

UNISON WELFARE

2010 Charity Challenge Events

THREE
GREAT WAYS
YOU CAN HELP
UNISON
WELFARE



THE THREE PEAKS CHALLENGE

The classic UK Challenge event, trek the three biggest mountains in the UK, Ben Nevis, Scafell Pike & Mt Snowden.

13th – 16th May 2010

CATALONIA MOUNTAINS TO COAST CHALLENGE

3 days Trekking from the Pyrenean Foothills to the Catalan Coast in Southern Spain

1st – 5th April 2010

THE 'MAINE' CHALLENGE

Cycle 250 miles along the Atlantic coast of Maine USA starting in Portland and finishing in the Acadia National Park

28th August – 4th September 2010

COME AND JOIN US ON THE 2010 CHARITY CHALLENGES
AND CELEBRATE UNISON WELFARE'S CENTENARY YEAR

UNISON Welfare helping members since 1910



The Three Peaks Challenge

Catalonian Mountains



13th – 16th May 2010

The distance walked is around 25 miles and the height climbed is around 10,000 feet. Doing one climb each day gives us more time for the walks and we can then rest our legs overnight before the next days climb. We will be walking for around 6-8 hours each day so this is a real challenge but is also well within the abilities of most people with a reasonable level of fitness.

Itinerary

Day 1 collection at 2.00 p.m from Manchester BR Station* and drive to Fort William for accommodation and evening meal.

Day 2 After breakfast depart for trek up Ben Nevis (walk time approx 6-8 hours). Drive to accommodation and evening meal.

Day 3 Breakfast and depart for Scafell Pike (walk time approx 4 – 6 hrs), drive to accommodation and evening meal.

Day 4 Trek Snowden (walk time approx 4-5 hrs) and return journey to Manchester for drop off at BR station at approx 6.00 p.m.

Included is pickup and drop off at Manchester BR Station and all transport during the event. Three nights accommodation B & B in twin rooms, three breakfasts, evening meals and packed lunches, guides and support team. * other pickup/drop off points on the M6, M74 & A82 north of Manchester may be possible.

Registration fee £45.00 minimum sponsorship £750.00

If you would like any other information or have any questions about any of these events please contact Paul Barker.

email: p.barker@unison.co.uk
or tel mob: 07903 055307



1st – 5th April 2009

Following our very popular Pyrenean challenges in 2006 and 2007 we are moving south for 2010 into the Catalan region of Southern Spain. This trek covers 45 kilometers of trails from the foothills of the Pyrenees to the Mediterranean coast.

Itinerary

Day 1 Meet at Gatwick Airport for flight to Gerona, transfer to our accommodation in Castello d'Empuries and evening meal

Day 2 Cap de Norfeu. Today we walk the coastal trail from Cala Monjoi to Cala Joncols approx 15 km

Day 3 Sant Quirze de colera. A outstanding mountain and valley walk in the Serra de l'Albera nature reserve approx 16km.

Day 4 Punta delCap de Creus. We walk the old trail form Cedaques to the lighthouse on the easternmost point of the Iberian Peninsular approx 14km.

Day 5 Transfer to Gerona for the flight back to UK

and Coast Challenge The 'Maine' Challenge



28th August – 4th September

Starting in Portland Maine we'll follow the beautiful Atlantic Coast to Maines Crown jewel, Acadia National Park a total distance of 250 miles. The route takes us through Portland – Brunswick – Pemaquid Point – Belfast – Bar Harbour – Schoodic Point – Acadia National Park.

This event is a bit different in that you do not pay any registration fee but instead book and pay for your own return flights to Portland*, everything else is included.



Itinerary

Day 1 arrival and free time in Portland, evening meal and briefing.

Day 2 collect bikes for warm up ride approx 35 miles to Brunswick

Day 3 Todays ride is approx 45 miles to Pemaquid Point

Day 4 Two ride options today of either 40 or 50 miles to Belfast

Day 5 Todays ride is approx 45 miles to Bar Harbour.

Day 6 Acadia National Park options of 30 or 50 mile rides

Day 7 Second day in Acadia with options of 15, 30 or 45 mile rides

Day 8 Transfer back to Portland for the flight home.

Registration fee £195.00 minimum sponsorship £1,250.00

Included is return flights Gatwick to Gerona, all transport during the event, four nights accommodation B & B in twin rooms, four breakfasts and Dinners and three packed lunches, guides and support team.

Included are all transfers & transport during the event, cycle hire, seven nights accommodation B & B in twin rooms, all breakfasts, Dinners and lunches, guides and support team. *Return flights are usually available from £400 - £450.



REGISTRATION FORM

PERSONAL DETAILS (NB: please ensure it is your full name as it appears on your passport)

TITLE (MR, MRS, MS, MISS) MOBILE SURNAME EMAIL FORNAME DATE OF BIRTH ADDRESS PASSPORT NO. POSTCODE ISSUE DATE TEL DAYTIME EXPIRY DATE TEL EVENING PLACE OF ISSUE

NEXT OF KIN (IN CASE OF EMERGENCIES)

NAME RELATIONSHIP ADDRESS POSTCODE TEL DAYTIME TEL EVENING EMAIL

MEDICAL REQUIREMENTS

DO YOU SUFFER FROM A MEDICAL CONDITION, ALLERGY
OR TAKE REGULAR MEDICATION YES NO

If yes, please give details

DO YOU SNORE?

 YES NO

(essential information as we are going to share rooms!)

DIETARY REQUIREMENTS

DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS
(e.g vegetarian, vegan, allergies or intolerances) YES NO

If yes, please give details

ACCOMMODATION

Accommodation will be in shared rooms. If you know anyone
else going on this trip and would like to share with them
please write name here.

DISABILITY

DO YOU HAVE A DISABILITY YES NO

If yes, please give details

TRAVEL ARRANGEMENTS

Participants often like to contact each other to share travel
arrangements or to go training together. Please confirm if you are
happy that we share your email address with other participants) YES NO

REQUIREMENTS AFFECTING YOUR FUNDRAISING

On acceptance of your registration form and payment of the registration fee the following conditions will apply until six weeks after the end of the Event unless terminated earlier by UNISON WELFARE as set out below:

1. You are given permission to collect money by way of voluntary contributions on behalf of UNISON WELFARE in connection with the Event. You must comply with any fundraising and health and safety guidelines issued by us.
2. You may only use lawful means to raise funds for the Charity and must not do anything, which harms or is likely to harm the reputation of UNISON WELFARE.
3. You agree to comply with the financial procedures set out in the material supplied to you in connection with the Event.
4. You agree that when you ask for money you will make a clear statement that the costs of your participation will not be met from the sponsorship monies; and that all donations made will be paid to UNISON WELFARE.
5. You agree that you may not make any claim to expenses of whatever nature in connection with your fundraising for this Event from UNISON WELFARE, nor from the organisers of the Event.
6. You agree that UNISON WELFARE can terminate your authority to fundraise for that Charity at any time by sending written notice to your address.

I have read, understood and agree to the conditions set out in the Schedule above.

SIGNED

DATED

I would like to register for:

<input type="checkbox"/> The 3 Peaks Challenge	Registration fee £45.00	Minimum sponsorship £750.00
<input type="checkbox"/> Catalonian Mountains to Coast	Registration fee £195.00	Minimum sponsorship £1,250.00
<input type="checkbox"/> The 'Maine' Challenge	Registration fee nil, see event notes	Minimum sponsorship £2,500.00

Cheques should be made payable to 'UNISON Welfare'.

I pledge to raise a minimum sponsorship of £

I enclose payment of £ as my registration fee

SIGNED

DATED

**Please return the completed form to the following address:
Paul Barker, Membership Services, 1 Mabledon Place, London WC1H 9AJ**

With all these events we want them to be fun and something you will enjoy, yes they are all a real challenge but they are not intended to be a feat of painful endurance. So if on any day you are suffering we do not want you to force yourself to walk or ride further than you feel comfortable to do so. There is no shame in sitting out a day, taking an easier route, stopping

early or using the support vehicles, that is just good old common sense. The real achievement is simply making the commitment to try and doing your best. Whichever of these events you choose you will be enjoying a great experience, taking on a real challenge and supporting a great cause at the same time.

SOME FREQUENTLY ASKED QUESTIONS

What equipment & clothing will I need?

Most important of all is that you must have walking boots or cycling shoes. These can be purchased from around £30 and are essential. Walking boots provide support for your ankles and a better grip on rough or slippery surfaces. Cycle shoes have a firm sole that relieves pressure on the ball of your foot. Buy them well in advance of the event so that you can 'wear' them in and ensure they are comfortable.

A **cagoole or lightweight waterproof top** is needed to keep you both dry and warm.

Clothing is very much down to personal choice but in general it is better to wear several layers of clothing e.g. T shirt, shirt, sweatshirt/light jumper, jacket and cagoole rather than thick layers like a big jumper. This enables you to take off or put on clothing depending on how warm or cold you feel giving maximum flexibility.

Walking shorts and cycling shorts are ideal but if you don't look good in lycra or don't want to display your knees some track suit bottoms or cotton trousers are ok. Avoid materials like Denim which get very heavy if wet and have thick seams which can chaff. But the best option is make sure you have walked or cycled in whatever you plan to wear before you arrive for the event. That way you will know if what you have chosen is comfortable and suitable.

For the walking events you will need a **small rucksack** to carry your spare clothing, lunch and water bottle, **we recommend you carry at least 2 litres of water.**

How Much Training Will I need to Do?

This will depend on how fit you are now and if you are already a regular walker or cyclist. If you are in any doubt at all about your health or fitness we recommend you see your GP for advice.

But you do have plenty of time to prepare and all the events are fully supported with back up teams so you will never be left without help or support.

Start with short training walks of 3-4 miles and bike rides of 10-15 miles and build up until you can comfortably complete walks of 10 miles or bike rides of 50 miles. If you are a member of a Gym ask the staff to work out a programme for you.

What if I cannot raise the Sponsorship Money?

A fundraising pack will be sent to you when you register to help you with ideas and give you information about fundraising methods that have been successfully used before.

You have plenty of time to raise the money and the key is to start immediately rather than leaving it to the last 2 or 3 months. We will of course try to offer you as much help and support as we can and take into account any extenuating circumstances. However we must reserve the right to withdraw you from the event if your fundraising has fallen well short of the target. Your registration fee may not be refundable in these circumstances.

What about Travel Insurance?

All participants are required to arrange their own travel insurance.

We reserve the right to alter routes/distances if required due to local conditions and individual abilities.



UNISON Welfare is UNISON's unique charity providing support to UNISON members and their families. The bucket and spade appeal was set up to help families experiencing difficulty and distress to benefit from a family holiday. By taking part in one of our intrepid challenges you will raise funds for the UNISON Welfare Bucket & Spade Appeal. With your help hundreds of children will have the chance to enjoy a family holiday by the seaside. Every single penny of the sponsorship money you raise will go to this appeal no sponsorship money is used to pay for any of the costs of the events.