CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

INDIA GOLDEN TRIANGLE CYCLE CHALLENGE INDIA

Fri 10 Feb - Sun 19 Feb 2017

In aid of your choice of charity

10 Feb - 19 Feb 2017

10 DAYS | INDIA | CHALLENGING

Ride through royal Rajasthan, a region offering dramatic desert landscapes, fantastic wildlife, exquisite forts, bustling cities and a peek into the rural life of the locals. Mountain biking offers a unique insight into this idyllic region, enabling us to explore deeper into the culture of the more remote villages. Our challenge begins in Delhi. Looking beyond the initial chaotic facade, this is a city rich in culture, architecture and history. Our ride starts in Agra, home to the Taj Mahal and the perfect backdrop for the start of our ride. The itinerary takes us through an eclectic mix of everything India has to offer before we arrive in the pink city of Jaipur, Rajasthan's capital and the perfect place to complete this incredible journey.

- Bike 500kms through Rajasthan, known as Land of the Kings
- Tackle a great variety of terrains
- Visit the tigers at Ranthambore National Park
- Step inside the Taj Mahal, one of the seven wonders of the modern world
- Discover the chaotic magic of India's capital

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 10 Feb*

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International departure from London

After months of training and fundraising the day has finally come to meet the rest of the team at the airport for our trip to Delhi. The flight is a great opportunity to get to know your fellow cyclists or just sit back and relax before the challenge ahead.

DAY 2 *Sat 11 Feb*

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Arrive Delhi, India's capital

A local Charity Challenge representative will meet us and escort us to our hotel. We then have the opportunity to explore the labyrinth of streets and markets, overloaded with exotic produce and unusual gifts. Cultural highlights include the Raj Ghat, memorial place of Gandhi, or a walk around India's largest mosque. Tonight will be spent at the hotel after our first team dinner together.

DAY 3 *Sun 12 Feb*

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Visit the Taj Mahal

All aboard the early Shatabdi express train to Agra, home to the most magical mausoleum– the Taj Mahal. Constructed by Emperor Shah Jahan in 1631-1653 in memory of his beloved wife, the magnificent monument is a modern wonder of the world. From here, we will prepare our bikes and meet with the support team for the forthcoming ride. Overnight and dinner in Agra.

DAY 4 *Mon 13 Feb*

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Taj Mahal to Fatephur Sikri (approximately 85kms)

Our first day in the saddle will be spent on dirt and tarmac roads. As the Taj disappears in the distance, we power on towards Fatephur Sikri, a fortified ghost city and former capital of the Mughal Empire between1575-1585. Pilgrims flock in their thousands to the palace complex which houses the tomb of Sheikh Salim Chrishti. You will pass Fatephur Sikri and continue through villages and past bright yellow fields of mustard onto Keoladeo National Park Overnight in local hotel.

DAY 5 *Tue 14 Feb*

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Keoladeo Ghana National Park to Karauli (approximately 113kms)

This diverse state was home to the Rajputs, warrior clans and tribes who controlled this part of India for thousands of years. Their rule left the region with a legacy of forts, palaces and mansions. Pedaling past camel and donkey carts and locals in traditional dress gives the impression of a living museum. Ancient forms of agriculture and trade still exist. Overnight at the Maharaja's Palace.

DAY 6 *Wed 15 Feb*

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Karauli to Ranthambore National Park (approximately 112kms)

Today we cycle to the rugged Ranthambore National Park, between the Aravali and Vindhya hills. Famous for being a prime example of Project Tiger's conservation, the park is popular with wildlife photographers from around the world. Besides the majestic tigers, we might be lucky enough to spot samba, cheetah, wild boar, leopard, sloth bears and more. Tonight will be spent in a luxury tented camp and guesthouse.

DAY 7 *Thu 16 Feb*

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Ranthambore National Park Cycle (approximately 45kms)

Early start for your sunrise safari into Ranthambore National Park. Keep your eyes peeled for wildlife, especially signs of tigers. You cycle to Rawat, a small local village and interact with the locals before continuing your cycle to Dastkar Kendra a women's skills project, to preserve traditional crafts and give women skills and jobs to help them in this area. Overnight in a luxury tent camp and guesthouses.

DAY 8 *Fri 17 Feb*

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Ranthambore National Park to Bhanderej (approximately 80kms)

It's an early start for our exciting sunrise safari into Ranthambore Park. Besides looking out for wildlife, we will be exploring the many Hindu settlements, temples and shepherd encampments en route. Today's ride takes us over varied terrain, which was formerly used by pilgrims, traders and armies who impacted on the local culture. Spend the night in Maharaja's Palace.

DAY 9 *Sat 18 Feb*

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Bhanderej to Jaipur (approximately 56kms)

It's our final day in the saddle as we pedal into Jaipur, Rajasthan's Pink City. Produce-laden camel carts thread their way through the streets which are packed with rickshaws, bicycles, tempos, motorcycles and pedestrians. In the evening we celebrate completing our cycle challenge with a Rajasthani Party, complete with traditional banquet, folk music and dancing at the Maharaja's Old Palace.

DAY 10 *Sun 19 Feb*

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Jaipur to London

Morning transfer to Jaipur airport for our return flight to London. We arrive back home on the same day.

NB

The itinerary is there as a guide and may change due to weather patterns, wildlife movements, and the strength of the group. Indian travel can also throw up limitations of its own! We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £365.00 when you book
Then a balance of £1703.00
(8 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £365.00 when you book
Raise a minimum of £3475.00 for your charity.

FLEXI

-

Registration fee of £365.00 when you book
Then £365.00 towards challenge costs
(8 weeks before your challenge)
Raise a minimum of £2730.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

On your challenge

-

- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 02/12/2016), and the remaining 20% within 4 weeks of completing the challenge (by 19/03/2017). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Prices include all known air taxes	We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.
Typical group size	The typical group size is 16 - 28 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras	Business class upgrades* Travel insurance Single room supplements* Extensions at end of trip* Trek/bike training weekends* (*subject to availability)
Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge.

Level of Difficulty

This challenge has been graded 'Challenging', This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your Cuban Revolution Cycle, you will be:

- Cycling between 7-9 hours per day
- Cover an overall distance of 500 kilometres.
- Hitting the tarmax in extremely hot conditions
- Staying in basic hotels in Rajasthan

Money

Currency: The currency is the Rupee, abbreviated as Rs. For up to date currency exchange, go to: http://www.xe.com/. Foreign currency regulations are strict. No Rupee currency may be imported or exported. You may be able to purchase rupees from some UK exchanges prior to travel; however, please note importing currency must be done at your own risk. We recommend you to bring sterling or dollars to exchange at the airport in Delhi.

Credit Cards: A growing number of hotels, restaurants and shops in the major cities are beginning to accept credit cards, the well-known and more accepted ones being American Express, Access/MasterCard, Diners Club and Visas. However, credit cards are not the most convenient form of payment or cash withdrawal.

ATMs: Please note that ATMs are not always available and that when they are they do not always work. It is generally easier to visit a bank, but your local guide will advise.

How much to bring: You will not need large amounts of money during this challenge, and other than at the start and end of the trip, you will be in the mountains away from any foreign exchanges or banks. You will only need money for tips, additional food & drink, gifts & souvenirs, and for any other additional activities that you may wish to do. On average, we recommend around £200 in cash, plus a credit card for emergencies. Keep in mind that you will not be able to buy Rupees before entering India, and so you are advised to take a sufficient amount of cash that you can change at the airport or in Delhi. NB: By changing at the airport while some of the group collect the luggage you will save time – the Indian Exchanges are generally the fastest.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. £10 per person per challenge day and this should be given to the challenge leader/sherpa guide at the end of the trip who will advise how to distribute it among the support team at your final celebration. NB: You may be approached by local porters at the airport. Their tips are not included; if you agree for them to take your bags to the transfer vehicle, please be prepared to tip them a small, nominal amount. However, our team will be there to help you.

Visa

You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.
All foreign nationals require a visa to enter India. British Citizens are now eligible to get an online visa before arrival to Indian.

Important note: British passport holders of Pakistani origin will still have to apply for a paper visa (not online) and they may have difficulty in obtaining a visa for India and should check the requirements with the Indian High Commission before signing up to this challenge.

Vaccinations

For up to date vaccinations information please visit the NHS website 'Fit for Travel' at: http://www.fitfortravel.nhs.uk/home.aspx. It is necessary to take precautions against malaria in Delhi and Rajasthan. This includes wearing long-sleeved shirts, long trousers and socks at dawn and dusk. You should also wear plenty of insect repellent.

Flights

You will be flying from London Heathrow to Delhi, India and your return flights will depart from Jaipur. Your flight tickets will be given to you at the airport by our airport representative, who will meet you at the airline check-in desk. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main FAQs page.

Group Size

The group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 12 to 15 people by charging a small group supplement of £75, which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

The post-monsoon period in Rajasthan runs from Oct to Dec, when temperatures can average from the mid to high 30s, down to around 18-20C. During the winter season (from January to March), there is a marked variation in minimum and maximum temperatures, and regional variations right across the state. January is the coldest month, when temperatures can drop down to 0C in some places. There is slight precipitation in the north and north-eastern regions of the state, and light winds, predominantly from the north and north-east. At this time of year the relative humidity ranges from 50-60% in the morning to 25-35% in the afternoon.

Terrain

Terrain is mainly flat, with a few short uphill sections. Many roads are in poor condition with potholes and gravel. On some days you will be cycling on main roads and you should listen to your leader's safety briefings carefully. You will certainly be passing some animals en route!

Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack are provided in your Kit List. Your rucksack (suitcases are not appropriate) must not exceed 20kgs in weight. Your luggage will be transported in our support vehicle from hotel to hotel.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Typical day

You will wake early (around sunrise) in time for a hearty breakfast. Cycling days will last between 4-8 hours, including breaks and snacks. You will have a leisurely break for lunch around noon – packed or cooked lunch will be provided. We will head on at around 1-2 pm. You will arrive at your accommodation before sunset. Supper will be prepared and you can relax as the stars come out. Most of the bike trip is on tarmac roads (only a very little is on dirt roads). They are Indian tarmac roads, and so they do have potholes and can be bumpy, but generally the

terrain is fairly easy. The ride is basically flat, with the exception of a few small hills.

Accommodation

During the challenge sector you will be staying mainly in hotels and heritage accommodation. There is one night where you will be staying in a luxury tented camp. If you are travelling with a friend or partner who you wish to share with please let Charity Challenge know in advance.

Food & Drink

You will be served a variety of European and Indian food. All meals are healthy, nourishing, and plentiful. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For your cycle challenge, padded cycling shorts and comfortable footwear are essential, and helmets are compulsory throughout. Training with your cycling shorts is definitely advised! You can bring equipment like clip-in pedals or a gel seat, if desired, in order to adapt your bike in country, and we would also recommend technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found here, once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Bikes

The bikes are brand new, 18-gear Combat mountain bikes designed by Kalvin. They are of standard triangle frame, have alloy cantilever brakes, alloy rims and imported nylon tyres. They are some of the best bikes available in India; however, they probably do not compare to your bike at home. We add removable bar-ends to the bikes. We also add bells and water bottle holders. Please bring your own toe-clips and peddles if you prefer and we can add them. We take plenty of spares and our mechanics are on hand at all times for repairs or adjustments. The maximum frame size available in India is 19-inch.

Toilets

You will be staying in hotels, guesthouses, or palaces of the Maharaja, with basic but good toilet facilities. Your night at the luxury tented camp will also have en suite facilities.

Phone and WiFi

During the Rajasthan cycle, phone and WIFI connection will be available almost throughout the whole challenge.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Rajasthan Cycle challenge, there are a couple of important points that you should be aware of:

- Riding in the heat of India is a major challenge in itself so make sure you are well hydrated throughout.
- This trip involves dirt tracks with lots of loose stones and rocks so concentration while riding through these areas is essential
- Smoke alarms are not compulsory in India, and as such very few accommodation will include them. Your tour leader will explain the emergency procedures.
- You will be riding on the right-hand side of the road, through occasionally busy areas. Make sure that you are paying attention at all times.
- The brakes on the bikes may be on the opposite side to what you are used to in the UK. Take the first morning slow and steady until you get used to this.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's cycling ability, which is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find that somebody is unable to cycle at all, then we can transport them from one location to the next by our support vehicle, but only as a final option (due to often poor weather conditions this can be difficult). Contact will be maintained between guides and the support team allowing for emergency evacuation if necessary.

Training

A good level of fitness is definitely required. Anyone who leads an active and healthy lifestyle and cycles on a regular basis, with training, should find this a manageable challenge. As always, however, the more you exercise before the challenge, the more you will get out of it. To train, cycle for a full day at a time or even a whole weekend in order to build up your stamina. Don't forget that the climate is different to the UK, and that you will be exercising constantly for a number of days in the heat and sunshine. You will only be expected to carry water and any essentials that you would carry on a day ride – our support team will take care of the rest of your luggage. Also see the Fitness Training Advice notes.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give

you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

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Amazing life changing experience and something I am so glad I participated in considering I was concerned at what I had let myself in for before we embarked! Something I will remember for ever.

Scott Lightfoot

“

This was a fantastic way to get under the skin of India. The entire challenge exceeded expectations.

Martin Standen

“

What an experience! It was truly magical and unforgettable, from beginning to end. Cycling gave us the chance to see the real India: the more we saw it, the more we wanted to see.

Lydia Bright

CHARITY CHALLENGE

Any more questions?

Contact us:

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