

actionforcharity



LONDON TO PARIS

women **V** cancer **BIKE RIDE**

4-7 OCTOBER 2018



Join the first women-only **London to Paris** cycle challenge and raise funds to fight breast, cervical and ovarian cancers

For more information and to register online:

www.actionforcharity.co.uk

Tel: 01590 677854 email: info@actionforcharity.co.uk

PLACES LIMITED



TO TAKE PART YOU ARE REQUIRED TO PAY A REGISTRATION FEE OF £149 AND RAISE MINIMUM SPONSORSHIP OF £1,600



Registered Charity Nos: Breast Cancer Care: 1017658/ SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/SC043478. Women V Cancer is established under the Charities Aid Foundation Charity No. 268369



Join the first women-only cycle challenge from London to Paris and raise funds to fight breast, cervical and ovarian cancers.

This amazing challenge will take us through the rolling English countryside and the vast agricultural landscapes of Northern France to our finish line at the Eiffel Tower in the heart of the spectacular city of Paris.

There will be a huge amount of fun and friendship along the way as cyclists of all abilities come together to take up this special challenge.

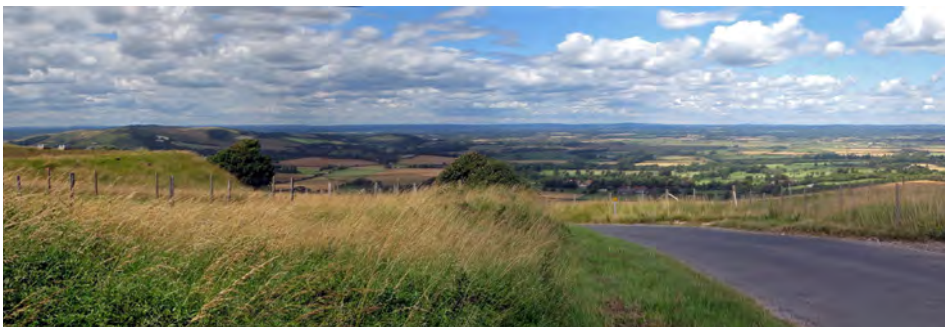
Women V Cancer is managed by Action for Charity on behalf of Breast Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action. All funds raised by the challenge will be divided equally between the charities. The specialist tour operator for the event is Dream Challenges.

If you have any questions or need further information please telephone the Action for Charity events team on **01590 677854** or e-mail **info@actionforcharity.co.uk**





THE ITINERARY



DAY ONE LONDON TO CAEN (approx 87 miles)

After an early morning briefing, we set off from our central location in London. We aim for an early start to avoid the early morning traffic in London.

We soon leave the hustle and bustle of London behind us as we cycle across the North Downs where we will encounter our first hills on this challenge. Our lunch stop today will be near the town of Haslemere. We continue our journey across the beautiful but very hilly South Downs before reaching the city of Portsmouth, which signals the end of our first day's cycling. We will have the opportunity to freshen up prior to a well-earned dinner at a hotel in Portsmouth before boarding our overnight ferry to Caen.

Accommodation will be in 4 berth cabins.

DAY TWO CAEN TO EVREUX (approx 84 miles)

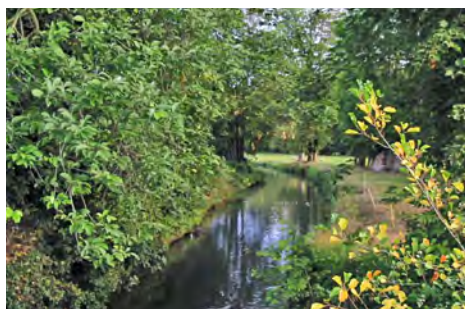
We have breakfast on the ferry before we dock at 7am. It is then back in the saddle for a stunning day of cycling – remembering to cycle on the right!

Leaving Caen behind us we cycle towards Rouen before heading onto quieter roads in the direction of Evreux. We cycle through rolling French hills and quaint villages typical of the region. We soon reach our lunch stop just north of Liseaux.

Following lunch we press on towards Evreux, the destination for our overnight stop. Tonight you are free to make your own dinner arrangements and enjoy the local culture. We will overnight in local hotels in twin rooms.



THE ITINERARY (Continued)



DAY THREE EVREUX TO PARIS (approx. 69 miles)

Our final day in the saddle takes us east towards our goal - the majestic capital Paris! Leaving Evreux we cycle through some charming, yet sleepy traditional French towns and villages until we reach our lunch stop near Septeuil. After lunch it is one last push in the saddle as we head towards our finish line!

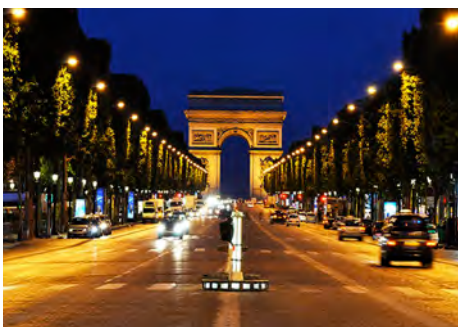
Once reaching Paris we regroup and cycle as one large group up the Champs-Elysee, around the Arc de Triomphe towards the Eiffel Tower and the finishing line for a well-deserved glass of champagne.

This evening we enjoy a celebratory dinner.

DAY FOUR PARIS TO LONDON

Today is a free day in Paris to do as you wish, visit some of the fascinating landmarks, enjoy lunch in a local restaurant, tour some of the many museums and art galleries or perhaps enjoy shopping Parisian style. In the afternoon you make your own way to the Gare du Nord (approx 4pm) to catch the Eurostar back to St Pancras.

On reaching London we will all be reunited with our bikes.





YOUR QUESTIONS ANSWERED

How does it work?

To take part in the London to Paris Bike Ride you are required to pay a non-refundable registration fee of £149, which is used solely for non-travel costs. You must also raise minimum funds of £1,600 for the Women V Cancer charities. Your charitable funds must be paid in by 26 July 2018. The charities will pay your costs of £799 per person on your behalf to Dream Challenges our tour operator for the challenge. In return everything for the challenge will be provided – your ferry and Eurostar tickets, accommodation, food, support vehicles and event support. The more money raised by participants on the challenge the higher the percentage of funds that directly support the work of the three charities. You are therefore encouraged to exceed the minimum fundraising target.

How fit do I have to be?

Many women who take part in this type of event are not regular cyclists so it is imperative that everyone follows a reasonably serious course of training before the event. You will be sent a comprehensive guide to training when you register for the challenge, which builds up gradually as the event gets closer. The London to Paris Bike Ride is a perfect motivation to get fit, lose weight and have an experience of a lifetime.

I'm worried about signing up on my own...

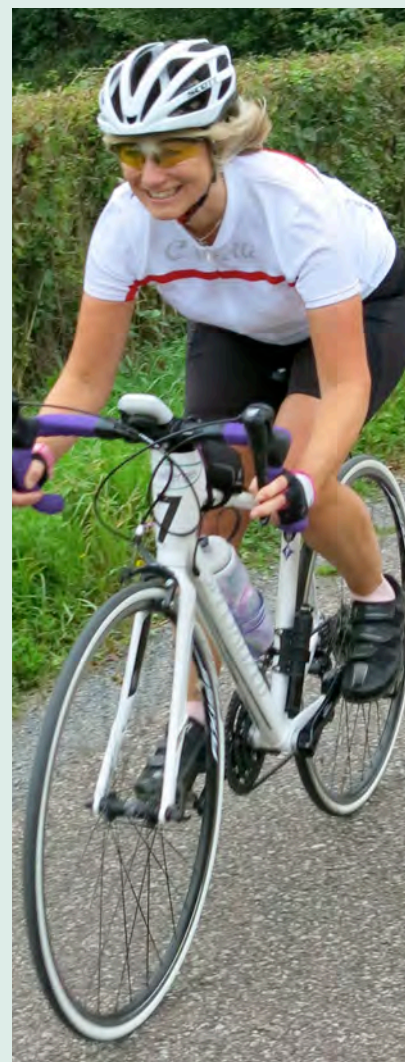
Please don't be! The majority of people will sign up for the London to Paris Bike Ride on their own. Once the event is fully booked we will send you a contact list of everyone registered for the challenge, as often there will be someone in your local area you can meet up to train or fundraise with.

Am I too old?

Absolutely not! One of the amazing things about Women V Cancer is that people of all ages will come together to do something very special. The age range is likely to be from 18 to 75.

Do I need special equipment?

Each participant is expected to bring their own bike. As this is a long distance, on-road cycle, you are advised to use a touring/road bike. If you are planning to use a mountain bike, it is highly recommended to have road tyres fitted. A cycle helmet is essential and must be worn at all times. Cycling shorts are also recommended and everyone will need their own water bottles or a camel back-type hydration system. A kit list for the challenge will be sent to you when you register. A bicycle mechanic will be travelling with the group but you will be expected to bring two spare inner tubes for your own bike.



Carol Bloor

London to Paris past participant

“ Please say a massive thank you to all the team on my behalf for their enthusiasm and professionalism, along with being excellent sports, fun and top company – they helped to make it a truly incredible experience. ”





YOUR QUESTIONS ANSWERED (Continued)

Where will we sleep overnight?

We will sleep overnight on the Portsmouth to Caen ferry on the outward journey and stay in local hotels en route, each with en-suite washing facilities.

Will I have to carry my kit?

No, your main luggage will be transported each day by our support team. Each participant however will travel back to the UK on the Eurostar with their own luggage so you are advised to pack light. You will need a bag to go on your bike or a waste bag for things like your camera, sun cream, tissues etc. Any extra items you may need during the day can be carried on the support vehicle, which you will have access to at the snack stops and lunch.

What about insurance?

You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. We have a recommended policy and will send you the details when you register. We also recommend that you have insurance to cover loss or damage to your bike.

Can I extend my stay at the end of the challenge?

Unfortunately the group booking we make with Eurostar to travel back to London is non-transferable therefore you would have to purchase your own return ticket from Paris should you wish to extend your stay.

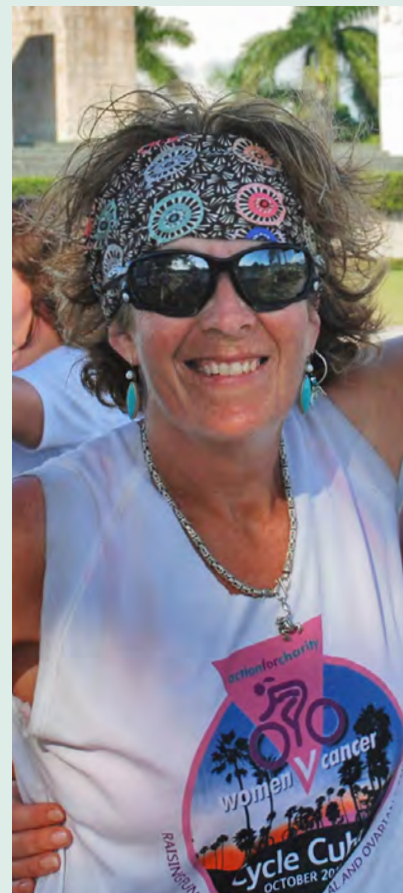
What is not included?

Accommodation the night before the challenge starts i.e. Wednesday 3 October, breakfast on day one before the challenge, dinner on day two in Evreux and lunch on the free day in Paris are not included.

How do I sign up?

The best way to register is on our website: www.actionforcharity.co.uk alternatively you can complete the attached application form.

Please note places are limited.



Sandhy Robinson Jones

Women V Cancer Cycle Africa and Cycle Cuba past participant

“ I would recommend that everyone experiences a Women V Cancer cycle challenge. They really are the most amazing way to visit a country and raising money for three such important causes is so rewarding especially as I am a cancer survivor myself. I have also made friends for life through these challenges and the memories will last forever! ”





WHY TAKE PART?

Funds raised by the London to Paris Bike Ride will support the work of three very special charities:

Breast Cancer Care

Breast Cancer Care are the only specialist UK-wide charity providing support for women, men, families and friends affected by breast cancer. Every year, 58,000 people in the UK are told they have breast cancer.

Our free services include our helpline, online forums, information and local group support. From the moment you notice something isn't right, through your treatment and beyond, we'll be there. For more information visit www.breastcancercare.org.uk

**breast
cancer
care**

Jo's Cervical Cancer Trust

Jo's Cervical Cancer Trust is the only UK charity dedicated to women affected by cervical cancer and cervical abnormalities. Three women die every day in the UK from cervical cancer with a further nine being diagnosed and facing an uncertain future. We are there to offer support and information at every step of their journey while campaigning to ensure every woman has the best care possible. For more information visit

www.jostrust.org.uk

**Jo's cervical
cancer trust**



Ovarian Cancer Action

Ovarian Cancer Action is on a mission to stop women dying from ovarian cancer. It is a disease that claims the life of another women in the UK every two hours. We're here to champion the cause, fund the innovators in the labs who will find new treatments and bring people together to overcome a disease that strikes at the heart of what it means to be a woman. Let's take action and nail this disease once and for all.

Join us. Fight with us. Act Now.

www.ovarian.org.uk

**ovarian
cancer action**

Registered Charity Nos: Breast Cancer Care: 1017658/SC038104, Jo's Cervical Cancer Trust: 1133542/SC041236, Ovarian Cancer Action: 1109743/SC043478.



HOW WE SUPPORT YOU

Action for Charity are here to help you achieve your challenge and will support you all the way. We are on hand from the minute you sign up to answer any questions that you might have about your fundraising, training or the challenge itself.

Fundraising

As soon as you register for the London to Paris Bike Ride you will be sent a welcome pack, which includes fundraising advice and original ideas on how to raise funds for Women V Cancer. You will receive sponsorship forms and regular fundraising ideas in the build up to the event.

Online Fundraising Page

Your welcome pack will also include a link to set up your very own Women V Cancer fundraising page on Just Giving. This will enable you to send a link that your sponsors can then click on and donate securely over the internet. Previous cyclists have raised hundreds online!

Training

As soon as you register for the London to Paris Bike Ride we will send you a training advice pack, which includes a realistic training programme. The programme gradually builds up as the event gets closer. We also organise a training weekend, which is a great opportunity to meet a number of the women you are going to be cycling with on the London to Paris Bike Ride. It is also a great chance to do two days back to back cycling of 40 miles and to pick up some tips from our cycling guides.



Women V Cancer is managed by Action for Charity to raise funds for the above charities. Action for Charity is the trading name of Action Events Limited. Company Registration No. 3615142. Registered Office: 2nd Floor, Newcourt House, New Street, Lympington, Hampshire SO41 9BQ.

Women V Cancer is established under the Charities Aid Foundation Charity No. 268369



APPLICATION FORM

Sign up now online www.actionforcharity.co.uk alternatively return this completed form with a cheque for your non-refundable registration fee of £149 (payable to ACTION FOR CHARITY) to Women V Cancer London to Paris Bike Ride, Action for Charity, Newcourt House, New Street, Lymington, Hampshire, SO41 9BQ.

Personal Details

Title	Surname	
Forenames		
Name by which you like to be known		
Address		
	Postcode	E-mail
Home Tel	Work Tel	Mobile Tel
Occupation/job title		
Height (for bike size)	T-shirt size S/M/L/XL	

Passport Details

Full name as on passport	
Date of birth	Place of birth
Date of issue	Place of issue
Passport no	Date of expiry
Nationality	Marital status

Note: Your passport must be valid until 6 months after the event.

Next of Kin (not someone on the event)

Name	Relationship
Address	
	Postcode
Daytime Tel	Evening Tel

Room Sharing

Accommodation will be shared. Please give the name(s) of anyone with whom you specifically wish to share.

Name(s)

Special Dietary Requirements

Vegetarian	Vegan	Other (please state)
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How did you hear about the event?

Please give details

Have you undertaken an overseas challenge for charity before?	YES/NO
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If yes, please give details:

Please read the conditions of entry and sign below

I would like to take part in the *Women V Cancer London to Paris Bike Ride* and agree to abide by the Conditions of Entry and Dream Challenges booking conditions overleaf. I undertake to raise a minimum of £1,600 for the Women V Cancer charities and to send it to the organisers by 26 July 2018. I will also endeavour to raise as much sponsorship as possible in addition to the minimum amount. I confirm that to the best of my knowledge my general state of health and fitness is good and I take full responsibility for my fitness to take part .

Signature

Data Protection. Action for Charity promises to respect your privacy. The information you have provided will be used by Action for Charity, the tour operator and the charities concerned for the purposes of administering the event. Your details will not be passed on to other organisations. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose or share personal information supplied by you with any third party organisations without your consent. Action for Charity would however like to pass on your contact details to other event participants with your agreement and contact you about future charity events. Please tick the relevant box or boxes below if you do not wish us to do that.

- I do not wish my details to be passed to other event participants.
- I do not wish to be contacted about future Action for Charity events.

Please return to

Women V Cancer London to Paris Bike Ride, Action for Charity, Newcourt House, New Street, Lymington, Hampshire SO41 9BQ



CONDITIONS OF ENTRY

1. A registration fee of £149 (non-refundable) is required to participate in the **Women V Cancer London to Paris Bike Ride** event. In addition you must raise a minimum of **£1,600** in sponsorship money and donations for the charities which must be sent to the organisers, Action for Charity, by **26 July 2018**. Of the monies raised £799 will be used to cover your tour costs, which include your ferry and Eurostar tickets, accommodation, food, support vehicles and event support.
2. If you are unable to raise the minimum sponsorship required you will forfeit your right to a place on the event or you may choose to make up the balance yourself.
3. If you do not take up your place for any reason, you must inform Action for Charity immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship money returned. You must send all sponsorship forms and sponsorship money collected to Action for Charity who will pass it on to the charities.
4. All cheques for sponsorship money must be made payable to **Women V Cancer CAF** and sent to Action for Charity.
5. The good reputation of the charities is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by the organisers of the event.
6. You must be at least 18 years of age before 4 October 2018 unless special permission is granted by Action for Charity.
7. You must not be dependent on alcohol or drugs or have any criminal convictions.
8. You must be covered by full travel insurance for health, accident, loss and repatriation during the event. You will need to provide proof of travel insurance at least eight weeks before departure or you may forfeit your place on the challenge.
9. All those who take part in the **Women V Cancer London to Paris Bike Ride** do so at their own risk. The charities have arranged ferry and Eurostar tickets, accommodation, food, guides etc. with Dream Challenges a company which specialises in events of this nature. In making these arrangements the charities and Action for Charity are acting as your agents and are unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reasons outside their control
10. If you are refused passage and/or entry/exit to or from France any additional costs incurred are your responsibility.
11. If you withdraw from the event in circumstances where recovery of cancellation charges is indemnified under travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charities. If the insurance company does not recognise your claim, you will be responsible for any cancellation charges levied on the charities.
12. Itineraries schedules and accommodation may change and other alterations may occur which are beyond the control of Dream Challenges.
13. You must agree to be bound by Dream Challenges Booking Conditions for the event.
14. Action for Charity and the charities may, at their discretion, withdraw places on the **Women V Cancer London to Paris Bike Ride** event.
15. Sponsorship money raised above the minimum required cannot be transferred to future rides/events.



Dream Challenges booking conditions – charitable events

These are the terms and conditions of Dream Challenges which apply to those who are advised by the charity or its trading company, known hereinafter as “the charity” that they will be participating in the fundraising event. Please refer to the charity’s own terms and conditions regarding your sponsorship and eligibility to travel. Only those potential participants who qualify under the charity’s rules will be entitled to travel. For those selected to travel the following conditions all apply:

1. Your contract with Dream Challenges

If selected to take part in the fundraising event we will be advised of your details by the charity. Your contract for travel, accommodation and other services (your travel arrangements) will be with us, Dream Challenges Limited of Newcourt House, New Street, Lymington SO41 9BQ. If you are selected then we will confirm our contractual commitment to you by sending to you a confirmation invoice, together with the details of your travel arrangements and the itinerary that we have agreed to provide. It is only then that these terms and conditions will apply and a contract will exist between us, which is governed by English Laws and the exclusive jurisdiction of the English Courts. Travel arrangements made by us which include flight and accommodation are fully protected under the company’s Air Travel Organisers Licence 10465 arranged with the Civil Aviation Authority (CAA). When you buy an ATOL protected air package from Dream Challenges you will receive an invoice from us confirming your arrangements and protection under our ATOL. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid to us for an advance booking. For further information visit the ATOL website www.atol.org.uk. Payment for your travel arrangements will be made to us by the charity from the sponsorship it has received in accordance with the charity’s terms for participating in the event.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate

- Action for Charity is acting as an agent of Dream Challenges and as such is covered by the Dream Challenges’ ATOL 10456. Money accepted by Action for Charity from the consumer is held by them on behalf and for the benefit of the Trustees of the Air Travel Trust at all times, but subject to Action for Charity’s obligation to pay it to Dream Challenges as the ATOL holder for so long as Dream Challenges does not fail; and
- If Dream Challenges fails, any money held at the time by Action for Charity, or subsequently accepted from you the consumer by Action for Charity, is and continues to be held by them on behalf of and for the benefit of the Trustees of the Air Travel Trust without any obligation to pay that money to Dream Challenges.

We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable).

If we, or the suppliers identified on your ATOL certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. You agree that in return for such a payment or benefit you assign absolutely to those Trustees any claims which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme.

2. The price of your tour

- The cost of your participation in the fundraising event forms a part of the overall value of the sponsorship raised by you and received by the charity. From those sums received by the charity, the charity will pay to us the cost of your travel arrangements that we are agreeing to provide.
- We reserve the right to increase the price of your travel arrangements to allow for variations in transport costs, including the cost of fuel, dues, taxes or fees chargeable for services such as landing taxes and airport fees and the exchange rate applicable to your travel arrangements. No price increase will be made within 30 days of your departure date. We will absorb any increase which equals 2% or less of the cost of your travel arrangements.

3. Health, Safety & Fitness and your insurance cover

The event in which you will be participating is challenging and requires a good level of fitness, strength and endurance and it is your responsibility to ensure that you are suitably prepared. You should check with your doctor that you are sufficiently fit, healthy and mobile to participate in the event. You should take into account that medical and other facilities, particularly for those with any disability, illness or infirmity, at your destination are likely to be inferior to those in the United Kingdom. Accordingly it is a compulsory term of travel that you take out travel insurance to cover any health or injury problems that arise and, if necessary, to arrange for your repatriation to the UK. You must complete a medical form in order to be able to travel and you should also advise your insurer of any pre-existing medical condition before travel. Failure to advise this may invalidate your insurance cover. Dream Challenges reserves the right to refuse participation if the above is not complied with.

4. Cancellation

- If you cancel your travel arrangements; then there will be no refund payable to you as your sponsorship was raised for charitable purposes. Any balance of the sum paid to us by the charity for your travel arrangements after deduction of cancellation charges, will be repaid to the charity.
- Similarly, if we cancel your travel arrangements any refunds or compensation will be paid to the charity.
- If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will cooperate in the recovery of these charges

- from the insurers and any sums recovered under the policy will again be paid over to the charity.
- If cancellation occurs due to unusual and unforeseeable circumstances beyond our control, such as national emergency, natural disaster, fire, bad weather, flight delays or other such events (acts as force majeure) then we will advise you as soon as it is reasonable to do so.

- Once confirmed on the tour in the event of cancellation you will be entitled to a refund of your tour cost as per the following scale:

Cancellation more than 42 days prior to Dep Date 90% Refund
 42 – 29 days prior to Dep Date 50% Refund
 28 – 15 days prior to Dep Date 30% Refund
 14 – 4 days prior to Dep Date 10% Refund
 3 – 0 days prior to Dep Date NIL

5. Destination Safety and Force Majeure

Your personal safety during the charitable event is of fundamental importance to us and whilst we will carefully monitor the safety of your destination, the Foreign and Commonwealth Office do offer a travelers advice line 0870 606 0290. You should ensure that you are kept informed of the latest FCO advice.

6. Alterations by Dream Challenges

- Dream Challenges and its supplier of flight, accommodation and land arrangements shall be entitled to change the details of your travel arrangements and itinerary. If a change is significant you will be advised as soon as possible and you will be entitled to:-
- Cancel your participation in the event, in which case you agree that the cost of your travel arrangements will be repaid by us to the charity and you will have no entitlement to such sums; or
- Agree to proceed with the revised arrangements for the event.

7. Standard and Quality of Accommodation and Services

You should not have unreasonable expectations of the facilities that will be provided which in some remote areas and some destinations may be below what you might expect at home. The level of the standard and quality of your travel arrangements will be in line with the itinerary and any literature you receive from us.

8. Liability

- We accept responsibility for ensuring that your travel arrangements will be as described in the literature produced by us, or on our behalf, in our confirmation invoice and with the itinerary and that the services we are contractually obliged to provide are to a reasonable standard. If in the reasonable opinion of the charity any part of your travel arrangements is not provided as promised we will pay appropriate compensation if this has affected the quality or structure of your travel arrangements. We accept responsibility for the acts and/or omissions of our employees, agents and suppliers (except for claims for death, injury or illness – see below).
- Dream Challenges accepts responsibility for death, injury or illness caused by negligent acts and/or omissions of us, our employees, agents, suppliers and sub-contractors whilst acting within the scope of, or in the course of their employment in the provision of any part of your travel arrangements in the itinerary, that we are contractually obliged to provide. We will accordingly, pay to an affected participant such damages as might have been awarded in such circumstances under English Law. However, damages are not payable where any failure to perform the contract is due neither to any fault on our part or a supplier of any part of your travel arrangements or unusual circumstances beyond our control or an event which could not have been foreseen even if all due care had been exercised.
- In respect of carriage by air, sea and rail and the provision of accommodation, the amount of compensation we may be obliged to pay will be limited provided for by the relevant International Convention. Carriage by air is subject to the carriers conditions of carriage. In particular drunkenness or rowdiness may lead to the airline refusing carriage and alternative flights may have to be arranged at your own cost.

9. Flights

- Delays
Most flights are arranged with scheduled airlines that will usually provide refreshments, and or accommodation where a substantial flight delay occurs and when it is possible to arrange. If not offered by the airline, Dream Challenges will not arrange these facilities at outward or homeward points of departure.
- Flight Changes
Airlines may have to change aircraft without advance warning. You are asked to check carefully departure and check in times on your documentation when received to ensure that you arrive at the airport in sufficient time.

10. Passports, Visas and Health

You will be advised separately of any passport, visa and compulsory health requirements to enable you to participate in your event. You will require a full British passport with at least 6 months validity at the date of return travel. For EU and other passport holders please contact Dream Challenges for special requirements.

- This contract is governed by English Law and the exclusive jurisdiction of the English Courts.