



AiTO
THE ASSOCIATION
OF INDEPENDENT
TOUR OPERATORS



REGISTRATION PACK

The following information includes everything you need to register onto this adventurous challenge.
If you have any queries please contact us on the details below.

We hope that you decide to take up the challenge!



UK – RIDGEWAY TREK TO AVEBURY OPEN CHALLENGE 2010

25 June – 27 June 2010 
20 August – 22 August 2010 

Choose your challenge ... choose your charity ... choose how to fund your place

	FUNDRAISING OPTION	SELF-PAYMENT OPTION
Registration Fee	<p>£49</p> <p>To be paid to Discover Adventure upon registration; is non-refundable & non-transferable, and in addition to the Minimum Fundraising Target and Tour Cost below.</p>	<p>£49</p> <p>To be paid to Discover Adventure upon registration; is non-refundable & non-transferable, and in addition to the Minimum Fundraising Target and Tour Cost below.</p>
Minimum Fundraising Target	<p>£500</p> <p>Your charity must receive this at latest 8 weeks before departure. Discover Adventure is the only tour operator to price Open Challenges so that a high 60% remains with your charity. This is the best deal for your chosen charity!</p>	<p>No minimum</p> <p>If you fundraise, 100% of your donation remains with your charity. You can make your donation at any time.</p>
Tour Cost	<p>£200</p> <p>Invoice sent to <u>your charity</u> 8 weeks before departure providing they have received your Minimum Fundraising Target</p>	<p>£200</p> <p>Invoice sent to <u>you</u> 8 weeks before departure</p>

All costs are based on a minimum of 10 participants and will include:

- all food, accommodation, camping equipment etc
- Discover Adventure leaders, cooks & drivers
- full vehicle support
- costs as above (inclusive of VAT if applicable) per participant provided that there are at least **10** participants per event

It does not include:

- travel insurance (optional)
- personal spending
- sleeping bag & sleeping mat

**ALL OUR OPEN CHALLENGES ARE ADVENTUROUS AND CHALLENGING
BUT ACHIEVABLE PROVIDED YOU TRAIN WELL IN ADVANCE!**


UK

RIDGEWAY TREK TO AVEBURY

OPEN CHALLENGE ITINERARY

Duration: 3 days / 2 nights


Trip Grade: Moderate

Dates: 25 June – 27 June 2010 

20 August – 22 August 2010 

Payment Options:

FUNDRAISING OPTION	PAYMENT OPTION
2010 Reg Fee £49	2010 Reg Fee £49
+	+
Min. Fundraising Target £500	Tour Cost per person £200

 Date run as a Family Challenge (see below)

This is a fabulous weekend challenge, trekking almost 25 miles through a beautiful stretch of southern chalk downs to the incredible stone circle of Avebury.



Starting near the 3000-year-old White Horse of Uffington, we walk through shady woodland, grassy meadows and open rolling hills, dotted with Iron Age forts, sarsen stones and ancient burial mounds. Legends link this area to King Arthur and St George. There are plenty of hilly stretches but our efforts are rewarded by wonderful views across the beautiful rural countryside. Our goal is prehistoric Avebury, one of the largest stone circles in Europe, where there is time to enjoy the amazing atmosphere of this World Heritage Site.

ITINERARY

Day 1: Meet at Camp

We meet at our campsite near Ogbourne St George, Wiltshire, in the late afternoon for dinner and an evening

briefing. After a good meal and a glass of wine we quickly get to know the rest of the group.

There will be transport arranged from Swindon railway station if required.

Day 2: Uffington – Ogbourne St George

After a good breakfast we transfer by coach to the start point of our hiking challenge, near Uffington Castle and White Horse Hill.

Heading predominantly west, we pass the impressive Iron Age hill-fort and trek over rolling fields and meadows. Our route soon passes Wayland's Smithy, a long barrow dating back to the New Stone Age, and many hill-tops are crowned with earthwork defences, built to protect ancient Wessex from invaders. Our route is hilly as we continually climb and dip down again over these ancient ridges, but the views are marvellous. The Ridgeway is reputed to be the oldest road in England, originally connecting the Dorset coast with East Anglia. These high paths across the chalk downs have been used continuously through the centuries by traders and messengers, Viking invaders and cattle drovers, and the landscape seems to have changed little in places. After walking through a small area of woodland and reaching our last ridge, we descend to camp for a well-deserved dinner!

Trek approx 21km / 13 miles

Day 3: Ogbourne St George – Avebury

After breakfast we re-join the Ridgeway with a gentle hill-climb, and head south-west along a beautiful tree-lined track. The landscape soon opens out into picturesque open downs, with fabulous views from our first high ridge. More views await us from Barbury Castle hillfort; on a clear day we can see back to Liddington Castle, one of yesterday's highest points. Barbury Castle lies within a nature reserve and its twelve acres cover burial mounds and Celtic field systems as well as the hillfort itself, the site of a West Saxon victory over the Britons in AD556.

We continue across the beautiful Marlborough Downs, heading west on good tracks until we approach the ancient site of Avebury. Here we have plenty of time to experience the ancient stone circle close-up.

Time permitting, it may be possible to add a further hour's walk (optional) to see the famous Silbury Hill before returning to Avebury. We load into the waiting transport and return to our campsite to pack; then it's time to head home after a very rewarding weekend!

Trek approx 16km / 10 miles



WHAT'S INCLUDED

The tour cost includes all accommodation, meals and camping equipment except sleeping bag and sleeping mat.



It also includes full trip support of experienced Discover Adventure leaders, drivers and cooks (see Trip Support below).

As a general guide, items not included in the tour cost are your personal travel insurance (optional), any extra meals, drinks, personal items and entry to any optional tourist sites you may wish to visit.

Approx. £50 is recommended for personal expenses. We

strongly recommend you carry a credit card in case of personal emergency.

FAMILY CHALLENGES

The departure date marked is open to 14-18 year-olds provided they are accompanied by a parent or guardian. All other departures are restricted to adults of 18+ as normal.

Child prices are as follows:

FUNDRAISING OPTION	SELF-PAYMENT OPTION
Reg Fee: £49 + Min. Fundraising Target £230	Reg Fee: £49 + Tour Cost £130

For further information see our website.

ACCOMMODATION

Accommodation is in two-man tents at our campsite near Ogbourne St George; you will be sharing with someone else on the challenge.

FOOD

All dinners, breakfasts and lunches are included from Friday evening to Sunday lunch-time, as well as refreshments before departure on Sunday (Day 3). The food is very good, will give you lots of energy, and there is plenty of it!

ENJOY THE EXPERIENCE!

Trips of this nature, whether in the UK or abroad, can be unpredictable. Whether it's the wide-ranging state of public toilets, sleeping under canvas, or the weather ... it's all part of the challenge you are signing up for!

We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Dietary Requirements

FITNESS WARNING:

DESIGNED TO BE CHALLENGING!

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)

TREKKING INFORMATION

We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.

Clothing & Equipment

We are travelling through varied terrain and could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the UK! We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Weather

Average temperatures for North Wiltshire:
May – September: 12 – 21°C; rainfall 300mm

Even in the summer months we can be exposed to rain and strong winds. Be prepared for any weather! This may only be a weekend trek, but you still need appropriate, good quality footwear and clothing to cope with the weather conditions.

Terrain

We trek mainly on chalk paths but there are some grassy sections, stony tracks and small tarmac roads; some sections may be muddy and rutted. There are steep inclines both up and down. There are several road crossings; most of these are small country lanes but care must be taken at all times.

Trekking Distances

You will trek approximately 23 miles on this trip overall. It's much more useful when training to think about the hours you need to walk for, and the type of terrain you will be trekking over!

TRIP SUPPORT

Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.



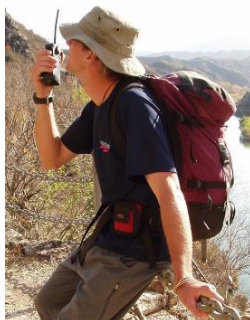
All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's leading the trek, looking after camp or making your lunch! At Discover Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

Luggage

Space in camp is limited and hard-sided luggage is not recommended, so we suggest your kit is packed in a soft rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already.

You should bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.



TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios / mobile phones, medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency UK back-up. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

WORLDWIDE RESPONSIBLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made the minimum impact on the environment and a highly positive impact on the local communities we pass through.

Regular employment in poor areas is vital and impacts on every aspect of the life of the family of each guide, porter, driver or cook we employ. In addition, we are involved with several community projects on a long-term basis. *Please refer to our website to read more about our Responsible Tourism ethics, and ask us if you have any queries.*

CARBON OFFSETTING

We believe that our trips have many positive advantages for the worldwide communities we work with, the charity you are raising money for and, of course, for you!



With recent media attention on flight and fuel emissions, we are sure you will be aware of environmental implications of flying. Because this trip has no flights, it has a very low carbon footprint; moreover communal cooking and transport makes a small impact compared to your normal fuel consumption at home, and of course your main transport is by foot!

The money offset with Climate Care is used for projects around the world which are chosen for their sustainable, energy-saving benefits. For further information please see our website.

Please contact the Discover Adventure office with any queries.

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Registration Form



To help us save paper and do your bit for the planet, please complete your trip registration online at: www.discoveradventure.com

If you prefer not to register online, please complete the form below in BLOCK capitals

UK – Ridgeway Trek to Avebury Open Challenge

Trip Departure Date: 2010

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 complete the below section carefully and in full to help us to confirm your place as quickly as possible.

Please tick one option below as appropriate:

FUNDRAISING OPTION

I will be raising money for:

Charity Name: Tel No:

Charity Address:

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

OR

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: Tel No:

Charity Address:

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

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*:

* In order to save resources, we prefer to email information to you. If you are receiving this by post but have an email address and are happy to receive PDF attachments for future correspondence please tick this box:

I agree to my email address being given to my fellow challenge participants: Y / N (please ensure you have supplied your email address in the above section)

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

2. Dietary Requirements

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

Vegetarian Nut allergy Gluten Free Other

3. Next of Kin/Emergency Contact: *This should not be someone who will be on the challenge with you**

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.*

4. Accommodation: Share with

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 our best to accommodate your request.

5. Registration Payment

Registration fee for this challenge = £ 49.00

Payment can be by cheque made payable to 'Discover Adventure Ltd' or simply fill in your card details below:

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

Card No: - - - 3-digit security number (found on signature strip):

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

NB: Your registration fee is non-refundable and is used as deposits for flights/ground costs on your behalf. The registration fee is not included in the amounts given for fundraising target or tour cost. 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 that 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

UK – Ridgeway Trek to Avebury Open Challenge 2010

(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 / MOBILE):

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:

.....

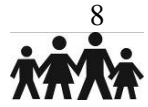
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4. Do you have any specific dietary requirements? If so, please give details below:

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FAMILY CHALLENGES



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