

- Help more people survive cancer
- Challenge yourself and get fit
- Trek in majestic mountain scenery
- Visit the Taj Mahal



5 - 15 May 2011

TREK INDIA

Yorkshire Cancer Centre
Registered Charity Number - 1075308

Challenge yourself
& challenge cancer!

www.yorkshirecancercentre.org.uk

“Embark on an unforgettable journey and immerse yourself in India’s rich cultural heritage and spectacular scenery”

A LIFE-CHANGING ADVENTURE

Here at Yorkshire Cancer Centre we are looking for volunteers to lace up their walking boots and join us on an unforgettable journey from the bustle of Delhi in the heart of Northern India to the foothills of the magnificent Himalayas. As we trek through spectacular scenery of dense forests, lush green alpine meadows and high mountain trails we will experience local life at close hand.

This is an opportunity to be part of a very special and unique experience – a fun-filled adventure with a wonderful group of people all united by a common goal – to support people with cancer.

MAKING A DIFFERENCE

Cancer affects us all. If we avoid it someone we know will be less fortunate, as one in every three people will have some form of cancer in their lifetime. At Yorkshire Cancer Centre we deliver unparalleled levels of treatment and care to cancer patients in the Yorkshire region. Our new Institute of Oncology at St James's Hospital in Leeds is already the largest cancer centre in Europe but we want it to be the best. The funds you raise will be part of our £10m Appeal to further enhance the facilities and care patients receive, and to ensure we remain at the leading edge in cancer diagnosis, treatment and care.

St James's Institute of Oncology



THE CHALLENGE ITINERARY

You will be away for 11 days including travelling from Thursday 5th May to Sunday 15th May.

Day 1: Evening overnight flight from London Heathrow to Delhi.

Day 2: Arrive Delhi. Explore the sights and sounds of the city before taking the overnight sleeper train north to the region of Himachal Pradesh.

Day 3: Arrive Pathankot and transfer to Dharamsala in the picturesque Kangra Valley. This is the home of the Dalai Lama. Explore the Dalai Lama's monastery and the town with its colourful Tibetan bazaar.

Day 4: Set off into the majestic mountains and observe local Tibetan life. We hope to see the Himalayan Languor Monkeys playing in the trees. Camp overnight near the village of Kareri. **7-8 hours**

Day 5: Today we pass through small villages and varied, exciting scenery. Lunch by the Gaj River and hike up over two mountain ridges. Camp tonight beside the Bahted River in the village of Bahl. **7-8 hours**

Day 6: Head uphill and be rewarded by stunning views of the Dhaula Dahr mountain range. We camp at Triund, our base for two nights, with magnificent views. **6-7 hours**

Day 7: Gradual ascent to Laka Got at the tip of a small glacier. Trek on the glacier to reach Lahes Cave used by shepherds as an overnight shelter. **7-8 hours**

Day 8: Mostly downhill to return to Dharamsala enjoying panoramic views of the snowy peaks. Visit the Hindu temple at Baghsu before

transferring by jeep to our hotel.

6-7 hours

Day 9: Free morning followed by a transfer to take the overnight sleeper train back to Delhi.

Day 10: Free time to explore the sights of Delhi or take the optional day trip to the magnificent Taj Mahal in Agra.

Day 11: Morning check-in for direct flight back to London.

Hours trekked are approximate and itinerary may be subject to change.



Challenge yourself & challenge cancer!



THE FUNDRAISING CHALLENGE

You will need to make a personal contribution of £300 to secure your place on the challenge and raise a minimum amount of £2,950. In return your flights, accommodation, meals and guides etc will be provided.

Most people feel daunted by raising sponsorship and have never done anything like this before – don't worry as it's definitely achievable and we will help you with ideas and support in reaching your target. Remember – this is a big part of the challenge and will give you a great sense of achievement. When you set your mind to it, it's amazing what you can do.

Here are a few tips to get you started.

Plan Ahead - Give yourself plenty of time to fundraise, preferably 6 - 8 months and break it up into manageable chunks to make it easier for you to achieve your target. Your minimum sponsorship needs to be with us by 23rd February, 10 weeks before you go on the challenge as we will pay for your trip then.

Yorkshire Cancer Centre - Knowing about how the money will be spent will help you when you're talking to sponsors. We will provide you with plenty of information about our future plans to provide the best possible care to our cancer patients.

Friends and Family - This is a good place to start fundraising. Always have your sponsorship form with

you and ask everyone you know as this will really mount up over time. Get people to collect on your behalf and put your form up in places you frequently go.

Work Contacts - Email your colleagues at work and businesses you work with for donations. Ask your employer to sponsor you as well, as they may match your funding pound for pound. Involve colleagues in supporting your events.

Organise Events – These can be relatively simple to organise and can raise significant amounts of money. Choose something you enjoy, enlist help from family and friends and add in a raffle, tombola or auction.

Expect the Unexpected - Be positive about your fundraising with everyone. You may not succeed with every request but often the people who you least expect to support you will sponsor you the most!



Any Questions? Call Julie on 07803 037 439



THE FITNESS CHALLENGE

Trekking for 5 days can seem daunting but it's important to remember it's a real team effort and that there will be plenty of support.

Age - People of all ages and from all walks of life can take part as long as you are over 18.

Fitness Level - The event is aimed at people of average fitness who are prepared to train to meet the challenge. We will give you advice and support to help you work out a training programme that works for you and organise get-together walks for you to meet fellow trekkers.

Kit - You will need comfortable walking boots with ankle support. A lightweight bag will be transferred while you are trekking.

Support on the Event - Experienced staff (tour manager, guides and a doctor) will be at hand to provide help and encouragement whenever you need it.

WHAT TO DO NOW

We know you will have lots more questions so get in touch for a chat and an information pack. Contact Julie Patmore Tel: 07803 037 439
Email: julie@thepatmores.co.uk - Or call the YCC Fundraising Office on: 0113 2068444

“Go for it. The support you get is awesome, the people you meet will remain in your heart always, and the sense of achievement is fantastic”

Angie, who took part in our 2010 challenge.