2019 challenge programme
let’s find your dream challenge
hello dream challengers!

Welcome to the brochure of dreams: a booklet packed full of challenges, created with love, care and expertise, to turn your dreams into reality.

Dear heroes,

Could 2019 be our best ever collection? We have an amazing range, from trekking three of Italy’s iconic volcanoes to riding alongside the Great Wall of China. We’ve had such fun putting these together and we know you’ll have even more fun on the challenges themselves.

Having joined Dream Challenges last year, I’ve had the privilege of cycling alongside some of you on two incredible adventures: mastering those ‘undulations’ on the Women V Cancer Cycle Brazil Challenge and weathering the heat on The Urology Foundation’s Vietnam to Cambodia Cycle Challenge.

What inspiring and humbling experiences these were! I was counting on these challenges to improve my fitness, but I hadn’t anticipated the incredible benefits to mental wellbeing! The personal sense of achievement, along with the feeling of belonging to a supportive group of like-minded people, was a powerful combination. Witnessing the laughter, the support and the overcoming of individual struggles was indeed a privilege, but being part of something far bigger was life-affirming. You truly are heroes and together, you’ve raised millions of pounds for over 150 wonderful charities.

Thank you so much for everything you do and I hope to see you on a challenge very soon!

Abi Gray,
Director of Operations
what can we tempt you with?

- trek for troops - 3 volcanoes italy
- dalai lama trek india
- bear necessities trek transylvania
- let’s trek for children - cambodia
- husky sledding challenge
- velos and vines burgundy
- big heart bike ride - costa rica
- cycle vietnam to cambodia
- cycle jungle and coast brazil
- big heart bike ride - great wall of china
- mumbai to goa cycle challenge
- women v cancer - cycle milan to venice
- women v cancer - ride the night
- women v cancer - london to paris bike ride
- women v cancer - cycle costa rica
- challengeHer - great wall of china trek
- challengeHer - cycle china
- coming soon in 2020
- frequently asked questions
- our booking conditions
time to turn your dream into reality

a hero in everyone

All of our challenges are open to everyone. Although they can be tough, take you out of your comfort zone and test you in many ways, they’re massively rewarding and an experience of a lifetime.

Our heroes come from all walks of life and that’s why we love what we do so much - you keep us forever inspired! You all have different stories and commit to your Dream Challenge for various, sometimes very personal reasons; to improve your fitness, for the mental challenge, for the cause closest to your heart or simply to make new friends.

Whether you’re a sun seeker or a snow lover, going solo or as a team, in the saddle or on foot or even on a sledge, we’ve got the dream challenge for you. If you can’t get enough, we have even more challenges on our website!

do it your way

As you flick through our brochure, you may notice that some of our challenges, like our Women V Cancer cycles, are in partnership with specific charities. To take on these adventures, you need to raise the minimum sponsorship target. In return, they’ll cover your challenge costs so that you can complete your goal.

We also offer “open challenges” which allow you to support a charity of your choice. For these challenges, you can commit to a minimum sponsorship target or you can self fund. This means you pay the cost of the challenge yourself and then fundraise or donate whatever you can to your chosen charity, with no minimum target.

armchair giving only goes sofa

Dream Challenges brings out the best in people. We give you the perfect chance to help your favourite charity in a big way. Our aim is to provide you with the platform, the encouragement and the spirit not just to make a difference, but to be the difference and become a true hero for the charities that matter to you.

By fundraising and promoting the charity on your challenge, you’ll not only gather vital funds that enable them to carry out their work; you’ll also drive awareness of their cause and encourage other people to support them too! So our challenges aren’t just life-changing for you; they’re life-changing for everyone you’re helping!
worried you’re not fit enough? don’t be!

None of our Dream Challenges are designed for Olympic athletes. There’s nothing a bit of training can’t prepare you for - and we provide you with a free training plan, guidelines and even the Dream Challenges Motivation Playlist to get you revved up and raring to go.

In fact, signing up for a Dream Challenge is a great spur to reach your fitness goals and with our community of achievers by your side and an epic adventure to look forward to, you’ll do it all with a smile on your face.

“I’m on a mission to do five overseas challenges but I may never stop!”
- Jacqui

“Absolutely fantastic experience - I learned so much and raised a tonne of money for charity!”
- Neil

living the team

Our Dream Challenges are renowned for the incomparable camaraderie, life-long friendships made and overwhelming sense of achievement our heroes get while conquering these amazing feats.

There’s nothing like coming together with other inspiring men and women, who share your passion for experiencing the world and helping to make it a better place.

“A great big thank you, I couldn’t have done it without you and we raised so much money!”
- Vicki

we’re committed to supporting you

Helping all sorts of charities raise funds for their causes is at the heart of everything we do and everything YOU do. Over the years, our Dream Challengers have raised millions of pounds for over 150 charities! We take great pride in the personal service that we provide to both participants and charities, which is why people come back to us time and time again. They can’t get enough!

what our dream challengers have to say about us

‘Dream Challenges’ fun, enthusiasm and professionalism helped to make it a truly incredible experience.’
- Carol

‘What a week! What an adventure ... and a fantastic cause! The team spirit was incredible, with great new friends made and a lifetime of memories.’
- Sandhy

‘It was an awesome challenge, one which I’ll remember for the rest of my life.’
- Dianne
After a flight from London to Naples, we transfer to our hotel in the beautiful coastal town of Sorrento in southwestern Italy. There, we settle down for a delicious dinner of Italian cuisine, before our Challenge Leader gives us a briefing on the volcanic challenge ahead.

Today starts with a guided tour of Pompeii’s eruption burial site. We then trek to the summits of Mount Somma and Mount Vesuvius, where we’re rewarded with staggering views of the crater. We transfer to Naples for dinner, before taking an overnight sleeper ferry to Stromboli.

Our ferry from Sorrento drops us off this morning in Ginostra, a small town on the island of Stromboli, just north of Sicily. Here, we have breakfast, before meeting our licensed volcano guides to climb our second volcano, Mount Stromboli. This 924 m beauty is, unlike Mount Vesuvius, still active, but there’s no need to worry: our guides will ensure a safe hike. To quote the troops we’re trekking for, just “keep calm and carry on”. At the summit, we have a short rest and tuck into a picnic lunch, while taking in the unforgettable panoramas of the surrounding Tyrrhenian Sea. In the afternoon, we trek back down the volcano to settle in a comfortable hotel on the island. Here, we enjoy a delicious, well-deserved dinner and rest for the night.
**day 4**

**Stromboli – Sicily**
We have a chance to rest our legs after two challenging days of trekking, on our beautiful transfer from Stromboli to Sicily. Following breakfast at the hotel, we take a ferry across the Tyrrhenian Sea to Milazzo, a large town on the mainland of Sicily. There, we have lunch and then transfer by coach to our hotel in the fascinating town of Randazzo.

Randazzo is the closest town to our third and most challenging volcano, Mount Etna, and is made entirely out of lava. This town is also home to several 14th - 15th century, gothic looking churches and Hohenstaufen Castle, the last of eight medieval towers, which looks slightly sinister, sitting high on a lava rock. It’s truly a town like no other!

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**day 5**

**Randazzo – Giardini Naxos | approx. 8 hours**
We start our last day of trekking with a coach transfer to the quieter and more scenic north east side of Mount Etna at 1,900 m above sea level, where we meet our Mount Etna experts. We pass extinct craters and lava flows as we climb around 1,400 m to the summit at 3,345 m. To put this into perspective, Ben Nevis, Britain’s highest mountain, is 1,345 m above sea level! On our way up, we stop to enjoy lunch and see the Mount Etna observatory.

We transfer to Catania airport for our flight home to London, left with incredible memories and friendships, having completed a red-hot challenge for “lavaley” causes!

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**what does it cost? sponsorship**
- registration fee: £299
- minimum sponsorship: £2,390 (by 08/02/2019)
- total commitment: £2,689

**what does it cost? self funded**
- registration fee: £299
- pay the balance: £1,195
- total commitment: £1,494

**open challenge**
For this open challenge, choose any UK-registered military or veteran charity you wish to support. You can alternatively pay the challenge costs yourself, without a minimum sponsorship target.
“It was one of the most magical, fabulous things that I have done in my life.”

“If you get the opportunity to do a challenge like this, embrace it and enjoy every bit of it.”

Maz

Joanna

**itinerary**

**days 1 & 2**

London - Delhi

After an overnight flight, we are free to explore Delhi. This evening, we have dinner and catch a sleeper train to Pathankot.

**day 3**

Pathankot - Dharamsala

We transfer to our hotel in Dharamsala, the spiritual home of the Dalai Lama. Here, we have free time to explore McLeod Ganj and visit the Dalai Lama’s residence, before dinner and a briefing.

**day 4**

Kanol - Kareri Village | approx. 12 km

We transfer to Satobari Village and trek through farms, schools and tribal villages to our peaceful, riverside campsite.

**day 5**

Kareri - Bal Village | approx. 15 km

We continue ascending today on a trail that leads us through more charming villages and across beautiful open meadows and pine forests. We make a short descent to have our picnic lunch by a mountain stream, before continuing to climb until we reach our overnight camp at Bal.

**day 6**

Bal Village - Triund | approx. 14 km

This morning, we cross a suspension bridge, before ascending through rhododendron and pine forests. We rest at the local ‘chai’ (tea) shop and then continue to trek up to our camp, which sits in a meadow at Triund, facing the peaks of the Dhauladhar mountain range.
open challenge
For this open challenge, you can choose to support any UK-registered charity you wish. You are also welcome to self fund and then fundraise as much as you can with no minimum sponsorship target.

what does it cost?

sponsored

registration fee: £349
minimum sponsorship: £3,000 (by 20/02/2019)
total commitment: £3,349

self-funded

registration fee: £349
pay the balance: £1,500
total commitment: £1,849

day 7
Triund - Laka Got - Triund | approx. 10 km
Our trek today is a challenging climb to Laka Got, which lies at the tip of a glacier. We have the chance to cross the glacier to reach Lahesh Cave, an overnight shelter used by the shepherds when travelling with their sheep. We then return to our camp at Triund to rest under the clear night sky.

day 8
Triund - Bhagsu Nag - Dharamsala | approx. 12 km
After trekking over a grassy ridge and catching a view of the snow-capped peaks, we descend to the Bahgsu Nallaha stream and push on to an ancient Hindu temple dedicated to Lord Shiva and Bhagsu Nag. A freshwater spring flows through the temple. We continue to our finish line at Dharamsala.

day 9
McLeod Ganj
Today’s free to explore the beautiful McLeod Ganj and visit the Dalai Lama’s temple, Tsuglagkhang, before a celebratory dinner.

day 10
Dharamsala - Pathankot
We have a free morning to further explore this magical town. This afternoon, we transfer back to Pathankot train station to catch the overnight sleeper train back to Delhi.

days 11 & 12
Delhi - Agra - UK
After transferring to our hotel in Agra, we visit the world-famous Taj Mahal. The next morning, we fly from Delhi back to the UK.
bear necessities trek transylvania

7 - 14 September 2019 | 8 Days

Take a bite of the ‘bear necessities’, camping in Dracula’s hunting grounds in Romania on this blood-pumping mountain trek, while supporting an animal charity of your choice.

Look for the “bear necessities” on our first ever challenge to support your favourite animal and wildlife charities! Open to all fitness levels, this five-day trek pushes you out of your comfort zone. We stay mostly in simple lodges and tents, so no frills or luxury - just the bare necessities and the adventure of a lifetime! From vampires to bears, this enchanting challenge takes you through the Carpathian Mountains in Romania, all the way to a cruelty-free bear sanctuary. We also stop to camp in the grounds of Bran Castle, more commonly known as Dracula’s castle, as it so closely resembles the castle described in Bram Stoker’s novel.

Support an animal or wildlife charity of your choice and discover the true wilderness and staggering architecture of Romania.

"You will have fun and forge new friendships that will last a lifetime."

“It’s the most amazing way to visit a country and raise money for such important causes is so rewarding!”

Abhay

Claude

itinerary

**day 1**
**UK - Sinaia**
After a flight from London to Otopeni, we transfer to our hotel in the town of Sinaia, whose stunning architecture, evergreen forests and backdrop of the Bucegi Mountains give us a perfect introduction to Romania. We settle down for dinner and a challenge briefing at the hotel.

**day 2**
**Sinaia - Bucegi Plateau | approx. 20 km**
Trekking from the hotel into the Bucegi Mountains, we pass the entrancing Peles Palace, limestone quays and fir tree forests and reach Bucegi Plateau, at 2,000 m. Here, we marvel at the incredible panoramas, before descending to Padina Hut, where we camp for the night.

**day 3**
**Padina Hut – Omu Peak | approx. 17 km**
Our trek continues from our camp to Omu Peak, the highest peak of the Bucegi Mountains at 2,505 m. We have a chance to see the area’s most spectacular rock formations, the Sphinx and the Biddies, if weather allows. We rest tonight in the mountains at the Malaiesti Hut, at 1,720 m.

**day 4**
**Bucegi Mountain – Bran Castle | approx. 17 km**
Today, we hike over the western ridge of Bucegi, a quieter part of the mountain with spectacular views over forests, farms and meadows. Upon reaching the villages of Simon and Bran, we have the chance to visit Bran Castle, a.k.a. Dracula’s castle. Get ready for a fright!
For this open challenge, choose any animal or wildlife charity you wish to support. You’re also welcome to pay the tour costs yourself, without the pressure of a minimum sponsorship target.

**what does it cost?**

**sponsorship**
- registration fee: £299
- minimum sponsorship: £2,390 (by 28/06/2019)
- total commitment: £2,689

**self funded**
- registration fee: £299
- pay the balance: £1,195
- total commitment: £1,494

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**day 5**
**Bran Castle – Pestera Village | approx. 18 km**
We trek at lower altitudes of around 1,300 m, hiking through charming mountain villages and getting a feel for the local lifestyle. We finish in the small, quiet village of Pestera, where we spend the night in a guest house, surrounded by hills and forests.

**day 6**
**Pestera Village – Piatra Craiului | approx. 23 km**
Our final and most challenging day of hiking takes us to the main ridge of Piatra Craiului Mountain in the National Park. Piatra Craiului means “Prince of Stone” and its dramatic ridges are one of the most beautiful sites of the mountain range. We finally descend to Bran for a well-deserved rest, having conquered our blood-pumping five-day trek.

**day 7**
**Bran Castle – Zarnesti**
A short transfer after breakfast takes us to an ethical bear sanctuary, where we have an exclusive visit to see the brown bears. We’re then transferred to Brasov, renowned for its Gothic-style Black Church and lively cafes. We have lunch and free time to explore the bewitching city, before we meet up again for a celebratory dinner in the evening.

**day 8**
**Brasov – Otopeni – UK**
Today, we transfer back to Otopeni airport for our flight home to London, geared with some awesome anecdotes, fab new friendships and life-long memories, having mastered the “bear necessities” for an invaluable cause.

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**sign up today at dream-challenges.com | 01590 646410 | events@dream-challenges.com**
If you’re seeking adventure this challenge for children ought to do the ‘trek’. From monkeys to monasteries to temples hidden in jungles, you may just find your inner Indiana Jones!

Trek through the beautiful country of Cambodia, exploring forests, temples and a fascinating waterfall, while raising funds for a children’s charity of your choice. The challenge entails five days of trekking through charming Cambodian countryside, passing rice paddies, farms, temples and monasteries and finishing at the world-renowned Angkor Wat.

It will be life-changing both for you as you achieve your own personal challenge and for the children across the globe, who will benefit from the charities you choose to support.

The challenge will be tough, but the friendship and camaraderie to be enjoyed along the way will be very special.

"I have made friends for life through these challenges and the memories will last forever."  

"I did it to get my fitness back but what I didn’t expect was the amazing people you meet."

Itinerary

**days 1 & 2**
London - Siem Reap
After an overnight flight from London to Cambodia, our local guide meets us at the airport for a short transfer to our hotel in Siem Reap. We have the rest of the day to relax or explore the city, the gateway to the Angkor ruins. Why not browse the colourful stalls of the night market?

**day 3**
Siem Reap - Banteay Ampil | approx. 20 km
Following a transfer out of the city, we trek along a stream towards the edge of Tonle Sap lake. We pass farmers, rice paddies, a local market and traditional Khmer style houses. We enjoy a picnic lunch in the shade and continue to our overnight stay at the Buddhist jungle temple, Chau Srei Vibol.

**day 4**
Banteay Ampil - Svay Leur | approx. 15 km
Today, we follow ancient farmer paths deep into the jungle, stopping for lunch at the rural village of Phum Thmey. In the afternoon, we trek to the fairy-tale-esque forest temple of Beng Mealea, before taking a short transfer to Svay Leur to camp at a jungle monastery.

**day 5**
Svay Leur - Anlong Thom | approx. 16 km
We visit a local market this morning, en-route to Kulen Mountain, which we hike up for panoramic views and a picnic lunch. We trek across the Kulen Mountain to the jungle village of Anlong Thom and visit an isolated mountain school, before curling up in a rustic homestay for the night.

"let’s trek for children - cambodia"

25 October - 2 November 2019 | 9 Days
day 6
Anlong Thom – Siem Reap | approx. 20 km
Exploring the Phnom Kulen National Park and its various shrines, we trek to the Grand Reclining Buddha. Here, we enjoy a magnificent waterfall and the Valley of 1000 Lingas, home to ancient carvings, before transferring to our Siem Reap hotel.

day 7
Angkor Tour by foot | approx. 15 km
Starting with a visit to Ta Prohm, a temple entwined with tree routes, we trek through the Angkor Archaeological Park and explore its iconic sites, including the forest temple, Ta Nei and the Bayon temple, with its stone faces. After a visit to King Jayavarman VII’s underground tunnels and a boat ride across Angkor Thom City Moat, we finish our challenge at Angkor Wat.

day 8
Siem Reap
Today, we have a free day to explore Siem Reap and do some last-minute souvenir shopping or relax at the hotel, having completed a truly unforgettable challenge. In the evening, we reunite back at the hotel and take a short transfer to the airport in Siem Reap. From here, we say goodbye to Cambodia and catch our overnight flight back home to the UK.

day 9
Arrive UK
After eight amazing days away from home, we arrive back in the UK, having completed a life-changing challenge, both for ourselves and for the countless children who are supported by our chosen charities. Time to book your next challenge!

what does it cost?

what does it cost?

self funded

registration fee: £349
minimum sponsorship: £2,998 (by 14/08/2019)
total commitment: £3,347

registration fee: £349
pay the balance: £1,499
total commitment: £1,848

open challenge

For our Let’s Trek For Children challenge, you are free to choose any UK-registered children’s charity you would like to fundraise for. You’re also welcome to self fund your challenge instead.
After our flight to Tromsø, we transfer to our hotel and are then free to explore the beautiful city, before a group dinner. We start Day 2 by transferring to a community cabin in Kvaløya, where we meet our huskies and have our briefing. We sleep tonight on mats and reindeer skins in the cabin.

Discover the pristine scenery of Northern Norway, Finland and Sweden by dog sled. Each day is unique as we travel through wooded valleys, mountain passes and frozen lakes and watch out for endemic Nordic wildlife, such as foxes, owls, reindeer, snow grouse and moose!

We load the huskies into the dog truck and drive out to the starting point near the Lyngen Alps (Norway). You’re shown your own team of huskies, who will be your companions throughout the challenge. Here, we unload and start our sledding adventure through a wonderland of dazzling, white snow. Tonight will be our first night in the tents.

Day 8 marks our final day on the sleds, as we arrive in the town of Kiruna in Northern Lapland, Sweden. After bidding goodbye to the huskies, we explore the famous Ice Hotel. Here, we enjoy a hot shower before meeting for a last group dinner at a local restaurant. The next day (Day 9), we catch our flights from Kiruna to London, which may feel balmy after nine days in the snow!
This morning, we cycle to Chablis, renowned for its wine with the same name. After lunch, we ride to Nitry and on to Avallon, a great place to Av-a-llong drink and dinner, before resting at our hotel.

Day 3 | Avallon - Beaune | approx. 118 km

We cycle first to Époisses to try its cheese and then pass through countryside to Vitteaux. After lunch, we ride to Sainte-Sabine and on to Bouchard Aîné & Fils in Beaune for wine tasting and dinner.

Day 4 | Beaune - Mâcon | approx. 121 km

Starting by cycling to Chalon-sur-Saône, we wander the city and continue to Tournus for lunch. We follow the river to Château de Chasselas to taste their vin-tastic wines, before reaching Mâcon.

Day 5 | Mâcon - Lyon | approx. 95 km

After breakfast, we follow the River Saône to Château des Blanchards and visit the vineyard. We then ride to Villefranche-sur-Saône for lunch and push on to our hotel in Lyon.

Day 6 | Lyon - London

Today, we transfer to the airport and catch a flight back to London. From the airport, we have a short train ride to St Pancras Station, where we reunite with our luggage and part ways.
Due to overwhelming demand in 2018, we’re running the Big Heart Bike Ride - Costa Rica again in 2019! Gear yourself up for a nine-day adventure in support of a heart charity of your choice, cycling from Parismina on the eastern Caribbean coast, to the beautiful Playa Hermosa on the Pacific coast. We’ll experience breathtaking scenery, exotic Central American culture and abundant local wildlife, finishing with time to explore San José. With a huge amount of fun and friendship along the way, this challenge is open to people of all abilities. Cycling is one of the best ways to explore and the most rewarding part is that you support heart charities across the world. (The Big Heart Bike Ride - India 2015 raised £200,000 for sixteen different charities!) You can fundraise or self fund with a donation to your chosen charity.

Open up your heart to embrace the dazzling country of Costa Rica on this 360 km coast to coast cycle through bright and beautiful farms, jungles and rural towns.

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“The feeling of empowerment I got riding alongside an incredible group of challengers was unreal.”

Rachel

“You get a real feel for the culture and rural lifestyle and get to enjoy empty beaches!”

Sarah

itinerary

days 1 & 2
London - San José
Our adventure begins with a flight to San José, where we transfer to our hotel. On Day 2, we have a free morning to relax at the hotel or explore San José. Later, we transfer to our campsite in Finca Pacuarito on the East Coast for a briefing and a group dinner.

day 3
Finca Pacuarito - Guápiles | approx. 69 km
Today, after transferring to Parismina, we enjoy a short boat ride down the canal to the Caribbean Sea. Here, we start our challenge by riding inland, along quiet roads past bustling banana plantations, all the way to the river. We take another short cruise, upriver, before hopping back in the saddle and follow a charming, riverside route to our hotel in Guápiles.

day 4
Guápiles - Sarapiquí | approx. 61 km
We begin today’s ride on a paved road towards the Sarapiquí River, looking out for capuchin monkeys and exotic birds as we go. Pedalling on, we go even more bananas for bananas - and pineapples for that matter, as we pass through lush farms, ripe with fruit and finally reach our hotel in Sarapiquí.

day 5
Sarapiquí - Arenal Volcano | approx. 67 km
Cycling alongside more of San Carlos’ farms, we see a rainbow of yucca, papaya and pineapples. This gears us up for a testing climb, before we reach flat, paved roads right to Arenal Volcano. We find our hotel tonight in the nearby town, La Fortuna, which is home to some fantastic natural hot springs.
**day 6**
**Arenal Volcano - Tilarán | approx. 56 km**
This is a challenging yet beautiful day’s cycle as we ride a hilly route along the north side of Lake Arenal and enjoy views of the volcano, until we reach our hotel in the small town of Tilarán.

**day 7**
**Tilarán - Miravalles Volcano | approx. 57 km**
Another short and hilly day of cycling, we’re treated to views of both volcanoes as we cross to the dryer Pacific side of Costa Rica.

**day 8**
**Miravalles Volcano - Playa Hermosa | approx. 77 km**
We have some fab downhill cycling today, followed by a flat route all the way to the stunning Playa Hermosa on the Pacific coast.

**day 9**
**Playa Hermosa - San José**
This morning is free to relax and explore Playa Hermosa, before we transfer to San José for the night. Playa Hermosa is a picturesque town, whose beach stretches between two mountains.

**day 10**
**San José - UK**
Bidding “Adiós” to Costa Rica, we transfer to the International Airport in San José, for our flight back to the UK.

**day 11**
**Arrive UK**
We arrive this morning in the UK, where we reunite with our luggage and part ways to finish our journeys home for a good rest.

**what does it cost? sponsorship**
- registration fee: £299
- minimum sponsorship: £3,600 (by 15/11/2018)
- total commitment: £3,899

**what does it cost? self funded**
- registration fee: £299
- pay the balance: £1,795
- total commitment: £2,094

**open challenge**
For this open challenge, choose any heart charity you wish to support. You’re also welcome to pay the tour costs yourself, without the pressure of a minimum sponsorship target.
This challenge will take you on a rewarding ride through two of South East Asia’s most fascinating countries. The cycle is open to all who dare to test their strength and spirit, while exploring this incredible part of the world.

Our adventure starts in Vietnam’s bustling Ho Chi Minh City and will follow a route through the beautiful and banana-ridden Mekong Delta, all the way to the ancient World Heritage Site of Angkor Wat in Cambodia, where we can discover the stupendous ruins.

Along the way, you’ll experience wonderful scenery, ancient temples, an enthralling floating market and the warmth of the local people. You’ll also make strong new friendships with a group of overwhelmingly inspiring people.

Gear up for a 450 km ride through the stunning countryside of Vietnam and Cambodia, alongside vibrant rivers and villages and exploring some of the world’s most famous and magnificent temples.

“We had so much fun, thank you all for giving us the opportunity to take part in a truly incredible challenge.”

“The organisation was seamless, the crew did an amazing job.”

Sally

Rod

itinerary

days 1 & 2
London - Ho Chi Minh City
After an overnight flight to Ho Chi Minh City, we transfer to our hotel. We have a bike fitting and are then free to explore the city.

day 3
Ho Chi Minh City - Tra Vinh | approx. 62 km
A ferry takes us into the Mekong Delta, where we cycle through small villages and across tributaries, to our hotel in Tra Vinh.

day 4
Tra Vinh - Can Tho | approx. 90 km
Today is fairly flat, passing colourful pagodas, ethnic homes and gorgeous views of the river. We can visit local Khmer temples and schools, before resting tonight at a hotel in the town of Can Tho.

day 5
Can Tho - Long Xuyen - Chau Doc | approx. 100 km
This morning, we visit the vibrant floating markets in Cai Rang and Phong Dien and cycle along the river bank, watching merchants passing goods from boat to boat. We follow a narrow lane to the main road and after lunch, we’re back on to a small road to Long Xuyen. We then transfer to our hotel in Chau Doc.

day 6
Chau Doc - Phnom Penh | approx. 8 km
We enjoy a scenic boat ride from Vietnam to Cambodia this morning and have a short transfer to the harbour, where we board boats to take us to Phnom Penh. After lunch in a restaurant overlooking the busy harbour, we ride to the Tuol Sleng Museum and the infamous Killing Fields of Cambodia.
what does it cost?

**Sponsorship**

- Registration fee: £349
- Minimum sponsorship: £3,300 (by 19/12/2018)
- Total commitment: £3,649

**Self-funded**

- Registration fee: £349
- Pay the balance: £1,650
- Total commitment: £1,999

**Open challenge**

For this open challenge, you are free to choose any charity you would like to support. You are also welcome to pay the tour costs yourself, without having the pressure of reaching a minimum sponsorship target.

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**Day 7**

**Phnom Penh – Kampong Thom | approx. 80 km**

Today begins with a short transfer across the Japanese bridge to the surrounding countryside. Cycling along the Mekong River through orchards and villages, we pass many friendly locals. After lunch, we continue to Totoeng village, where we transfer to our hotel in Kampong Thom.

**Day 8**

**Kampong Thom – Siem Reap | approx. 66 km**

After breakfast, we transfer to Damdek village and cycle through its back roads. We stop for lunch at a local restaurant and then continue to our finish line, cycling directly to our hotel in Siem Reap. Once checked in, we have some time to enjoy a shower and relax, before going out for dinner.

**Day 9**

**Exploring Angkor Temple Complex | approx. 28 km**

Today, we explore the incredible Angkor ruins by bike, either as a group or individually. We can marvel at the wonderful Angkor Wat, the Bayon’s stone faces, the 350 m long Terrace of the Elephants and Ta Prohm, entwined with tree roots. We enjoy our celebratory dinner in Siem Reap.

**Days 10 & 11**

**Siem Reap – UK**

We hope to have some free time this morning for last minute shopping, before we catch our overnight flight from Siem Reap airport back to the UK, which is likely to feel a little chilly after ten days in the South East Asian sunshine!
Biking just got Brazilliant with five days of cycling across jungle tracks and along stunning coastlines in the bright and beautiful country of Brazil.

Cycle through the bright and beautiful country of Brazil, while raising funds for a charity of your choice.

Five days of cycling will take you through varied, exotic terrain in the state of Bahia, with the turquoise Atlantic Ocean lapping at its shores. We will cycle on undulating jungle paths and along idyllic beaches, seeing historic monuments, waterfalls, local farms and breathtaking marine bays, all the while making friends with perhaps the most inspiring people you will ever meet!

This amazing Brazilian adventure ends in Salvador, where you can take your pick of shops, restaurants and golden beaches to relax and reflect on a successfully completed challenge.

"Brazil was one of the most beautiful places I have ever been and the people were lovely!"

"An incredible experience with amazing people and many have become friends for life."

Laura
Helen

**itinerary**

**day 1**
**London - Salvador**
After flying to Salvador, the first capital of Brazil and one of the oldest colonial cities in the Americas, we transfer to our hotel.

**day 2**
**Salvador - Itaparica Island**
Today, we take a boat trip to Itaparica Island. Here, we have our bike fitting and challenge briefing, before resting overnight.

**day 3**
**Marina Itaparica - Nazaré | approx. 75 km**
We cycle across Itaparica island, with views of white sand beaches and jungle-type vegetation. We cross a beautiful bridge and pass through the town of Costa do Dendê, to our our hotel in Nazaré.

**day 4**
**Nazaré - Valença | approx. 83 km**
We get an insight into rural life in Bahia, as we cycle across undulating, agricultural land and pass fruit farms, rivers and several statues of Jesus. There are sections of dirt tracks and asphalt roads and later in the day, we make our way towards the Atlantic Ocean coastline, where we stay overnight in Valença.

**day 5**
**Valença - Camamu | approx. 49 km**
Our route today undulates across rivers, alongside mangroves and through a few small towns, where we see more of the life-style in Bahia. We take a short break by Pancada Grande, a gorgeous, cascading waterfall, surrounded by jungle. Tonight, we rest in a hotel in the historic city of Camamu.
open challenge

For this open challenge, you are free to choose any UK-registered charity you would like to support. You are also welcome to pay the tour costs yourself, without the pressure of a minimum sponsorship target.

what does it cost?

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day 6
Camamu - Itacaré | approx. 37 km

After a boat trip across Camamu Bay to the charming village of Barra Grande, we ride along a dirt road to Itacaré and enjoy stunning views of palm-fringed beaches that line the Atlantic coast. We pass through the small fishing town of Marau, before taking a boat across the river, Rio de Contas.

day 7
Taboquinhas - Itacaré | approx. 46.5 km

Today, we ride a circular route and end back at Itacaré to enjoy its idyllic beaches, shops and restaurants. We stop for lunch and a stroll around a lush, Brazilian Cacao farm and cross the Rio de Contas river twice, once by boat and once by bridge, with views of local settlements.

day 8
Itacaré - Salvador

We transfer back to Salvador, stopping for lunch and arriving at our hotel in the afternoon. This evening is free for you to relax.

day 9
Salvador - UK

We have a free day to explore Salvador’s cathedral, parks and beach independently, before our overnight flight to the UK.

day 10
Arrive UK

We arrive back in the UK today, ready for a well-deserved rest and to tell some amazing anecdotes after completing a Brazilliant challenge in the saddle.
big heart bike ride - great wall of china

10 - 18 October 2019 | 9 Days

Hop on your bike for the ride of a lifetime along the iconic Great Wall of China, passing through endless, jaw-dropping rural scenery, while supporting a heart charity of your choice.

Strictly not for the stone-hearted, the challenge is on to ride the “Dragon’s Back” in support of a heart charity of your choice.

Mounting your bike at one of the modern sections of the wall, you’ll cycle through rolling hills, rural towns, beautiful forests and a fast-developing city to Beijing. Cycling is one of the best ways to explore China and the most rewarding part is that your participation will support heart charities across the world. You can either fundraise or self fund with a personal donation to your chosen heart charity.

You’ll complete your challenge upon reaching the bright lights of Beijing, a stark contrast to the rural scenes along the way and an epic end to the adventure.

Amazing experience that I’ll never forget! It was so well organised and everyone was so enthusiastic.”

Neil

“Absolutely fantastic experience! I learnt so much and raised a ton of money for charity!”

Alice

itinerary

days 1 & 2
London - Beijing - Huang Ya Guan
After our overnight flight to Beijing, we meet our local ground handlers at the airport and transfer by coach to Huang Ya Guan, considered to be a miniature of the Great Wall, with stunning views of rugged, green mountains. There, we have our bike fitting and explore the area.

day 3
Huang Ya Guan - Pinggu | approx. 61 km
Mounting our bikes in Huang Ya Guan, we cycle on twisting tracks around a beautiful lake. Our route takes us onto flat, wide roads, until we stop at Buddha Hill for a picnic lunch with a magnificent view of the Giant Buddha. Later, we ride back to the lake and our hotel at Pinggu.

day 4
Pinggu - Miyun Reservoir | approx. 102 km
We set off on a 25 km flat stretch to our first testing climb through some gorgeous, rural villages tucked in rolling green hills. After spending most of the day riding through hills, we descend to our hotel by the Minyun Reservoir.

day 5
Miyun Reservoir - Shisanling | approx. 98 km
Today is our longest day of riding, but with a mixture of flat biking on bike lanes through fast developing towns and climbs through the countryside and forests, we’re kept enthralled by this incredible culture. After a stop at the Ming Tombs, we rest in a comfortable hotel at Shisanling.
For this open challenge, choose any heart charity you wish to support. You’re also welcome to pay the tour costs yourself, without the pressure of a minimum sponsorship target.

**What does it cost?**

**Sponsorship**
- Registration fee: £349
- Minimum sponsorship: £3,300 (by 01/08/2019)
- Total commitment: £3,649

**Self-funded**
- Registration fee: £349
- Pay the balance: £1,650
- Total commitment: £1,999

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**Day 6**  
**Shisanling - Sheng Ping Yuan | approx. 74 km**
Today, we get our most challenging climbs out of the way in the first 35 km and are rewarded with exquisite views over lush and ancient valleys. We then ride downhill to a small market town. After lunch at a restaurant, we continue through the mildly undulating countryside to Sheng Ping Yuan.

**Day 7**  
**Sheng Ping Yuan - Badaling - Beijing | approx. 48 km**
Getting a taste of urban China, we ride past skyscrapers and along wide, smooth, flat roads. Our last stretch takes us over a steep, stone-paved track to our finish line near Badaling. After lunch, we transfer by coach to our hotel in Beijing for a well-deserved rest and an optional foot massage.

**Day 8**  
**Beijing**
Today is free for you to explore Beijing. You can tour the magnificent Forbidden City, the stunning Royal Lakeside retreat of the Summer Palace and the iconic Tiantanmen Square or just enjoy wandering the streets of the city, taking in the fascinating culture. In the evening, we reunite to celebrate having completed a monumental challenge.

**Day 9**  
**Beijing - UK**
We transfer to Beijing airport for our daytime flight back to the UK, where we go our separate ways with our hearts fulfilled, having conquered the challenge of a lifetime, for an absolutely amazing cause.
Get the full flavour of India, cycling from the spicy city of Mumbai, through juicy mango and coconut farms to the sunny, salt-washed beaches of Goa.

Cycle from the bustling city of Mumbai to the white sand beaches of Goa while raising funds for a charity of your choice. The challenge entails five days of cycling through seaside towns, past unusual and colourful temples, rice paddies, mango orchards and lush farms.

This adventure may be ridiculously beautiful but it’s no lazy beach holiday. It’ll be life-changing in many ways, as you ride through a culture a world apart from our own. You’ll meet incredibly inspiring people, make life-long friendships and achieve your own personal challenge. You may even master the art of haggling with the local tradesmen! This isn’t even to mention that you’ll be raising funds for a charity of your choice and therefore the cause most important to you.

**itinerary**

**days 1 & 2**
**London - Mumbai - Dapoli**
After an overnight flight to Mumbai, we transfer to a hotel in Dapoli, where we have our bike fitting, dinner and a briefing.

**day 3**
**Dapoli - Chiplun | approx. 70 km**
We have a short day of cycling through colourful Indian farms, forests and mango orchards, to our resort in Chiplun.

**day 4**
**Chiplun - Ganpatipule Beach | approx. 84 km**
Today, we enjoy an undulating route mostly along the sea, with views of lonely beaches, fishing villages and island forts. We catch a ferry crossing at Tavasal Jetty and continue to Ganpatipule.

**day 5**
**Ganpatipule - Padavane Ambolgad | approx. 86 km**
We continue cycling southwards, cross a few rivers and pass through Ratnagiri, the biggest port city in the region and on our route. Pedalling on, we reach our simple hotel, close to the Padavane Ambolgad Beach, which is known for its fine texture sands and clean waters.

**day 6**
**Padavane Ambolgad Beach - Malvan | approx. 96 km**
Today will be the longest day of the challenge. We pass through the town of Kunkeshwar, home to several colourful temples. We continue along the coast, marvelling at the gorgeous Arabian sea, until we eventually reach our hotel for a well-deserved rest at one of the most beautiful beaches in Malvan.
day 7  
**Malvan - Morjim | approx. 78 km**  
On our last day of cycling, we make our way along the undulating coast, passing the palm-lined beaches of Vengurla, to Terekhol River. The river is surrounded by lush vegetation and marks the border between Maharashtra and Goa. Upon reaching Goa, we ride to our resort near Morjim Beach in North Goa and relax.

day 8  
**Goa**  
Today is a free day for you to relax at the hotel, catch some more sun at one of the many palm-fringed beaches or explore the vibrant Goa and do a spot of shopping. All the while, you can reflect on the wonderful challenge you’ve just accomplished. In the evening, we celebrate with a farewell dinner.

day 9  
**Goa - Mumbai**  
This morning, we catch a transfer to Goa airport for an internal flight to the bustling city of Mumbai. Time permitting, we have an optional tour of Mumbai and a chance to explore the city independently, before our last dinner together and an overnight stay in Mumbai.

day 10  
**Mumbai - UK**  
We catch our flights from Mumbai airport back to the UK, which will likely feel a bit chilly after nine days in the sunshine! We say our farewells but will no doubt keep in touch, having made life-long friendships on this extraordinary challenge.

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**open challenge**  
For this open challenge, you’re free to choose any UK-registered charity you would like to support. You are also welcome to pay the tour costs yourself, without the pressure of a minimum sponsorship target.

**what does it cost?**

**sponsored**
- registration fee: £349
- minimum sponsorship: £3,700 (by 11/09/2019)
- total commitment: £4,049

**self funded**
- registration fee: £349
- pay the balance: £1,850
- total commitment: £2,199
We first set up Women V Cancer in 2010, with two main aims: to help put an end to women’s cancers and to get more women on their bikes!

Over ten thousand women have taken part in our challenges both in the UK (Ride the Night) and around the world, to raise funds for three important female cancer charities: Breast Cancer Care, Ovarian Cancer Action and Jo’s Cervical Cancer Trust. Together, we’ve raised over £12 million.

Our women-only challenges aim to give all women the drive and confidence to reach their goals, whether physical, mental, charitable or all three! We’re not about competition; we’re about living the team to achieve our dreams!

ChallengeHer, our new collection of women-only open challenges, brings women together to achieve something incredible for their favourite charities. ChallengeHer is all about your own personal strength and testing yourself in body mind and spirit.

As open challenges, you can support the charity of your choice. You also have the option to self fund your costs and raise whatever you can for your chosen charity, with no minimum sponsorship fee.

Got a question? Don’t keep it to yourself...

www.dream-challenges.com/challenges/women-v-cancer
events@dream-challenges.com
01590 646410
women v cancer - cycle milan to venice

15 - 19 May 2019 | 5 Days

Pack your viola – we’re heading to Venice!
Get some serenity cycling 355 km from Milan to “Serenissima”.

Experience “La Dolce Vita” for the Women V Cancer charities, cycling from Italy’s fashion capital of Milan to loved-up Venice in three days.

This stunning 355 km route takes you along the southern edge of the Dolomites, Lake Iseo and the heavenly Lake Garda to a finale at the edge of Venice. After conquering our challenging summer cycle, you have a free day to explore the islands of Venice and their iconic art, architecture and canals, while telling yourself a big "Bravo".

what does it cost?
registration fee: £149
minimum sponsorship: £1,800 (by 06/03/2019)
total commitment: £1,949

getting to Italy
Flights are not included. Please arrange your flights to and from Milan yourself.

“It was the most exhilarating, exhausting but gratifying experience in my life.”
- Jo

about the charity
All funds raised are divided equally between the three invaluable Women V Cancer charities.

itinerary

day 1 | UK - Milan
You arrange your own flight from the UK to Milan–Malpensa Airport, where a member of the Dream Challenges crew meets you and takes you to our airport hotel. You then settle down in your private room for a good rest, ready to start our challenge in the morning.

day 2 | Milan – Brescia | approx. 120 km
Meeting as a group, we have breakfast at the hotel and a briefing, before we transfer to the outskirts of Milan for our bike fitting and to start our challenge. We cycle towards the hills of Northern Italy through small towns, including Treviglio, stopping for lunch along the way. We continue to Lake Iseo and finally reach the beautiful, historic city of Brescia, where we’ll stay the night.

day 3 | Brescia – San Bonifacio | approx. 120 km
We follow a scenic route through the hills on the edge of the Dolomites to Lake Garda. After lunch, we ride along the southern shore of the lake to our hotel in San Bonifacio and dine in town.

day 4 | San Bonifacio - Mestre | approx. 115 km
We spend our last cycling day riding through a gorgeous National Park, to Mestre, part of mainland Venice, where we celebrate. (It isn’t possible to cycle to the islands without getting wet!)

day 5 | Mestre – UK
Today is free for you to explore Mestre and Venice’s islands. You organise your own flight back to the UK. At the end of the day, we have one transfer to take you to Venice Marco Polo Airport.

sign up today at dream-challenges.com | 01590 646410 | events@dream-challenges.com
itinerary

**From 6pm | Check-in opens | Royal Windsor Racecourse**

Check-in opens from 6 pm and the first group of women sets off at 9 pm.

Enjoy the awesome atmosphere of the Royal Windsor Racecourse, with warm-ups, refreshments and entertainment, including motivational music and speeches! We encourage you to relax and make friends, before you’re called to your start wave. The vibe of Ride the Night is electric - and very pink! Our Women V Cancer heroes go all out: sparkling tutus, feather boas, headdresses as big as their bikes, you name it! It’s the perfect time for a selfie or ten.

There’s free parking at the start/finish point, but come prepared in your cycling gear, as there are no changing facilities.

**From 9pm | Get on your bikes**

The ride kicks off with staggered start waves. You can select from 9.00 pm, 9.30 pm, 10.00 pm and 10.30 pm, but please register now to secure your preferred start time. You’re set off in groups of seventy-five women at two-minute intervals.

There are three rest stops along the way, with water and snacks available; plus first aid, bike mechanics and toilet facilities.

Ride the Night is not a race and there are no event timings. We expect that faster cyclists will complete the ride in four hours, whilst slower cyclists will take up to eight hours. The cut-off time is 7 am on Sunday, but no-one will be left behind, as we’ll have a sweeper van behind the final group of cyclists.

**what does it cost?**

- **registration fee**: £45
- **minimum sponsorship**: £199 (by 12/04/2019)
- **total commitment**: £244

**I had such an amazing time, I think it was the most enjoyable ride I have ever done!**
- Judith

**The iconic sights, meeting fab women & the support from strangers was amazing!**
- Kate

**about the charity**

All funds raised are divided equally between the three invaluable Women V Cancer charities.

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**women v cancer - ride the night**

25 May 2019 | 1 Night

Girl power and pedal power unite on our flagship Women V Cancer challenge. Join the UK’s largest female London night cycle.

The challenge is on to cycle 100 km through the night on a circular route, starting and finishing at the beautiful Royal Windsor Racecourse. You’ll pass many of London’s famous landmarks, including Westminster Abbey, Trafalgar Square, Buckingham Palace and many more!

Over the last four years, thousands of women have cycled through London at night and raised almost £5 million to support people affected by ovarian, breast and cervical cancers. Join this incredible team of women and help raise funds to stand up against women’s cancers.

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**challenge level**

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**28 a hero in everyone**
Due to overwhelming demand and over 500 sign-ups for 2018, we’re running the Women V Cancer - London to Paris Bike Ride again in 2019! Cycle from London to Paris and raise funds to help put an end to women’s cancers, while making the best new friends. Starting in London in September, while the air’s still warm, you’ll follow a picturesque three-day route, through rolling French hills and quaint villages, to the city of love. There, you’ll have a free day to admire the exquisite Parisian sights, before catching the Eurostar home.

See autumn at its most beautiful as you cycle a rural route, beginning and ending in two of Europe’s most beloved cities.

what does it cost?
registration fee: £149
minimum sponsorship: £1,750
(by 27/06/2019)
total commitment: £1,899

“The support from the crew and the other participants gets you through the cycle!”
- Hazel

“I recommend everyone takes on a Women V Cancer challenge.”
- Tara

about the charity
All funds raised are divided equally between the three invaluable Women V Cancer charities.

challenge level

itinerary

day 1 | London - Portsmouth - Caen | approx. 140 km
After a morning briefing at our starting point in London, we cycle through rural villages on quieter roads and a few hills, to Portsmouth. Here, we enjoy a well-earned dinner, before boarding the ferry for our overnight accommodation in four berth cabins to Caen. This picturesque port town is home to Château de Caen, a circa-1060 castle built by William the Conqueror.

day 2 | Caen - Évreux | approx. 135 km
Bon matin, France! Leaving Caen behind us, we cycle eastwards and head onto quieter roads through rolling green hills to Évreux. We stop for the night in twin rooms in local hotels. Tonight, you’re free to make your own dinner arrangements and enjoy the local culture.

day 3 | Évreux - Paris | approx. 111 km
Our final day in the saddle takes us through charming French towns and villages to the beautiful city of Paris. Upon reaching Paris, we reunite and cycle to the magnificent Eiffel Tower, where we celebrate and make the most of the fantastic photo opportunity, before riding to our hotel to stay in twin rooms. This evening, we enjoy a celebratory dinner.

day 4 | Paris - London
Today is a free day in Paris to do as you wish. Why not visit some of the fascinating landmarks, like Notre Dame Cathedral and the beautiful Sacré Coeur? In the afternoon, you make your own way to the Gare du Nord to catch the Eurostar back to St Pancras in London. There, we reunite with our bikes.

sign up today at dream-challenges.com | 01590 646410 | events@dream-challenges.com
women v cancer - cycle costa rica

In a coconut shell, this 360 km coast to coast cycle takes you from the Caribbean Sea, through a tropical paradise to the Pacific Ocean. Look out for birds and monkeys and the tiny, bright green tree frogs!

This bright and beautiful cycling challenge starts in Parismina on the eastern Caribbean coast and finishes in the wonderful Playa Hermosa on the western Pacific coast.

You’ll experience breathtaking scenery, from awe-inspiring rainforests to juicy fruit farms to two volcanoes and spot some adorable animals along the way. It will be a journey full of fun, friendship and great support, as women of all ages and from all cycles of life test themselves for an incredible cause. This fantastic adventure is the perfect opportunity to get fit and have the experience of a lifetime.

Our first date has already sold out and the second will soon follow suit, so don’t dilly dally! Book your place now on the Women V Cancer section of our website: www.dream-challenges.com.

In a coconut shell, this 360 km coast to coast cycle takes you from the Caribbean Sea, through a tropical paradise to the Pacific Ocean. Look out for birds and monkeys and the tiny, bright green tree frogs!

All funds raised from our Women V Cancer challenges are distributed evenly between the WVC charities:

Breast Cancer Care
Jo’s Cervical Cancer Trust
Ovarian Cancer Action

The charities

Romantic, challenging and guaranteed to make you go ‘omg!’ this cycle will lead you on a spectacular route from the Caribbean Sea to the Pacific Ocean. Exceptional scenery, friendly faces, strong support and, above all, a truly incredible cause.

In a coconut shell, this 360 km coast to coast cycle takes you from the Caribbean Sea, through a tropical paradise to the Pacific Ocean. Look out for birds and monkeys and the tiny, bright green tree frogs!

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In a coconut shell, this 360 km coast to coast cycle takes you from the Caribbean Sea, through a tropical paradise to the Pacific Ocean. Look out for birds and monkeys and the tiny, bright green tree frogs!

The itinerary

days 1 & 2
London - San José - Finca Pacuarito
Flying to San José on Day 1, we have the next morning free to relax or explore the city, before transferring to the East Coast.

day 3
Finca Pacuarito - Guápiles | approx. 69 km
Starting the day with a transfer and a boat ride to the Caribbean Sea, we mount our bikes and ride through banana farms to the river. After another boat ride, we cycle to the gorgeous Guápiles.

day 4
Guápiles - Sarapiquí | approx. 61 km
Today we pass through more banana plantations and see some pineapple farms too, as we cycle along paved roads to Sarapiquí.

day 5
Sarapiquí - Arenal Volcano | approx. 67 km
We have a juicy route today, cycling through citrus fruit farms and feasting our eyes on yucca, papaya and pineapples. We then cycle uphill for a bit, before reaching a paved road to our hotel in La Fortuna, which neighbours Arenal Volcano and its hot springs.

day 6
Arenal Volcano - Tilarán | approx. 56 km
Today, we tackle a tough but stunning stretch of our journey, as we bike the hilly northern shores of Lake Arenal. Along the way, we’re rewarded with breathtaking views of the gleaming fresh-water lake and the lush, green volcano, which has been dormant since 2010. We eventually reach our hotel in the small town of Tilarán for a good night’s sleep.
This morning is free to relax at the hotel or beach, before transferring to San José for the night. Geared up from yesterday, we have another tough, yet beautiful day, which gives us views of both Arenal and Miravalles volcano. Riding an undulating route, we see a change in scenery as we enter the dryer side of Costa Rica, closer now to the Pacific Ocean. Today, we transfer to the international airport in San José, where we say goodbye to Costa Rica and catch our overnight flight back home to the UK.

We have a joyous cycle today, starting with a 20 km down-hill ride. Our route then evens out on a flat section and we bike along paved roads towards the coast. Our challenge ends with a final uphill push to the absolutely stunning Playa Hermosa on the Pacific coast. Here, we settle down in our hotel near the idyllic, white-sand beach that stretches between two mountains.

We touch back down in the UK, geared with some unforgettable anecdotes of the challenge to tell our friends and family.

**what does it cost?**
- Registration fee: £299
- Minimum sponsorship: £3,300 (by 23/08/2019)
- Total commitment: £3,599

**“Wonderful support, route and atmosphere! The organisation was faultless.”**
- Karen

**“An incredible experience with amazing women and many have become friends for life.”**
- Helen
ChallengeHer aims to empower women from all walks of life with a fab collection of women-only challenges. Support a charity of your choice, test yourself in strength and spirit and make life-long friendships.

ChallengeHer - great wall of china trek

9 - 17 May 2019 | 9 Days

Step on to the dragon’s back on the debut ChallengeHer trek along the Great Wall of China, through a postcard of rugged rural scenes, to a dazzling finish under the bright lights of Beijing.

The debut women-only ChallengeHer trek will take you on a stunning hike along ancient and remote sections of the Great Wall of China, a.k.a. the Dragon’s Back.

The terrain will be challenging, but well worth it for the breathtaking, panoramic views, the taste of Chinese rural life and the strong friendships formed along the way.

At the end of the challenge, you can explore the mind-blowing capital of Beijing and its Forbidden City, while relishing in your amazing sense of achievement!

You can choose to support any charity you wish. Alternatively, you can self fund your costs and raise as much as you can for your chosen charity, with no minimum sponsorship target.

about ChallengeHer

ChallengeHer aims to empower women from all walks of life with a fab collection of women-only challenges. Support a charity of your choice, test yourself in strength and spirit and make life-long friendships.

itinerary

days 1 & 2
London - Beijing - Huang Ya Guan
After an overnight flight to Beijing, we meet our ground handler and transfer to our hotel in Huang Ya Guan, where we can get a taste of traditional Chinese culture, while admiring the Great Wall of China and the rugged, green mountains. We then have some free time to explore the area.

day 4
Huang Ya Guan - Farmhouse Stay | approx. 6 - 7 hours
We start with a tough climb along the Great Wall to the top of the mountain, where we’re rewarded with breath-taking views. Trekking on mountain paths, along the wall and through a forest, we finally reach Qianganlian, a farming village, where we stay overnight in traditional Chinese lodgings.

day 3
Huang Ya Guan - Huang Ya Guan | approx. 5 hours
Today, we trek through the beautiful countryside surrounding our hotel. From time to time, we walk on the wall and take on a few demanding climbs and descents; a great warm-up for much more to come. We then return to our hotel at Huang Ya Guan.

day 5
Farmhouse - Jinshanling | approx. 6 - 7 hours
Today, we walk into the woods, where we embark on a tough climb to a section of the Great Wall overlooking the countryside. After a picnic lunch, we hike along flat, farm roads and through villages, until we reach the road and transfer to Jinshanling.
**day 6**

**Gubeikou - Jinshanling | approx. 8.5 hours**

After breakfast, we transfer to an impressive section of wall at Gubeikou, which stretches 40 km, boasting 143 watch towers and 14 beacons and dating back to the Ming Dynasty. We follow the wall to Jinshanling, a section believed to be one of the most spectacular parts of the Great Wall of China.

**day 7**

**Great Wall at Jinshanling - Beijing | approx. 4 hours**

On our final day of trekking, we explore different (some very steep) parts of the wall and reach our finish line at the highest accessible point of the wall. After a celebration, we transfer to our hotel in Beijing, for dinner and an optional foot massage.

**day 8**

**Beijing**

We have a free day in Beijing to shop, relax, explore the city at our leisure or take a tour of some of the famous sights, including the Forbidden City Palace Complex Museum, the Summer Palace and Tiananmen Square. This evening, we meet up with the ChallengeHer Cycle China group for a celebration.

**day 9**

**Beijing - UK**

Today, we transfer to Beijing airport for our daytime flights back home to the UK, where we collect our luggage and part ways, having formed fabulous new friendships and amazing memories that will last a lifetime.

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**what does it cost?**

**Sponsorship**

- **registration fee:** £349
- **minimum sponsorship:** £3,000 (by 27/02/2019)
- **total commitment:** £3,349

**Self-funded**

- **registration fee:** £349
- **pay the balance:** £1,500
- **total commitment:** £1,849

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**“The trek was a wonderful experience with lovely people, through beautiful scenery.”**

- Ailsa
challengeHer aims to empower women from all walks of life with a fab collection of women-only challenges. Support a charity of your choice, test yourself in strength and spirit and make life-long friendships.

about challengeHer

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itinerary

days 1 & 2
London - Beijing - Huang Ya Guan
After an overnight flight from London, we meet our ground handlers at Beijing airport and transfer by coach to our hotel at the town of Huang Ya Guan. With stunning views of the Great Wall and surrounding green mountains, we spend the rest of the day bike fitting and exploring the area.

day 3
Huang Ya Guan - Pinggu | approx. 61 km
From our starting point in front of the Great Wall at Huang Ya Guan, we follow the shore of a beautiful lake on to flat roads, right up to Buddha Hill. We explore this stunning holy site, where the Giant Buddha towers over lush surroundings, before riding back to the lake and our hotel at Pinggu.

day 4
Pinggu - Miyun Reservoir | approx. 102 km
A challenging but beautiful day of cycling, spent mostly riding through rolling green hills and picturesque villages, we get a taste of rural China and encounter local farming communities. We finally descend to the shore of the Miyun Reservoir, where we settle into our overnight hotel.

day 5
Miyun Reservoir - Shisanling | approx. 98 km
With today's ever-changing scenery, our longest day on the bike is anything but draining. We ride on flat bike lanes through fast developing Chinese towns and on rugged paths up through forests and countryside. Later, we stop to explore the Ming Tombs, before continuing to our comfortable hotel.

challengeHer - cycle china

9 - 17 May 2019 | 9 Days

Escape the daily cycle and take on the magnificent Great Wall of China, riding through forests, farms, hills and valleys, on this women-only adventure to raise awareness and money for a charity of your choice.

The debut women-only ChallengeHer cycle will give you the once-in-a-lifetime opportunity to ride the Dragon's Back, a.k.a. the iconic Great Wall of China. Raise money for a charity of your choice, while cycling through rustic, rural China and marvelling at the panoramic views of rolling green hills and majestic architecture. At the end of the challenge, you can explore the fascinating capital of Beijing and its Forbidden City.

This unforgettable women-only adventure is not only a great way to get fit; it's a chance to make life-long friendships and explore an amazing part of the world, all the while raising money for the cause that's most important to you. You also have the option to self fund your costs and raise as much as you can for your chosen charity, without having the pressure of a minimum sponsorship target.
“Everyone had such a fantastic time and was a testament to the hard work of Dream Challenges.”
- Jess

**what does it cost?**

**sponsorship**
- registration fee: £349
- minimum sponsorship: £3,300 (by 27/02/2019)
- total commitment: £3,649

**self funded**
- registration fee: £349
- pay the balance: £1,650
- total commitment: £1,999

**day 6**
Shisanling - Sheng Ping Yuan | approx. 74 km
We start the day with some steep climbs and then catch our breath on some easier, downhill sections, surrounded by green hills and valleys. A long descent brings us to a bustling market town and we enjoy lunch in a local restaurant, before riding through the countryside to Sheng Ping Yuan.

**day 7**
Sheng Ping Yuan - Badaling - Beijing | approx. 48 km
We get quite a dramatic change of scenery, riding on smooth roads through modern towns and conquer a climb to our finish line at the Great Wall near Badaling. We then transfer to our hotel in Beijing for a celebratory meal and an optional foot massage.

**day 8**
Beijing
We have a free day in Beijing to shop, relax and explore the city at our leisure or take a tour of some of the famous sights, including the Forbidden City Palace Complex Museum, the Summer Palace and Tiananmen Square. This evening, we meet up with the ChallengeHer Trek China group for a celebration.

**day 9**
Beijing - UK
Today, we transfer to Beijing airport for our daytime flights back home to the UK, where we bid goodbye to our new friends and revel in our still-fresh memories of an incredible adventure, that will last a lifetime.
coming soon in 2020...

Cycle the Plitvice Lakes Croatia

Explore the jaw-dropping beauty of Croatia by bike, cycling through post-card perfect landscapes from fields to forests to caves to waterfalls. The finish line of this idyllic charity challenge lies at the pristine Plitvice Lakes, where you can hop in a canoe and even up all that cycling with some arm work paddling across it! The Plitvice Lakes National Park comprises sixteen stunning lakes, interconnected by a series of little waterfalls. Don’t be fooled: this adventure may be pretty but it’s still a challenge, with several days of cycling across varying terrain in an unfamiliar environment.

Trek the Altai Mountains Mongolia

Anything from plain sailing, this trek through the mountains and plains of Mongolia has your legs aching but your eyes gleaming at the stupendous natural scenery. Hiking through the Altai Mountains, you’ll pass rivers and lakes, meadows and forests. You’ll also have a unique opportunity to try out some falconry with eagle hunters and soothe those aching muscles in the natural Altai hot springs.

Needless to say, it’s an Altai-gether awesome challenge.
These challenges are all brand spanking new so you can’t book them yet, but you can be the first to know when they go on sale by calling us to register your interest on 01590 646410.

**Trek and Cycle Japan - Imbari to Tokyo**

Take on the fascinating country of Japan the year of the summer Olympics in an adventure like no other. This magical challenge will have you cycling the “Shimanami Kaido” (the Nishiseto Expressway) across nine of Japan’s islands. This will lead you through ever-changing scenery to the mesmerising Kyoto. From there, you’ll tackle an amazing trek to the summit of Mount Fuji before a celebration in Tokyo. Gaining insight into the enthralling Japanese culture, surrounded by unmatched beauty, you’ll feel better than an Olympic champion.

**Push to the Peaks Team Challenge**

Our latest open team challenge will surely peak your interest. Starting off with a cycle around the Peak District’s most beautiful hills, you and your three teammates then swap your pedals for paddles and tackle one of its serene reservoirs by canoe. As soon as you reach the bank, you hop out for a stretch and a trek up one of the lush, green hills and admire the panoramas as the sun sets. Testing speed, strength and stamina, your team can conquer this challenge for a charity of your choice or you can self fund, with no minimum sponsorship target.
frequently asked questions

q. What type of accommodation will I be staying in?

a: The accommodation varies from challenge to challenge, ranging from tourist class hotels to jungle monasteries to mountain and desert camps to traditional home stays to bunks in ferries and sleeper trains! Visit our website for more information on the types of accommodation for each challenge.

q. Do doctors accompany your groups?

a: Yes. We always have a UK based doctor as part of the crew on our overseas challenges, sometimes two, depending on the size of the group.

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

a: Most people sign up on their own. We have Facebook groups for each challenge so you can chat before the big adventure and meet fellow participants.

q. Is there a lower and upper age limit to take part?

a: You need to be 18 years old or over to take part in a Dream Challenge. There’s no upper age limit - we’ve had participants ranging from 18 to youthful 75 year olds! Just make sure your doctor deems you fit.

q. How fit do I need to be?

a: Our challenges are not designed for Olympic athletes; they’re designed for people looking for an amazing goal to train and get fit for. A number of the people who will take part in our challenges will have little or no fitness level when they sign up. We provide you with a free comprehensive and realistic training programme for each challenge, which we’ll send to you in plenty of time once you’ve signed up, so you’ll have lots of time to prepare.

q. What other costs do I need to pay?

a: In addition to paying your registration fee, you will need to budget for your visa (if applicable), airport taxes and the fuel surcharge for our overseas challenges (typically £350 but subject to change – up or down). Other items to take into account include personal travel insurance, gratuities, optional tours and personal expenses.

Still burning with curiosity?
Get in touch:

www.dream-challenges.com
events@dream-challenges.com
01590 646410
our booking conditions

1. A non-refundable registration fee is required to participate in the event and should be paid direct to Dream Challenges Ltd (DCL).

2. If you have selected:

**Sponsorship** – You pay the non-refundable event registration fee direct to Dream Challenges when you register for the event. You must raise the agreed minimum amount of sponsorship as specified by your chosen charity, 100% of which must be sent to your charity at least 10 weeks prior to the event departure date and will be used to cover your tour including travel, accommodation, food, support vehicles and event support.

**Self Funded** – You pay the non-refundable event registration fee direct to Dream Challenges when you register for the event. You must pay the full event costs which will need to be paid to Dream Challenges 10 weeks before the departure date to secure your place on the event.

3. If you want to cancel your booking you must notify Dream Challenges in writing. The effective date of cancellation will be the date such notice is received. Registration and administration fees are non-refundable in the event that you cancel.

<table>
<thead>
<tr>
<th>Period before departure, when written notice of cancellation is received by DCL</th>
<th>Cancellation Charge</th>
</tr>
</thead>
<tbody>
<tr>
<td>up to 56 days</td>
<td>Loss of Registration Fee only</td>
</tr>
<tr>
<td>55 - 41 days</td>
<td>Loss of Registration Fee + 35% of Tour Cost</td>
</tr>
<tr>
<td>40 - 29 days</td>
<td>Loss of Registration Fee + 55% of Tour Cost</td>
</tr>
<tr>
<td>28 - 8 days</td>
<td>Loss of Registration Fee + 75% of Tour Cost</td>
</tr>
<tr>
<td>7 days to date of departure</td>
<td>Loss of Registration Fee + 100% of Tour Cost</td>
</tr>
</tbody>
</table>

**If you have paid the Challenge Tour Cost directly to DCL**

If you cancel your booking, the cancellation charges referred to above will apply. You will receive a refund of any monies paid by you directly to DCL relating to the Challenge Tour Cost paid after deduction of the cancellation charges set out above.

**If the Charity has paid the Challenge Tour Cost to DCL**

If you cancel your booking, the cancellation charges referred to above will apply. DCL shall refund to the Charity any monies relating to the Challenge Tour Cost paid by it to DCL after deduction of the cancellation charges set out above. You agree that the Charity shall be entitled to keep any such refunded monies and shall not be obliged to pay them to you.

4. Flight inclusive challenges: we hold an Air Travel Organiser’s Licence issued by the CAA (ATOL No. 10456) which provides for your protection in the event of Dream Challenges’ insolvency. The price of your air holiday packages includes the ATOL Protection Contribution (APC) we pay to the CAA. This charge is included in our advertised prices. When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

5. The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for Dream Challenges and in the event of their insolvency, protection is provided for the following:

1. Non-flight packages commencing in and returning to the UK;

2. Non-flight packages commencing and returning to a country other than the UK; and

3. Flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland.

1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with Dream Challenges. In the unlikely event that you require assistance whilst abroad due to our financial failure, please call our 24/7 helpline on 02920 468 505 and advise you are a customer of an ABTOT protected travel company.

6. If you are refused passage/entry/exit to or from the event destination any additional costs incurred are your responsibility.

7. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of Dream Challenges.

8. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport for the challenge.

9. We strongly recommend all participants purchase travel insurance which covers health/accident/loss and repatriation.

10. You must agree to be bound by Dream Challenges Booking Conditions.
Dream Challenges are a proud member of AITO (The Association of Independent Tour Operators), an umbrella organisation that represents over 100 of Britain’s best independent tour operators. This kitemark certifies that we are uniquely placed to provide personalised advice based on first-hand experience. All AITO members are required to provide the highest level of customer satisfaction by concentrating on three main pillars: Choice, Quality and Service and we strive to deliver these every time.

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