter of any description which arises between you and DAL governed by the law of Scotland/Northern Ireland as applicable (but if you do not so choose, English law will apply).

What about Minimum Numbers?

4. Please note that each Trip has a minimum number of participants required for its operation. As a result DAL reserves the right to cancel a specific departure due to insufficient numbers up to 42 days prior to departure. In the circumstances you will be offered an alternative trip (which may involve an additional payment) or a complete refund (see options 5b and 5c under "Itinerary" below).

Itinerary

5. DAL starts planning the trips it offers many months in advance. Occasionally, DAL has to make changes to and correct errors in the brochure and other details both before and after bookings have been confirmed and cancel confirmed bookings. Whilst DAL always endeavours to avoid changes and cancellations, DAL must reserve the right to do so.

Most changes are minor. Occasionally, DAL has to make a "significant change". A significant change is a change made before departure which, taking account of the information you give DAL at the time of booking and which DAL can reasonably be expected to know as the Organiser, DAL can reasonably expect to have a major affect on the Trip. Significant changes are likely to include the following changes when made before departure; a change of accommodation area for the whole or a major part of the time you are away, a change of outward departure time or overall length of time you are away of twelve or more hours, a change of UK departure point to one which is more inconvenient for you and, in the case of tours, a significant change of itinerary missing out one or more major destination substantially or altogether.

If DAL has to make a significant change or cancel, DAL will tell you as soon as possible. If there is time to do so before departure, DAL will offer you the choice of the following options:-

- (a) (for significant changes) accepting the changed arrangements
- (b) purchasing an alternative trip from DAL, of a similar standard to that originally booked if available. DAL will offer you at least one alternative trip of equivalent or higher standard which will not cost any more than the Trip Cost. If this trip is in fact cheaper than the original one, DAL will refund the price difference to you (if you have paid the Trip Cost to DAL directly yourself) or the Charity (if DAL have received the Trip Cost from the Charity). If you do not wish to accept the trip DAL specifically offers you, you may choose any of DAL's other then available trips. The price of these may be higher or lower than the Trip and will be payable.
- (c) cancelling or accepting the cancellation in which case you will receive a full and quick refund of all monies (including the Registration Fee) you have paid directly to DAL. Please note: where the Charity has paid the Trip Cost to DAL, DAL will refund that Trip Cost to the Charity (See "Refunds and Compensation" below.)

Please note, the above options are not available where any change made is a minor one.

If DAL has to make a significant change or cancel, DAL will as a minimum where compensation is due pay you reasonable compensation payments depending on the circumstances and when the significant change or cancellation is notified to you subject to the following exceptions. Compensation will not be payable and no liability beyond offering the above mentioned choices can be accepted where DAL are forced to make a change or cancel as a result of unusual and unforeseeable circumstances beyond DAL's control, the consequences of which DAL could not have avoided even with all due care or where DAL is forced to cancel due to the minimum number of participants required for the Trip not being reached. No compensation will be payable and the above options will not be available if DAL cancels as a result of your failure to comply with any requirement of these booking conditions entitling DAL or the Charity to cancel (such as paying on time) or if the change made is a minor one. A minor change is any change which, taking account of the information you have given DAL at the time of booking or which DAL can reasonably be expected to know as the Organiser, DAL could not reasonably expect to have a significant effect on the Trip.

Very rarely, DAL may be forced by "force majeure" (see "DAL's Liability" below) to change or terminate the Trip after departure but before the scheduled end of your time away. This is extremely unlikely but if this situation does occur, DAL regret it will be unable to make any refunds (unless we obtain any refunds from its suppliers), pay you any compensation or meet any costs or expenses you incur as a result.

Challenge Participation and responsibility

6. The Trip may involve hazards which are inherent to the activities involved in it. These inherent hazards increase the risk to participants of personal injury, death, illness, and/or loss or damage to property. By making your booking with DAL you acknowledge and accept the inherent hazards involved in the Trip. Except as set out in this Agreement, DAL cannot accept any liability for any personal injury, death, illness, loss or damage to property or any other loss or damage you incur as a result your participation in the Trip. Helmets when cycling or safety equipment supplied for all other activities must be worn correctly at all times.

What about Flight delays?

7. DAL regrets it is not in a position to offer you any assistance in the event of delay at your outward or homeward point of departure. Any airline concerned may however provide refreshments etc. DAL cannot accept liability for any delay which is due to any of the reasons set out in "DAL's liability" (which includes the behaviour of any passenger(s) on the flight who, for example, fails to check in or board on time).

Do I need Travel Insurance?

8. Travel insurance, including cover for baggage, is mandatory for all clients whilst on a tour organised by the DAL. Other than liability arising from negligence in respect of death or personal injury caused by DAL or its staff, you travel, together with your personal property including baggage, solely at your own risk at all times. You are wholly responsible for arranging your own insurance and if you join the tour without adequate insurance you may not be permitted to continue, with no right of refund. If you choose not to take out DAL's specially arranged Travel/Cancellation insurance you are responsible for ensuring that you have adequate private travel insurance, with protection for the full duration of the tour in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. If you make your own arrangements you should ensure that there are no exclusion clauses limiting protection for the type of activities included in the tour. You must satisfy yourself that any travel insurance arranged through DAL meets your requirements and you should arrange supplementary insurance if need be. Any claims concerning matters for which you are required to be or are insured must be directed to your insurers. You will be deemed to have read the insurance cover. All participants are personally responsible for informing insurance companies of any pre-existing conditions.

Do you require Medical Details?

9. DAL requires a completed medical questionnaire from each participant. If you are aged over 65 years of age or if you have any medical condition that could be adversely affected by exercise, particularly a heart condition or asthma, you must provide DAL with a medical certificate from your doctor. See also Section A clause 4.2 above.

What if I have a Complaint?

10. Should you have a complaint about any part of the Trip, you must tell both the relevant supplier and the tour leader at the time. It is only if DAL and the relevant supplier know about problems that there will be the opportunity to put things right. Any complaints must be communicated to the tour leader in writing immediately while on tour and to the office no later than 28 days after the return of the tour.

Will the Price of the Trip increase?

11. DAL reserves the right to make changes to and correct errors in advertised prices at any time before your holiday is confirmed. DAL will advise you of any error of which DAL are aware and of the then applicable price at the time of booking.

Once the Trip Cost has been confirmed at the time of booking, DAL will only increase it in the following circumstances. Price increases after booking will be passed on by way of a surcharge. A surcharge will be payable, subject to the conditions set out in this clause, if DAL's costs increase as a result of transportation costs (e.g. fuel, scheduled airfares and any other airline surcharges) which are part of the contract between airlines (and their agents) and the Organiser or dues, taxes or fees payable for services such as landing taxes or embarkation or disembarkation fees at or airports increasing or DAL's costs increase as a result of any changes in the exchange rates which have been used to calculate the cost of the Trip.

Even in the above cases, only if the amount of the increase in DAL's costs exceeds 2% of the Trip Cost (excluding insurance premiums and any amendment charges), will DAL levy a surcharge. If any surcharge is greater than 10% of the Trip Cost (excluding insurance premiums and any amendment charges), you will be entitled to cancel your booking and receive a full refund of the Registration Fee and the Trip Cost if you have paid these directly to DAL. DAL does not refund amendment charges. If DAL have received the Trip Cost from the Charity, this will be refunded to the Charity. Alternatively you purchase another trip from DAL as referred to in "Itinerary" above. Please note that travel arrangements are not always purchased in local currency and some apparent changes have no impact on the price of your travel due to contractual and other protection in place.

You have 14 days from the issue date printed on the surcharge invoice to tell us if you want to cancel or purchase another trip. If you do not tell DAL that you wish to do so within this period of time, DAL are entitled to assume that you will pay the surcharge. Any surcharge must be paid with the balance of the cost of the Trip or within 14 days of the issue date printed on the surcharge invoice, whichever is the later.

DAL promise not to levy a surcharge within 30 days of the start of the Trip.

Please note, changes and errors occasionally occur. You must check the price of your chosen Trip at the time of booking.

The Trip Cost is based on the exchange rate £1 = \$1.5425 as of 3 April 2003.

Equipment

12. Clients taking their own equipment and bike on tour are responsible for any charges for transportation levied by the airline including excess baggage.

Participants

13. DAL and/or the Charity reserve the right on reasonable grounds to refuse participation to anyone at any time without having to disclose the reason. Your entitlement to participate depends on our being satisfied that there are no circumstances under which DAL ought properly to decline your participation. DAL's decision on your participation shall be final and binding. DAL however will not exercise this right without having clear grounds to do so. In any circumstances where DAL decides that you may not participate your Registration Fee and insurance premium will be refunded to you in full.

When you book with DAL, you accept responsibility for any damage or loss caused by you. Full payment for any such damage or loss must be paid direct at the time to the accommodation owner or manager or other supplier. If you fail to do so, you will be responsible for meeting any claims subsequently made against DAL (together with DAL's own and the other party's full legal costs) as a result of your actions.

What if I want to cancel?

14. If you wish to cancel, DAL must receive notice in writing from you and from your chosen Charity. Effective date of cancellation will be taken from the date such notice is received. Cancellation fees after registration has been made are as follows. Please note Registration Fees, amendment fees and insurance premiums are not refundable in the event that you cancel.

Period before departure written notice of cancellation is received by us	Cancellation Charge
More than 42 days prior to departure	loss of Registration Fee only
42-29 days prior to departure	50% of the Trip Cost
28-15 days prior to departure	75% of the Trip Cost
14-0 days prior to departure	100% of the Trip Cost

If you have paid the Trip Cost directly to DAL

If you cancel your booking, the cancellation charges referred to above will apply. You will receive a refund of any monies paid by you directly to DAL relating to the Trip Cost after deduction of the cancellation charges set out above.

If the Charity has paid the Trip Cost to DAL.

If you cancel your booking, the cancellation charges referred to above will apply. DAL shall refund to the Charity any monies relating to the Trip Cost paid by it to DAL after deduction of the cancellation charges set out above. You agree that the Charity shall be entitled to keep any such refunded monies and shall not be obliged to pay them to you.

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 to the Charity.

With regards to any monies paid to the Charity over and above the Trip Cost, no refund of these will be payable to you in the event of your cancellation of your booking as these monies were raised for charitable purposes.

What if I want to make amendments?

Should you wish to make any changes to your confirmed booking, you must notify DAL and the Charity in writing as soon as possible. Whilst DAL will endeavour to assist, DAL cannot guarantee it will be able to meet any such requests. Where DAL can, an amendment fee of £55 per person/per booking will be payable together with any costs incurred by ourselves and any costs or charges incurred or imposed by any of DAL's suppliers.

Passport, vaccinations and visas

15. You are responsible for arranging, and must be in possession of, a valid passport and any visas and vaccination certificates required for the whole of your journey. Information given by DAL about these matters or related items (climate, clothing, baggage, personal gear etc) is given in good faith but requirements may change and you must check the up to date position in good time before departure. It is your responsibility to obtain any necessary vaccinations for your tour and to do so well before the departure date.

Registration form

16. Signing your registration form signifies your agreement to abide by the authority of the leader, who represents Discover Adventure Ltd. The decision of the leader as to the conduct, itinerary and objectives of the tour is final. If in the opinion of the leader, your behaviour or physical condition is detrimental to the safety, welfare and well-being of the group as a whole or that your general well-being will be put at risk by continuing with the Open Challenge, you may be asked to leave the tour without the right to any refund for unused services.

Consumer protection

17. The air inclusive open challenge events are ATOL protected, since DAL holds an Air Travel Organisers Licence granted by the Civil Aviation Authority. DAL's ATOL number is 5636. In the unlikely event of DAL's insolvency the CAA will ensure that you are not left stranded abroad and will arrange to refund any money you have paid to DAL for an advanced booking. For further information visit their web site at www.atol.co.uk.

DAL's Liability

18. (1) DAL promises to make sure that the Trip arrangements DAL has agreed to make, perform or provide as applicable as part of its contract with you are made, performed or provided with reasonable skill and care. This means that, subject to these booking conditions, DAL will accept responsibility if, for example, you suffer death or personal injury or your contracted holiday arrangements are not provided as promised or prove deficient as a result of the failure of DAL, DAL's employees, agents or suppliers to use reasonable skill and care in making, performing or providing, as applicable, your contracted holiday arrangements. Please note it is your responsibility to show that reasonable skill and care has not been used if you wish to make a claim against DAL. In addition, DAL will only be responsible for what its employees, agents and suppliers do or do not do if they were at the time acting within the course of their employment (for employees) or carrying out work DAL had asked them to do (for agents and suppliers).

(2) DAL will not be responsible for any injury, illness, death, loss (for example loss of enjoyment), damage, expense, cost or other sum or claim of any description whatsoever which results from any of the following: -

- the act(s) and/or omission(s) of the person(s) affected or any member(s) of their party or
- the act(s) and/or omission(s) of a third party not connected with the provision of your holiday and which were unforeseeable or unavoidable or
- 'force majeure' as defined below

(3) Please note, DAL cannot accept responsibility for any services which do not form part of its contract with you. This includes, for example, any additional services or facilities which your hotel or any other supplier agrees to provide for you where the services or facilities are not advertised in DAL's brochure and DAL have not agreed to arrange them. In addition, regardless of any wording used by DAL on its website, in any of its brochures or elsewhere, DAL only promise to use reasonable skill and care as set out above and DAL does not have any greater or different liability to you.

(4) The promises DAL make to you about the services it has agreed to provide or arrange as part of its contract with you - and the laws and regulations of the country in which your claim or complaint occurred - will be used as the basis for deciding whether the services in question had been properly provided. If the particular services which gave rise to the claim or complaint complied with local laws and regulations applicable to those services at the time, the services will be treated as having been properly provided. This will be the case even if the services did not comply with the laws and regulations of the UK which would have applied had those services been provided in the UK. The exception to this is where the claim or complaint concerns the absence of a safety feature which might lead a reasonable participant to refuse to take the trip in question.

(5) As set out in these booking conditions DAL limits the maximum amount it may have to pay you for any claims you may make against it.

Where DAL is found liable for loss of and/or damage to any luggage or personal possessions (including money), the maximum amount DAL will have to pay you is £1,500 (fifteen hundred) per participant affected unless a lower limitation applies to your claim under this clause or sub-clause (6) below.

For all other claims which do not involve death or personal injury, if DAL are found liable to you on any basis the maximum amount it will have to pay you is twice the price (excluding insurance premiums and amendment charges) paid by or on behalf of the participant(s) affected in total unless a lower limitation applies to your claim under clause sub-clause (6) below. This maximum amount will only be payable where everything has gone wrong and you have not received any benefit at all from the Trip.

(6) Where any claim or part of a claim (including those involving death or personal injury) concerns or is based on any travel arrangements (including the process of getting on and/or off the transport concerned) provided by any air, sea, rail or road carrier or any stay in a hotel, the maximum amount of compensation DAL will have to pay you will be limited. The most DAL will have to pay you for that claim or that part of a claim if DAL are found liable to you on any basis is the most the carrier or hotel keeper concerned would have to pay under the international convention or regulation which applies to the travel arrangements or hotel stay in question (for example, the Warsaw Convention as amended or unamended and the Montreal Convention for international travel by air and/or for airlines with an operating licence granted by an EU country, the EC Regulation on Air Carrier Liability No 889/2002 for national and international travel by air, the Athens convention for international travel by sea). Please note: Where a carrier or hotel would not be obliged to make any payment to you under the applicable International Convention or Regulation in respect of a claim or part of a claim, DAL similarly are not obliged to make a payment to you for that claim or part of the claim. When making any payment, DAL are entitled to deduct any money which you have received or are entitled to receive from the transport provider or hotelier for the complaint or claim in question. Copies of the applicable International Conventions and Regulations are available from us on request.

(7) Please note, DAL cannot accept any liability for any damage, loss, expense or other sum(s) of any description (1) which on the basis of the information given to DAL by you concerning your booking prior to DAL accepting it, DAL could not have foreseen you would suffer or incur if DAL breached our contract with you or (2) which did not result from any breach of contract or other fault by DAL or its employees or, where DAL are responsible for them, its suppliers. Additionally DAL cannot accept liability for any business losses.

(8) You must provide DAL and its insurers with all assistance it may reasonably require. You must also tell DAL and the supplier concerned about your claim or complaint as set out under "What if I have a complaint?" If asked to do so, you must transfer to DAL or our insurers any rights you have against the supplier or whoever else is responsible for your claim or complaint (if the person concerned is under 18, their parent or guardian must do so). You must also agree to cooperate fully with DAL and its insurers if DAL or its insurers want to enforce any rights which are transferred.

(9) **Force Majeure:** Except where otherwise expressly stated in these booking conditions, DAL regrets it cannot accept liability or pay any compensation where the performance or prompt performance of our obligations under our contract with you is prevented or affected by or you otherwise suffer any damage or loss (as more fully described in clause 18(1) above) as a result of "force majeure." In these Booking Conditions, "force majeure" means any event which DAL or the supplier of the service(s) in question could not, even with all due care, foresee or avoid. Such events may include war or threat of war, riot, civil strife, actual or threatened terrorist activity, industrial dispute, natural or nuclear disaster, adverse weather conditions, fire and all similar events outside our control.

Flights

19. The flight timings given on booking and detailed on your confirmation invoice are for general guidance only and are subject to change. The latest timings will be shown on your tickets which will be despatched to you approximately two weeks before departure. You must accordingly check your tickets very carefully immediately on receipt to ensure you have the correct flight times. It is possible that flight times may be changed even after tickets have been despatched – DAL will contact you as soon as possible if this occurs.

DAL is not always in a position to confirm the airline, aircraft type and airport of destination which will be used in connection with any flight included in your holiday. When this information is provided at the time of booking or subsequently, it is subject to change. Any such change will not entitle you to cancel or change to other arrangements without paying DAL's normal charges.

Conditions of suppliers

20. Many of the services which make up the Trip are provided by independent suppliers. Those suppliers provide these services in accordance with their own terms and conditions. Some of these terms and conditions may limit or exclude the supplier's liability to you, usually in accordance with applicable International Conventions (see "Liability" above). Copies of the relevant parts of these terms and conditions are available on request from DAL or the supplier concerned.

Special Requests

21. If you have any special request, you must advise DAL in writing at the time of booking. Although DAL will endeavour to pass any reasonable requests on to the relevant supplier, DAL regrets it cannot guarantee any request will be met unless DAL have specifically confirmed this. For your own protection, you should obtain confirmation in writing from DAL that your request will be complied with (where it is possible for DAL to give this) if your request is important to you. Confirmation that a special request has been noted or passed on to the supplier or the inclusion of the special request on your confirmation invoice or any other documentation is not confirmation that the request will be met. Unless and until specifically confirmed, all special requests are subject to availability.

DAL regrets it cannot accept any conditional bookings, i.e. any booking which is specified to be conditional on the fulfilment of a particular request. All such bookings will be treated as "standard" bookings subject to the above provisions on special requests

Prices and Brochure Accuracy.

22. Please note, the information and prices shown in this brochure may have changed by the time you come to book the Trip. Whilst every effort is made to ensure the accuracy of the brochure and prices at the time of printing, regrettably errors do occasionally occur. You must therefore ensure you check all details of the Trip (including the price) with DAL at the time of booking.

This brochure is DAL's sole responsibility. It is not issued on behalf of and does not commit any independent organisation/carriers whose services are featured in it.

Promotional Material

23. DAL reserves the right to use any photographs and images taken on a trip or trip-related occasion by its employees, or forwarded by any person on the trip or connected to the trip, in its brochures, on its website and for use in any other relevant promotional material.