

UNITE & BIKE

AGAINST CANCER

KERALA CYCLE

**25 SEPTEMBER -
4 OCTOBER 2020**

JOIN US AS WE DISCOVER
KERALA BY BIKE, IN SUPPORT
OF THE CANCER CHARITY OF
YOUR CHOICE!

 **GLOBAL
ADVENTURE
CHALLENGES®**

01244 676 454

GLOBALADVENTURECHALLENGES.COM

KEY INFO

Duration: 10 days

Distance: 358km approx.

Challenge Grade: Challenging 1

Location: India

CHALLENGE HIGHLIGHTS

- Discover Munnar, set amidst dramatic mountain scenery and some of the world's highest tea plantations
- Visit the world famous arch dam of Idukki
- Experience breakfast on board a houseboat as we cross the stunning Vembanad Lake
- Enjoy a free day in beautiful Marari – relax on the stunning beach with miles of golden sand!

THE CHALLENGE

On this fantastic charity challenge, we discover Kerala – South India's most serene and beautiful state. We start our challenge in Thattekad, before journeying through dense forests, tea plantations and ascend up to Munnar – surrounded by stunning mountain scenery. We witness the world famous arch dam of Idukki, before beginning our descent. Crossing Vembanad Lake by houseboat, we continue to our destination of Marari, where we enjoy a celebratory meal! We then have a free day to relax and enjoy miles of golden sand at Marari Beach or visit the historic city Fort Cochin. This fantastic cycle challenge involves tough climbs throughout – but we will be rewarded with the most spectacular scenery!

DAY 1

Depart UK

We depart the UK for our flight to India.

DAY 2

Thattekad

We land at Cochin International Airport and transfer to our overnight stay in Thattekad; our starting point for this fantastic challenge. After a bike fitting we have the option of going for a short warm up ride or to do a bit of kayaking on the Periyar river. We will then meet for a welcome dinner and challenge briefing in the evening.

DAY 3

Thattekad to Munnar

After breakfast we set off cycling along the Periyar riverbank and through dense low altitude forests of Neriamanagalam where reed is extracted to make traditional household items such as baskets and mats. As the scenery slowly changes, we get a glimpse of rubber, pepper, cardamom and finally tea plantations. Munnar, once a favourite summer resort town of the British, is set amidst dramatic mountain scenery, craggy peaks, tall redwood trees, and some of the world's highest tea plantations.

Cycling distance - approx. 70km

DAY 4

Munnar to Thekkady

Following an early breakfast, we have a short 20 minute transfer before starting our day of cycling. We cycle along winding roads through tea gardens and forests, before cycling through the Lockhart gap overlooking the spectacular Bison Valley. We will pass through thick forests, cardamom estates and spice gardens, that have made these Cardamom Hills world famous, before arriving at our overnight accommodation. Today is a challenging cycle, but we will be rewarded with spectacular scenery!

Cycling distance - approx. 80km

DAY 5

Thekkady to Kulamavu

After breakfast we start the most challenging day of the trip. We ascend through spice plantations, as we are surrounded by magnificent views. After a steep climb, we are rewarded with views of the famous arch dam of Idukki before crossing the beautiful Kulamavu dam. Here we have one more tough climb before arriving at our overnight stay in Kulamavu.

Cycling distance - approx. 80km



EXPLORE THE SERENITY OF KERALA AS WE CYCLE THROUGH FORESTS AND TEA GARDENS TO OUR FINISH IN MARARI!

DAY 6

Kulamavu to Kumarakom

Today we will cover a lot of distance – but it will be a much less challenging day. After breakfast we start with a 24km descent followed by a small climb – the last incline of the trip! It's all downhill from here with beautiful views of the plains, as we reach the tranquil backwaters of Kumarakom. We then have some time to relax and enjoy this stunning location.

Cycling distance - approx. 98km

DAY 8

Marari

Today we enjoy some free time to relax and look back on our fantastic achievement. We can spend some free time on the beach, soaking in the beautiful surroundings. Or for those feeling a bit more energetic there is an optional tour to visit Fort Cochin, where we can explore the historic city including the St. Francis Church, Jew Street and the Synagogue.

DAY 7

Kumarakom to Marari

The last day of cycling, and a memorable one at that! We embark on a house boat to cross the scenic Vembanad Lake to start the final leg of our cycling challenge. We'll eat on board the houseboat - one of the most spectacular settings to enjoy breakfast! We then cycle along plains roads to our final destination of Marari, a beautiful and tranquil area of Kerala. Here we will enjoy a well deserved celebratory dinner with local entertainment.

Cycling distance - approx. 30km

DAY 9

Return to UK

We transfer to Cochin International Airport for our flight back to the UK.

DAY 10

Arrive UK

Please note, this is a complex itinerary and is subject to change.

WHAT DOES IT COST TO ENTER?

PAYMENT OPTION A - MINIMUM SPONSORSHIP

Registration Fee	£299
Minimum Sponsorship	£3,200
Airport Tax and Fuel Surcharge Contribution	£250

You pay the non-refundable Registration Fee, and commit to raising the minimum sponsorship and send it to your chosen charity as you raise it - 80% of the minimum sponsorship MUST be received by your charity no later than 11 weeks before departure. The remaining 20% must be sent to your charity within 2 weeks of completing the challenge. Try and raise as much as you can, as every penny you raise over the minimum sponsorship will be retained by your charity too!

PAYMENT OPTION B - SELF-FUNDING

Registration Fee	£299
Challenge Balance	£1,600
Airport Tax and Fuel Surcharge Contribution	£250

You pay the non-refundable Registration Fee to Global Adventure Challenges. Eleven weeks before departure, you will receive an invoice for the Challenge Cost and Airport Tax & Fuel Surcharge contribution. This is in addition to the Registration Fee and must be paid no later than 8 weeks prior to departure. Although there is no minimum sponsorship target, you are encouraged to raise as much as possible for your charity!

YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (14-17 year olds must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge!

How fit do I need to be?

This cycle ride has been graded as Challenging (1) on our challenge grading scheme and is designed to push your boundaries, but as long as you fitness train beforehand it is achievable by most people. Remember, you are cycling for 5 days and in hot temperatures – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not sign up for one of our training weekends - they're a great opportunity for you to meet our team and fellow participants!

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

We will be staying mostly in local hotels with en-suite washing facilities, usually two people to a room, and on one night our accommodation is at a tented camp. Please be aware that some of these lodges and hotels are more basic than what we are used to in the UK - remember, this is a challenge!

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some cycling shorts, a cycling helmet and maybe some cycling gloves, you do not need any specialist kit. Participants can bring their own pedals, bar-ends and any other personal cycling equipment they see fit to modify the bikes supplied, although it is not compulsory.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small saddle bag/bum bag/'camel bak' while cycling, to carry items such as camera, sunscreen, tissues, personal First Aid kit etc. Some people find wearing a backpack uncomfortable due to the heat and humidity, but it is up to you.

Food Matters...

All meals will be provided on the challenge, from breakfast on day 2 to breakfast on day 8 (excluding dinner on day 7). Food will be predominantly South Indian with a good selection of meat and vegetables, and there will be some Western cuisine at the hotels in the evenings. We cater for most dietary requirements so long as we know in advance – just fill in the appropriate section on your registration form.

What's included?

- Return flights from a London airport to India
- All accommodation
- Breakfast, lunch and dinner on Days 2 - 7 and breakfast on Day 8
- Drinking water, snacks and fruit for all cycling days
- Private vehicles for backup, support and transfers
- Local English-speaking guides
- Mechanical and medical support
- Local bike hire with spares
- Global Adventure Challenges leader from the UK
- Full and comprehensive first aid kits

What's not included?

- Airport taxes and fuel surcharge – these are approximately £250 and payable 8 weeks prior to departure
- Visa for India
- Tips and gratuities
- Lunch and dinner on Day 8
- Alcoholic drinks and drinks during meals
- Personal travel insurance – it is strongly advised to take this through Global Adventure Challenges

Can I stay in India after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges by emailing customer.care@globaladventurechallenges.com. There is a minimum charge of £60 + VAT for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the challenge?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local guides. Full, comprehensive first aid kits will be taken and we are never too far away from hospitals. A vehicle will accompany the group providing support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from us to help you on your way.

I'm interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in a registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee. Once your registration is received, we will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

REGISTER ONLINE TODAY!

WWW.GLOBALADVENTURECHALLENGES.COM

01244 676 454

 GLOBALADVENTURECHALLENGES
 GLOBALADV
 GLOBAL_ADVENTURE_CHALLENGES



UNITE & BIKE
AGAINST CANCER

 **GLOBAL ADVENTURE CHALLENGES**