



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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CUBAN REVOLUTION RIDE - ART  
FOR CURE  
CUBA

Fri 31 Jan - Sun 09 Feb 2025





## In aid of ART FOR CURE

31 Jan - 09 Feb 2025



### 10 DAYS | CUBA | CHALLENGING

Welcome to the land of Che Geuvara, revolution, cigars, salsa, vintage Chevrolets and white sand beaches. The Cuban cycle travels from the cultural capital Havana to the exotic Caribbean. Our 10 day challenge (with 5 days in the saddle) will see us cycling over 300km through beautiful countryside, passing fruit orchards, tree-lined avenues and buildings left untouched for more than half a century. Outside of Havana vehicles are rare and there is a strong biking culture – so expect to fit right in!

NB: Our rides are graded Challenging/Tough/Extreme. This challenge is graded as **"Challenging"**, the lower level of difficulty.

For information on entry into Cuba please go to Visa (Cuban Tourist Card) in Essential Info.

- Cover over 300km from one beautiful coastline to the other
- Visit the city of Cienfuegos, once a hotbed of pirate activity
- Finish in the UNESCO World Heritage Site of Trinidad
- Multiple opportunities to perfect your salsa dancing!
- The majority of accommodation is in 4\* and 5\* hotels

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Fri 31 Jan

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#### International departure from London

It's finally time for your long-awaited departure to Cuba. Wave goodbye to friends and family, before you board the flight and embark upon your challenge! You will arrive in Havana, a UNESCO World Heritage Site and the capital of Cuba. You'll receive a warm welcome from the local team and take a short transfer to the hotel for check in and dinner. Tonight you will be welcomed and given a full briefing on the week ahead. (D)

Accommodation: Hotel

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### DAY 2 Sat 01 Feb

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#### Havana City Bike Tour, Transfer to Playa Jibacoa (approx. 34km)

This morning after a full safety briefing and bike fitting, you will enjoy a leisurely introduction to Cuba on a two-wheel tour of Havana. You will ride through the Miramar district, the Paraque Metropolitano de la Habana and Nuevo Vedado before stopping at Plaza del la Revolucion, the political heart of Castro's Cuba. Ride through vibrant Vedado towards the famous Hotel Nacional, which has offered shelter to many a celebrity over the years, including Winston Churchill. You will finish your cycling tour on the edge of the Old Town next to the Bay of Havana, where you will have a group lunch before a transfer to your hotel in Playa Jibacoa. (B,D,L). Cycling elevation +212m/-200m.

Accommodation: Hotel

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### DAY 3 Sun 02 Feb

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#### Playa Jibacoa to Matanzas (approx. 60km)

After breakfast transfer south towards Trinidad and start your day's cycle from Playa Jibacoa to Matanzas. You will have plenty of refreshment stops along the way today and of course time to take in the beautiful countryside scenery. Stop for a picnic before this afternoon continuing your ride towards Matanzas. Regroup at the entrance to cycle through the city together. Matanzas was built with sugar money, and in the 18th and 19th centuries was the centre of the Cuban sugar industry. Today, much of this heritage remains, with sugar plantations, a sugar refinery and sugar exporting facilities. (B,L,D). Cycling elevation: +558 / -561m.

Accommodation: Hotel

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### DAY 4 Mon 03 Feb

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#### Veradero to Jaguey Grande, Transfer to Santa Clara (approx. 84km)

This morning you will cycle directly out of your hotel in Veradero where you will enjoy a ride along the beautiful coastline. You will continue inland towards Cardenas before heading onto a single lane road, used for local traffic; Soviet tractors, inter town buses, 50's American cars, horses and carts and of course other cyclists! The route today takes you through what was once the prime sugar cane land, but is now mainly pastureland.

After approximately 40km, you will stop for a well deserved lunch to refuel for this afternoon's ride to Jaquely Grande where your cycle ends for the day. There's a short transfer to Santa Clara for dinner and an overnight stay. (B,L,D). Cycling elevation: +315m/-312m

Accommodation: Hotel

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#### DAY 5 Tue 04 Feb

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##### **Santa Clara to Cienfuegos (approx. 70km)**

Cienfuegos was founded on the fortunes of the sugar industry in the 1700s. The roads are generally good and your first climb upwards is just 300m.

You will set off this morning from the hotel, and your first stop of today's ride is at the Che Guevara Monument which is built to house the mausoleum of revolutionary heroes who died fighting to free Cuba from Batista's dictatorship. Saddle up and set off on a fast 25km ride on Cuba's autopista, a quiet 3-lane road before exiting off onto the scenic roads that border Cienfuegos, where you will encounter plenty of other local riders.

Late afternoon you will get a chance to explore the city either by bike or on foot. Cycle your way down to the end of the Malecon to see the Palacio del Valle before visiting the city centre where you will have some free time to explore by foot before cycling back to the hotel for dinner and overnight stay. (B,L,D) Cycling elevation: +558m/-561m

Accommodation: Hotel

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#### DAY 6 Wed 05 Feb

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##### **Cienfuegos to Trinidad (approx. 75km)**

Today, you will transfer to start your day's ride close to the village of Arimao. You will begin your cycle on an undulating road through pastureland before the hills level off and the views of the Escambray Mountains come in to site. Cycle with the majestic mountains to your left and rolling countryside dotted with palm trees to your right.

Enjoy a well-earned Cuban country lunch before a relatively flat cycle to reach the outskirts of Trinidad where you will take on your final short hills to bring you into the World Heritage town of Trinidad. A jewel of colonial architecture where traditional methods of transport and cobbled streets give it the feel of being trapped in a time warp. (B,L,D). Cycling elevation: +545m/-565m

Accommodation: Hotel

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#### DAY 7 Thu 06 Feb

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##### **Trinidad City Tour and Relaxation**

This morning we set off for an orientation tour of Trinidad. Trinidad, a UNESCO World Heritage Site (since Dec. 1998) is like a living museum, with cobbled streets and colonial housing, which has changed little in more than 150 years. Lunch today is in a local paladar in town and the afternoon is free for more exploration or for relaxation on the

beach (B,L,D)

Accommodation: Hotel

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**DAY 8** *Fri 07 Feb*

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**Transfer back to Havana**

Following breakfast, check out of the hotel for the transfer back to Havana. Stop for lunch on route and arrive mid afternoon to set off on a walking tour of Old Havana. Tonight you can enjoy a celebratory dinner and the chance to sample some of Cuba's finest exports (optional) – rum and cigars! (B,L,D)

Accommodation: Hotel

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**DAY 9** *Sat 08 Feb*

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**Free morning and Departure**

This morning enjoy a leisurely breakfast and some relaxation time. The day will be free at leisure until your afternoon transfer to the airport for your flight to London. (B,D)

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**DAY 10** *Sun 09 Feb*

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**Arrive Home**

Arrive back in the UK in a whirlwind of emotions as you return to your nearest and dearest, but part ways with new-found friends and cycling partners.

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**NB**

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

Art For Cure are welcoming recruits to this amazing charity bike ride through Cuba! Don't miss out on another incredible Art for Cure experience which many have said from previous challenges was **'the best thing they have ever done in their lives!'**

### **COSTS - SELF FUNDER**

The full cost of this challenge is £2,724 plus the air tax and fuel element contribution (capped at £250). You will be required to pay the non-refundable registration fee of £499 at the time of booking, and 10 weeks before departure (22/11/2024) you will be required to pay the final balance of your challenge costs (£2,225), plus the air tax and fuel element contribution.

You will receive fundraising advice and sponsorship forms and be asked to raise **a minimum of £1,500 for ART FOR CURE.**

As you have covered the full cost of the challenge, 100% of this fundraising will be retained by ART FOR CURE.

### **WHAT'S INCLUDED?**

- Sponsorship forms
- Support materials (itinerary, kit list, visa information, travel insurance, health notes, travel tips, responsible travel policy and guidance)
- 12.5% off at Cycle Surgery, Cotswold Outdoor, Snow + Rock, and Runners Need
- Cuban Tourist Card (entry visa)
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Warm up exercise routines
- Fundraising advice
- Fitness training notes
- 16 and 20 week bike training schedule
- Three meals a day (unless otherwise stated in the itinerary)
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- Bikes and mechanical support
- An English speaking first aid trained challenge leader and full local support team
- A donation to a community project in one of the countries in which we operate
- Drinking water on challenge days
- Accommodation during the challenge (usually in twin share)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- A Charity Challenge T-Shirt

### **WHAT'S NOT INCLUDED?**

- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

- Tips

### **AIR TAX AND FUEL ELEMENT CONTRIBUTION**

The air taxes, and fuel element, that make up part of the flight costs can fluctuate significantly before a challenge takes place. As such, we exclude part of these taxes from the initial cost of the challenge and we will invoice you for it 10 weeks before departure. This applies to all participants on all payment options. For the challenge you are booked on this payment will be capped at £250.00 and we will absorb any amount above that. Please be sure to factor this cost into your budgeting for the challenge.

### **SMALL GROUP SUPPLEMENT**

The costs and sponsorship levels on our website are based on a minimum of 25 participants. We can run this trip with 20-24 people, but there will be a small group supplement of £95. We will notify you 12 weeks before departure if this is necessary.

### **OPTIONAL EXTRAS**

- Business class upgrade\*
- Single room supplement\*
- Travel insurance

(\*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 in your account area.

### Level of Difficulty

The Cuban Revolution cycle is graded as 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 under very hot and humid conditions with temperatures of up to 30 degrees centigrade
- Covering distances of up to 85km in a day
- Cycling for up to 8 hours on the longest days
- Taking on some undulating hills on a mixture of rocky paths and main roads

### Typical Day

You will rise early each day and pack your bags after breakfast, loading the support vehicle. You will ride each day for approximately 6-8 hours, with water stops and a long lunch stop to avoid the heat of the day. On arrival in the afternoon into your accommodation, you will have time to relax and enjoy the (hopefully) sunny evening. Dinner and the day's debriefing are generally after sundown. Specific hours of activity for each day are given in the itinerary.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, a thorough safety management system. Challenge Safe 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 challenge activity itself. Your welfare is absolutely paramount!

In terms of your Cuban Revolution Cycle, there are some important things you should be aware of:

- Smoke alarms are not compulsory in Cuba, and as such very few accommodation will include them. Your challenge 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.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and aim 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 team. 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](#) section.

## Flights

You will be flying from London to Havana (possibly via Madrid) and returning via the same route. You will either fly from Gatwick or Heathrow, and this will be confirmed in your members' area as soon as the flight details are confirmed. The flight will take approx. 10hrs without any connection times. Your flight tickets will be e-mailed to you before departure. If you choose to book your own flights you must confirm this via email with the Charity Challenge office at the time of your initial challenge booking, otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance). Please be aware if your flight is routed via Madrid you will not be able to bring back any duty free alcohol or liquids from Cuba, due to restrictions in place in Madrid. For more general flights questions, please refer to our main [FAQs page](#).

### Extending your stay in Cuba

If you would like to extend your trip and stay-on in Cuba, you should email [flights@charitychallenge.com](mailto:flights@charitychallenge.com) with your preferred date of return to London.

Please note: Timings of the group flights are subject to change so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

### Extending your stay in Cuba

If you would like to extend your trip and stay-on in Cuba, you should email [flights@charitychallenge.com](mailto:flights@charitychallenge.com) with your preferred date of return to London. The airline will permit a change in the return date subject to the airline's availability and terms and conditions. Where we are able to change your return date there will be a flat non-refundable fee of £60.00. If the change of date results in a more expensive ticket, we will be required to pass on the difference.

You can return immediately after the challenge (arriving back in London on 09 Feb 2025), or we have made some suggested return date options that we will collate and send over to the airline once the flights are available to book. Extend by three days (arriving back in London on 12 Feb 2025), or by seven days (arriving back in London on 16 Feb 2025). Any other return date can be requested but maybe harder for us to accommodate.

\* Please note you will arrive in London the day after you depart from Havana due to international time zones.

Please do request any alternative return dates ASAP. The Extension will be flight only and you will be responsible of organising your own ground services once the main Cycle Challenge itinerary has ended.

### Visa (Cuban Tourist Card)

A full passport valid for a further 6 months is required and also a tourist card. This allows a stay of up to 30 days and one entry only. Charity Challenge will supply your tourist card. Please ensure your name is as per passport and your passport details are valid and correct no later than 2 months prior to departure. Please also ensure your address is up to date as this will be mailed to your home address. We will notify you once the Tourist Cards have been mailed to you. Please double check all details upon receiving them.

If you have concerns about travelling to the United States of America after your visit to Cuba, please see the statements raised from the British Ambassador in Cuba and the Cuban Consulate:

British Ambassador in Cuba:

"As long as they don't fly in and out via the US and ensure they don't get their passports stamped they are very unlikely to have any future trouble."

A note from the Cuban Consulate:

"Dear partner, As previously reported. The United States government, as part of its policy of pressure on Cuba, has made the decision that foreign citizens who want to travel to the United States will have to request an entry visa if they have previously traveled to Cuba after January 12, 2021. The visitor's passport will not be stamped when entering or leaving Cuba unless the visitor requests that it be stamped.

If you have further concerns and want to discuss please email [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com)

### Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. 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 by clicking [here](#).

For more general travel insurance questions, please refer to our main [FAQs page](#).

### Vaccinations & Medication

#### Vaccinations

For up to date vaccination information please check the Travel Health Pro website:

<https://travelhealthpro.org.uk/countries>

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

## Medication

- Carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

## Climate & Terrain

**Climate** - Cuba is generally hot and sunny. But it is a tropical climate and you may therefore experience tropical rain and very occasionally storms. During the wet season it may be very humid. The hurricane season generally runs from May through to October. The weather is changeable, and these are rough guidelines.

**Terrain** - The terrain is undulating, with some short uphill sections. Some roads are in poor condition with potholes and gravel. On some days you will be cycling on main roads.

## Training

Training and fitness are definitely required. Anyone who leads a fairly active and moderately healthy lifestyle should be OK 'as long as they train regularly over a period of at least three months' leading up to the challenge. While strength is important, endurance training should be your primary focus. Cycling up hills is a good way to condition your lower body. Take a long cycle (6-8 hours) several times, including some hills.

## Luggage Allowance & Valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23kg. Carry any valuables with you at all times, but if you don't need it, don't bring it. There is a safety deposit box at the hotel in Trinidad, where you can place your valuables. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

## Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be

ultimately responsible for the running of the itinerary and the safety of your group.

### Group Size

Each group is intended to be a minimum of 25 people in order to run and a maximum of approximately 45 people. We will be able to run this challenge with 20-24 people, by charging a small group supplement of £95 per person which will be added to your final balance invoice, if required.

### Clothing & 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 Cycle Surgery, Outdoorhire and Cotswold Outdoor.

**Water Bottles:** You should bring your own water bottle which fits into a standard water bottle cage. Mineral Water in Cuba is proving to be incredibly difficult to source currently. We will be providing water on your challenge of course but we are also recommending that if you can you bring your own filtration system so that you have access to safe drinking water everywhere you go.

We are recommending [water to go bottles](#) :

#### **Water-to-Go**

Water-to-Go is a water filter bottle that eliminates up to 99.9999% of all microbiological contaminants including viruses, bacteria, chemicals, and heavy metals from any non-saltwater source in the world, providing safe drinking water wherever you are. The filters used in the BPA free water bottles are created based on technology originally developed for the NASA space programme. Responsible travel has always underpinned the mission at Charity Challenge, but now we want to go further to reduce our impact on the environment and, among other initiatives, by reducing single-use plastic pollution. Charity Challenge customers can help with this by taking a Water-to-Go filter bottle with them.

### Bikes

Our partners in Cuba have a fleet of over 200 bikes in Havana, including all sizes spanning from XS to XXL. All are Trek branded and our most commonly used model is the 8.3 DS.

All bikes come fitted with standard saddles and platform pedals. Feel free to bring your own saddle or padded cover (to fit a universal seat post) and your clip-in pedals should you wish.

Every cycling tour involves a bike fitting and safety briefing before the first ride. Please indicate your height beforehand so we can assign you the correct sized bike. Mechanics will be on hand to help you get comfortable. There is no need to bring any of your own tools – just your helmet and water bottle.

### Accommodation & Toilets

**Accommodation** - You will be staying in hotels throughout the challenge. The hotels, apart from in Havana and Trinidad, will be quite basic. You will be sharing in rooms of two with en-suite bathrooms. Please let Charity Challenge know if you are travelling with a friend or relative who you wish to share with.

If you would like a single room, we can organise this for you, subject to availability (so please request ASAP) and the cost is £235. Please email [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com) if you want to request a single room.

**Toilets** - During your challenge, you will be staying at hotels throughout with private toilet facilities. During the ride days these facilities will be limited to the great outdoors!

### Food & Drink

Cuba has suffered from the American embargo, and there are shortages in most sectors of the economy. Often food is repetitive, with a heavy reliance on eggs and chicken. Rice or beans usually accompany the main meat dish, along with a green salad and fried banana chips. Please let Charity Challenge know (when booking) if you have any dietary requirements or allergies.

### Money

**Currency:** The currency in Cuba is Cuban Convertible Peso (CUC). 1 Cuban Convertible Peso = 100 centavos. For up to date currency exchange, go to [www.xe.com](http://www.xe.com). The Convertible Peso is a closed currency, which means it cannot be purchased outside of Cuba. You can change GBP or Euros at the Cadeca (Money Exchange Bureau) at the Airport on landing in Cuba or at your hotel.

**Credit Cards:** MasterCard and Visa Credit Cards are accepted locally. Credit card transactions are subject to local commission charges of between 11% -13%.

**ATMs:** ATMs are not accessible outside of Havana, so ensure that you take enough cash for the ride and your stay in Trinidad – although the beach hotel in Trinidad is all inclusive, you may choose to go into the city by taxi and spend money there on food etc.

**How much to bring:** All accommodation, activities and meals are included in the cost of your challenge. We recommend that you take a sufficient amount of cash (around £250), and try to request small denominations. This amount should allow enough money to get you by with the purchase of additional soft drinks and snacks, however if you wish to purchase additional items or souvenirs or any additional beverages then we would recommend organising more currency accordingly.

**Tipping:** Tipping is at your sole discretion and all staff is paid a fair wage. However, tourism has a tipping culture, and Cuban guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of £10-15 per participant per challenge day. Your leader will divide this amongst the local staff.

### Phone & WiFi

Throughout the challenge, at the hotels you will be able to find a good telephone and internet reception. WIFI and internet is notoriously slow in Cuba so do not rely on this as a good form of communication.

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's cycling abilities. This 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.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



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It was the most challenging experience of my life but I wouldn't have missed a minute of it and I don't think I have ever had so much fun!

Philippa Kemp-Welch

“

I had the most amazing experience, challenging myself to do something (cycling) I hadn't done in a long time. Meeting new people and seeing a different side of a country I wouldn't necessarily have seen if I went on a normal trip there. Loved every minute, thank you Charity Challenge.

Jo Greenstreet

“

This challenge really met my expectations. A great challenging ride in a fascinating and beautiful country.

Susan Curran

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

+ 44 (0)20 8346 0500

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