

CHALLENGES CHEAT SHEET

Kilimanjaro	Key Facts	Registration fee: £390 (£195 x 2 (+ £20)) Fundraising target: £2,700 - £3,890 Trip length: 10 days (6 days trekking) Extension trip: Safari & Zanzibar Departure dates: 20/05/21 & 04/09/21
	Key Moments	<ol style="list-style-type: none"> 1. Set off through the cloud forest which is full of monkeys and birds. Watch out when you stop for lunch as the monkeys will try and swipe your sandwich. 2. Barranco Wall is an exhilarating climb and when you get to the top you're truly above the clouds - phenomenal. 3. 10 of us on day 3 of the trek spending hours singing every song we could remember the lyrics too, with the guides joining in too. 4. The 'party bus' finding a new passion in african music on beautiful bus journeys 5. Sitting outside my tent on shira plateau, watching the clouds below me as they reflected the last rays of the sun setting behind Mount Meru.
	Key Ext. Moments	<ol style="list-style-type: none"> 6. Having cocktails and beers on the party boat in Zanzibar whilst watching the sunset with new best pals. 7. Watching two elephants play 10 feet away, my first experience of seeing animals in their natural habitat. 8. Exploring Stone Town and finding Freddie Mercury's house.
Machu Picchu	Key Facts	Registration fee: £390 (£195 x 2 (+ £20)) Fundraising target: £2,700 - £3,490 Trip length: 9 days (6 days trekking) Extension trip: Amazon Explorer Departure dates: 05/09/21
	Key Moments	<ol style="list-style-type: none"> 1. Cusco is an awesome city with loads of colonial history - the central square (Plaza de Armas) which is a 2 min walk from the accommodation is where all the huge climaxes to the clashes between Incas and Spanish took place. There's loads of hole-in-the-wall type places to discover, loads of cool markets to visit and a club (called Mama Africa). 2. Camping at Soraypampa surrounded by soaring peaks (first campsite)

		<ol style="list-style-type: none"> 3. Laguna Humantay - the stunning glacier lake 4. Abra Salkantay - the mountain pass, highest point on the trek 4,600m 5. Coffee off the bean at Lucmabamba camp 6. Steep hike to Llactapata (means 'high place') which is a small Inca settlement and gives them their first glimpse of Machu Picchu in the distance 7. Final walk along the train tracks to Aguas Calientes - loads of markets, souvenir shops and hustle and bustle. 8. Ascending the 2,000 Inca steps to Machu Picchu for sunrise in the morning. 9. Startlingly fresh Ceviche in Cusco, flown in that morning from a fishing village near Lima by the cafe owner
	Key Ext. Moments	<ol style="list-style-type: none"> 1. Explore the stunning Inca archaeological sites of Maras and Moray, including 3,000 salt pools and amphitheatre-shaped concentric terraces. 2. Experience an exciting trail walk through the heart of the Amazonian rainforest. 3. Stay in accommodation surrounded by the Amazon. 4. Relax on a twilight river cruise along the Madre de Dios River in search of the surrounding wildlife. 5. Spend half the day exploring the Inkaterra Canopy, learning about the natural ecosystem.
Everest Base Camp	Key Facts	Registration fee: £390 (£195 x 2 (+ £20)) Fundraising target: £2,400 - £3,190 Trip length: 14 days (10 days trekking) Extension trip: Chitwan Safari Departure dates: 07/05/21 & 06/09/21
	Key Moments	<ol style="list-style-type: none"> 1. Immerse yourself in the bustling streets and local culture of Kathmandu, including Monkey Temples and Stupas. 2. Twin-otter flight from Kathmandu to Lukla. 3. Explore Namche Bazaar, a prosperous trading town in the heart of the Khumbu Region. 4. Cross airy, up to 100m high suspension bridges. 5. Catch breathtaking views at the Everest View Point Hotel (3,880m). 6. Experience the lifestyle of Buddhist

		<p>Monks at the Thyangboche Monastery.</p> <ol style="list-style-type: none"> Engage with locals in friendly, family-run teahouses, with locally sourced Nepalese cuisine. Retrace the steps of Sir Edmund Hillary and co. at the original base camp, Gorak Shep. Reach the camp of the highest mountain in the world, Everest Base Camp. Sitting in epic silence on the summit of Kala Pattar and watching an enormous avalanche rush down the slopes of a distant mountain, the unearthly sound of it only reaching us some seconds later
	Key Ext. Moments	<ol style="list-style-type: none"> Discover over 300 species of birds, elephants, and other wildlife. Observe tonnes of wildlife on a 6-hour river tour. Early morning bird walk.
Morocco Atlas Mountains	Key Facts	<p>Registration fee: £390 (£190 x 2 (+ £20)) Fundraising target: £860 - £1,250 Trip length: 8 days (6 days trekking) Extension trip: Edge of the Sahara Departure dates: 08/06/21</p>
	Key Moments	<ol style="list-style-type: none"> Absorb the rich, vibrant and lively culture Morocco has to offer. Starting in Imlil and finishing in Marrakesh, immerse yourself in tradition and try your hand at bartering in the local markets Cool off in the crystal clear, crisp waterfalls and rivers along the way Experience breath-taking views, sunsets, sunrises and clear night skies like never before Indulge in the diverse, picturesque landscapes - from barren, rocky regions to lush, green vegetation - the Atlas Mountains have it all. Discover true, authentic Moroccan lifestyle through the humble insight of the guides. Being completely fluent in English, you'll learn the history and geography of the country, along with current affairs, future plans and eye-opening opinions Tantalise your taste buds with freshly prepared cuisine. The refreshing, colourful Moroccan salad and tasty, wholesome tagine always hits the spot

		<p>after a tough day of trekking</p> <ol style="list-style-type: none"> On trek day 3, Choose to sleep under the stars on the roof of the house in the striking village of Amsouzert Enjoy a day of sunbathing and swimming in the beautiful Ifni lake at 2300m Replenish energy and satisfy chocolate and soft drink cravings on the trek at small snack-shacks Relish the moment you emerge through the clouds and reach the summit of Mount Toubkal at 4167m. The early start is 100% worth it as you witness a staggering sunrise illuminate the Atlas range and Marrakech plains in the distance
	Key Ext. Moments	<ol style="list-style-type: none"> Visit the Ksar Aït Ben Haddou – the film place for numerous films and TV shows including Gladiator and Game of Thrones Explore the colourful, exciting markets and pick up a few souvenirs. Traditional Moroccan rugs, robes, headscarfs and bangles are a must-buy Stop off and immerse yourselves in the dramatic valleys and gorges on route to the Sahara On camel-back, bask in the glory of the sun setting over the Sahara sands and the sun rising the following morning Spend the night under the stars, around a campfire, in the middle of the desert, with your new found friends
Three Peaks	Key Facts	<p>Registration fee: £75 Fundraising target: £680 Trip length: 36 hours Extension trip: NA Departure dates: 04/06/21</p>
	Key Moments	<ol style="list-style-type: none"> Summiting Ben Nevis - tallest of the peaks and longest ascent. Freshwater stream where you can fill up your bottles with mountain water! Summiting Scafell Pike with the sunrise over the Lakes. Summiting Mount Snowdon - completing the Three Peaks challenge. Celebratory meal at Penn-y-Pass with the whole team. Goodie bag afterward.

		7. Celebratory night in Manchester.
Hadrian's Wall Team Challenge	Key Facts	Registration fee: £95 Fundraising target: £950 Trip length: 5 days Extension trip: NA Departure dates: 14/07/21
	Key Moments	<ol style="list-style-type: none"> 1. Follow in the footsteps of the Romans who built this magnificent fortification almost 2,000 years ago. 2. Our first ever team challenge - race against other university groups! 3. Rolling hills and steep inclines on day 3. Incredible views of vistas over Steel Rigg. 4. Temple of Mithras at Brocolitia. 5. Race to the final stages of the trek at Newcastle Quayside, where you'll claim your final GPS time and finishers medal.
London to Paris Cycle	Key Facts	Registration fee: £125 Fundraising target: £1450 Trip length: 4 days Extension trip: NA Departure dates: 02/06/21
	Key Moments	<ol style="list-style-type: none"> 1. Cycle 280km from Greenwich Park to the foot of the Eiffel Tower! 2. Join the Avenue Verte in Northern France; a beautiful, purpose-built cycle route southward to Paris. 3. Experience Vexin Parc, Chateau de Balincourt. 4. Receive your finishers medal and celebrate your incredible achievement in France!