To celebrate 10 years of Women V Cancer cycling challenges we are heading back to where it all began! Join us for this very special anniversary ride through the Rift Valley – from the slopes of majestic Mount Kenya to the shores of magnificent Lake Victoria. And if that isn’t exciting enough… we’ll visit an elephant orphanage too!

We are delighted to be supporting the Faraja Cancer Trust in Kenya again and £100 of the money you raise will be used to support women with cancer in Kenya.

For more information and to register online:

www.dream-challenges.com

t: 01590 646410  e: events@dream-challenges.com

To take part you need to pay a registration fee of £299 and raise minimum sponsorship funds of £3,500. Registered Charity Nos. Breast Cancer Now is a working name of Breast Cancer Care and Breast Cancer Now, a charity registered in England and Wales (126598) and Scotland (SC045384), and a business name of the registered charity in the Isle of Man (1200), Ovarian Cancer Action: 1109743/SC043478, Jo’s Cervical Cancer Trust: 1133542/SC041236. Women V Cancer is established under Giving Works. Registered Charity No. 1078770.
Celebrating 10 magical years of Women V Cancer

We’re absolutely thrilled to announce that 2021 will be the 10-year Anniversary of Women V Cancer! In the last 10 Years, over 20,000 women have taken part in Women V Cancer cycling challenges all over the world and in doing so, have raised £20 Million!

Our challenges have also raised awareness of the three invaluable charities, encouraged women to exercise and get fit and they have also formed lifelong friendships.

To celebrate the 10-year landmark, we’re aiming to raise £5 Million for Women V Cancer in 2021 – and we’re kicking things off back where it all began: in Kenya!

Our first ever Women V Cancer cycling challenges back in 2011/12 took us to Kenya. Over 400 incredible women across five groups raised more than £1.6 Million for our charities!

This was followed by a load of other unforgettable challenges, both in the UK (Ride the Night London and Edinburgh and End2End) and all over the world (France, Italy, India, China, Cuba, Vietnam/Cambodia, Tanzania, Brazil and Costa Rica). Each and every kilometre cycled by each and every Women V Cancer participant has helped us to get to that awesome total of £20 million!

And we’re got much more to look forward to!

In 2021, we’re on a mission to raise £5 million for our three very important women’s cancer charities, Breast Cancer Now, Jo’s Cervical Cancer Trust and Ovarian Cancer Action.

Be a part of this incredible 10-year celebration and join us for Women V Cancer Cycle Kenya 2021! The easiest way to register is online: www.dream-challenges.com/challenges/women-v-cancer/women-v-cancer-cycle-kenya-2021/
Women V Cancer Cycle Kenya 2021

We’re going back to the bush where it all began to celebrate the Women V Cancer 10-year anniversary! And we’re on a mission to raise £5 million for our three very important women’s cancer charities, Breast Cancer Now, Jo’s Cervical Cancer Trust and Ovarian Cancer Action. Join a team of amazing women as we cycle through the land of the lion for six days all in aid of people affected by breast, ovarian and cervical cancers.

Together, we’ll cycle from the foothills of Mount Kenya to Kisumu and spot a large variety of Kenya’s awesome wildlife as we go, including elephants, giraffes, gazelles, impalas, buffalos and more. Our life changing (and lifesaving!) Women V Cancer tenth year anniversary overseas cycle has an epic finish at the David Sheldrick Wildlife Trust elephant orphanage. This incredibly special sanctuary rescues and raises baby elephants, who’ve had a tough start to life and rehabilitates them back into the wild.

You’ll make a bunch of lifelong friendships, get fit and have the adventure of a lifetime!

Support women v cancer and give back to the planet at the same time!

As a company dedicated to practicing responsible tourism, we’re very happy to assure you that we’ve designed this beautiful itinerary to give back to the places we visit.

Not only have we picked fantastic suppliers local to the area; but the David Sheldrick Wildlife Trust use their profits to help the animals in their care and save them from extinction.

We also get the chance to visit the brilliant local cancer charity, Faraja Cancer Support, to see the incredible work they do for people with cancer. We’re delighted to partner with Faraja Cancer Support for this challenge and £100 of the funds you raise (per rider) will go towards their vital cause.

“Such a wonderful shared adventure! Absolutely the most amazing experience and memories. I really hope we get the opportunity to join another adventure and raise funds for a very worthwhile cause!”

Jaki Diggle, Women V Cancer Cycle Tanzania participant
The Itinerary

**Days 1 & 2 | UK – Nairobi – Naro Moru, Nyeri | 10-15km +**
Our ten-year anniversary adventure begins with an overnight flight from London and we touch down in Nairobi in the morning on Day 2.

From the airport we are transferred by coach off the beaten tourist track to Naro Moru. This small market town lies in the foothills of Mount Kenya and enjoys a beautiful mountain backdrop. Here, we find our accommodation for the night and have our bike fitting. To make sure we’re all comfy in our saddles — and to make the most of our exquisite surroundings — we take a 10-15km off-road test ride in the local area.

This evening, we dine together and our fab challenge leader gives us a briefing of the cycle we have ahead of us.

**Day 3 | Naro Moru - Nyahururu | 100km**
Into the bush! We have a long cycle today but every bit of it is enchanting! Mounting our bikes in Naro Moru, we follow a mixed dirt and tarmac route through a gorgeous game conservation. From our saddles, we can look out for all sorts of the awesome species Kenya is renowned for, in their natural habitat. Keep your eyes peeled for impalas, zebras, giraffes, buffalos and more. Once we hit tarmac, we’ll know we’re nearing the end of today’s ride. From here, we transfer by bus to Nyahururu. The town’s name comes from the Maasai word e-naiwurruwurr, meaning waterfall and/or windy or place of storms.

After our mighty day in the saddle, it’s time now to settle down at our accommodation, have our group dinner and get a good night’s sleep.

**Day 4 | Nyahururu - Marigat - Karbanet | 60km**
After a morning transfer to our day’s starting point, we have a shorter ride to the fantastic market town of Marigat, home to the Tugen (Samor) mainly from the upper regions, the Njemps (Ilchamus) mainly from the low regions and the Pokot communities.

We’re in for more wonderful vistas and wildlife today, pedalling on a mix of dirt and tar. We dismount our bikes when we reach Marigat, where the locals grow and sell a range of crops, from pepper and pawpaws, to melons, bananas and oranges.

From here, we’re transferred to the city of Karbanet.
Day 5 | Karbanet – Iten | 68km
After breakfast at the hotel, we start our day’s challenge with a steep, downhill cycle. This leads us onto gentler terrain – then we’re in for an epic climb. Pushing up the Elgeyo Escarpment, we wind our way through a pretty forest, with loads of butterflies to encourage us on our way.

Once we reach the top, our staggering sense of achievement is twinned with the perfect sight for our sore thighs, looking out across the Rift Valley. We stop here for lunch, before ending our day with a smoother cycle, with even more gorgeous scenes to take in.

“Absolutely fantastic experience, loved every minute of it!”
Joy Vogt, Women V Cancer Cycle India participant

Day 6 | Iten – Kapsabet | 80km
Once again, we begin with breakfast. Then we have a coach transfer to today’s start point. You’ll be pleased to know that our cycling isn’t as steep today and we follow a smooth route.

Passing through local towns off the tourist trail, we get some fantastic insight into the way of life here, which you wouldn’t see as a holiday traveller. Eventually, we reach our accommodation in Kapsabet, the capital of Nandi County.

Day 7 | Kapsabet - Kisumu | 85km
We’ve reached our last day in the saddle. Energised by the thought of the finish line ahead, we mount our bikes and follow a gorgeous route through more municipalities and the beautiful South Nandi Forest.

As we near the end of our cycle, we get our first glimpse of the magnificent, world-famous Lake Victoria, which covers a whopping 70,000 square kilometres. The traffic picks up, signifying that we’re nearing Kisumu. This inland port city is the third largest city in Kenya and it’s where our challenge ends!

Tonight, we celebrate our achievement, having conquered a royal feat for an invaluable cause.
Day 8 | Kisumu – Nakuru
This morning, after breakfast, we transfer to Nakuru, the capital city of Nakuru County. The afternoon is then free to spend as you wish, having a good old rest at the hotel.

Alternatively, you may want to make the most of the opportunity to shop for souvenirs. As Kenya’s fourth largest city, you’re bound to find a bunch of trinkets.

In the evening, we meet again for an awesome game drive in the National Park. Don’t forget your camera! We’ll have the chance to spot more wildlife than we have throughout our cycle, going about their day and happily protected from poachers.

Day 9 | Nakuru – Nairobi
Our Kenyan adventure ends with an absolutely magical day, transferring to Nairobi in the morning and visiting the David Sheldrick Wildlife Trust elephant orphanage. This invaluable sanctuary rescues orphaned baby elephants and raises them, until they're ready to return to the wild.

The excitement isn’t over yet! This afternoon, we have the very special opportunity to visit the local cancer charity, Faraja Cancer Support.

We’ll meet some of the people there and see the incredible work they do for people with cancer. We’re delighted to partner with Faraja Cancer Support for this challenge and £100 of the funds you raise (per rider) will go towards their vital cause. This visit gives us the chance to see where these funds go.

In the evening, we have our final dinner together at an awesome local BBQ pit, The Carnivore. Said to be “Africa’s greatest eating experience”, The Carnivore offers a wide variety of meat, from beef to fish to zebra.

Veggies, fear not: there will also be vegetarian options to enjoy.

After dinner, we also have the chance to go to Nairobi’s most popular night club, the Simba Saloon, which is part of the Carnivore complex.

“When I got to Kenya I realised that everybody has different targets and challenges. What one person finds a challenge, another will take in their stride... or pedal. We are one big team and everybody is there for one main reason - to KICK THE ASS OUT OF CANCER! We are all there to help each other and we will all get to the end, together! It will be the most amazing experience of your life!”

Natalie Olley, Women V Cancer Cycle Kenya participant

Day 10 | Nairobi – UK
We’re homeward-bound today! We’re transferred to the airport in the morning for a day-time flight back to the UK.

This is where we part ways and make our own way home. Time to share your memories and start looking forward to our next Women V Cancer adventure!
Your questions answered

**WHEN IS IT?**
01 – 10 October 2021

**HOW MUCH DOES IT COST?**
Registration fee: £249
Minimum sponsorship target: £3,500

**WHEN’S THE FUNDRAISING DEADLINE?**
9 July 2021

**MORE DETAILS**

**HOW DOES IT WORK?**
To take part in Women V Cancer Cycle Kenya 2020, you need to pay a non-refundable registration fee of £249, which is used to administer the challenge and secure your seats with the airline.

You must also raise minimum funds of £3,500 for the Women V Cancer charities. Your charitable funds must be paid in by Friday 9 July 2021 (12 weeks before departure).

The charities will pay tour costs of £1,750 per person on your behalf and the rest of the funds you raise will go directly to the work of the three Women V Cancer charities and £100 (per rider) will go to the local cancer charity, Faraja Cancer Support.

The more money raised by participants on the challenge, the higher the percentage of funds that directly support the work of the three charities. We therefore encourage you to exceed the minimum fundraising target.

“Some of the best times of my life, brilliant experience taking part!”
Lynne Fidzewicz, Women V Cancer Cycle Kenya participant

**WHAT’S INCLUDED?**

**Your registration fee** of £249 per person is used to administer the challenge and secure your seats with the airline.

**Your challenge costs** of £1,750 (ie. 50% of the fundraising target) cover:

- Your flights (not including airport taxes and the fuel surcharge, approx. £350)
- All meals throughout your challenge
- Accommodation
- Bike hire
- All transfers in Kenya
- Entry fees where applicable
- A team of awesome, first-aid trained local guides and Dream Challenges staff
- Full support from the Dream Challenges office in the lead up to and during your challenge
- Medical support, including two doctors, who will accompany us throughout the challenge
- Mechanical support

**HOW DO I SIGN UP?**
WHAT OTHER COSTS WILL I PAY?
IN ADDITION TO PAYING YOUR REGISTRATION FEE, YOU WILL NEED TO BUDGET FOR:

- Your airport taxes and the fuel surcharge (currently £350 but subject to change – up or down)
- Your personal travel insurance
- Your visa for Kenya (You will need to arrange this yourself. We’ll send you details of this in the lead up to the challenge.)
- Gratuities
- Optional tours
- Personal expenses.

HOW FIT DO I HAVE TO BE?
This challenge is not designed for Olympic athletes – it’s designed for women who are looking for an amazing goal to train and get fit for.

A number of the women who will take part in this challenge will have a low fitness level when they sign up. Women V Cancer is the perfect motivation to get fit, lose weight and have the experience of a lifetime.

Once you are registered for the challenge, we give you a realistic training programme, which gradually builds up as the event gets closer.

If you’re feeling nervous, check out these fab messages from two of the amazing Women V Cancer heroes, who took on our first Cycle Kenya

I’M WORRIED ABOUT SIGNING UP ON MY OWN…
Please don’t be! The majority of people will sign up on their own and our Women V Cancer challenges are renowned for the incomparable camaraderie and lifelong friendships made as our groups take on these incredible feats together.

Once you’ve signed up for the challenge, we’ll send you a link to a private Facebook group for everyone registered for Women V Cancer Cycle Kenya 2021. Please feel free to use this space to swap questions, advice and updates with your fellow cyclists on training and fundraising. You may also want to reach out to other participants in this group to see if there’s anyone in your local area you can meet up to train and fundraise with.
AM I TOO OLD?
Absolutely not! One of the amazing things about the challenge is that people of all ages will come together to do something very special. As long as you’re 18 years or over by the time we depart for the challenge, you are more than welcome to join the ride!

CAN I PAY MY OWN TOUR COSTS?
How you fund your challenge is entirely up to you. Some women will decide to pay their own tour costs (£1,750) so they can tell their donors that the donation they are making is going directly to support the work of the charities. Others will fundraise the full amount.

DO I NEED SPECIAL EQUIPMENT?
A cycle helmet is essential and must be worn at all times. Cycling shorts are also recommended and everyone will need their own water bottles or a CamelBak-type hydration system. Apart from that, no specialist equipment is required. We will supply you with a list of everything you will need to take before you go.

Cyclists will have the use of 18 or 21-gear bikes and we suggest you bring the saddle or gel cover you’re used to riding on. You’re also welcome to bring your own pedals. We’re afraid we can’t allow for you to bring your own bike on this challenge, for logistical reasons.

WHO ORGANISES ALL THE TRAVEL ARRANGEMENTS?
All the challenge arrangements are organised by Dream Challenges. The company is bonded with the Civil Aviation Authority ATOL number 10456.

'I should say that the India trip was absolutely fantastic, really one of the best things I’ve ever done, thank you too everyone at your end for such incredibly brilliant organisation and especially to Carol the wonderful group leader.

Nikki Poole, Women V Cancer Cycle India participant
WHERE WILL WE SLEEP OVERNIGHT?
We will stay in comfortable hotels in shared rooms throughout the challenge.

WHAT HAPPENS IF I DON’T REACH MY FUNDRAISING TARGET?
If you don’t reach your fundraising target, you can either top up the additional funds yourself or simply forfeit your place on the challenge and lose your registration fee.

CAN I EXTEND MY STAY AT THE END OF THE CHALLENGE?
Yes of course! If you wish to extend your stay, you’ll need to come out of our group flights. Please let us know if you decide to do this at least 14 weeks before we depart for Kenya, so we can arrange this and deduct the cost from your balance.

WHAT ABOUT INSURANCE AND VISAS?
You will need to take out your own personal travel insurance, covering health, accident, loss and repatriation. Dream Challenges has a recommended policy, which we can send you. Otherwise, you can take out your own insurance, providing it covers you for a charity cycle ride in Kenya. You will also need to arrange your own visa. We’ll send you information on how to do this closer to the challenge departure date.

HOW WILL YOU SUPPORT ME?
The Dream Challenges team are here to help you achieve your challenge and will support you all the way. We are on hand from the minute you sign up to answer any questions that you may have about your training or the challenge itself.

Once you have registered, we will send you a realistic training programme to help you get fit for the challenge. The programme builds up gradually as the challenge gets closer, so you’ll be ready and raring to go by the time we depart for Kenya.

In Kenya, we will have a team of awesome, professional, first-aid trained challenge guides and medical support. We will have two doctors accompanying us throughout the challenge.

"It was honestly the most exhilarating, exhausting but gratifying experience in my life. There were honestly moments when I couldn’t believe what I was doing! The group were so friendly and everyone was very supportive. People do have different strengths but the most important lesson I learned was the depth of camaraderie. It was an amazing journey with beautiful memories. If you get the opportunity to do a challenge like this embrace it and enjoy every bit of it!"
Jo Forster, Women V Cancer Cycle Kenya participant
Why take part?

**Breast Cancer Now**
We’re Breast Cancer Now, the charity that’s steered by world-class research and powered by life-changing care. We’re here for anyone affected by breast cancer, the whole way through, providing support for today and hope for the future.

We’re that trusted friend that you turn to for caring support when you need it most. That expert authority on research who is making breakthroughs and driving forward progress. And that vehicle for change, acting now to make sure anyone affected by breast cancer gets the best possible treatment and care.

Thanks to the incredible support people like you taking part in Women V Cancer events, we believe that by 2050 everyone diagnosed with breast cancer will live – and be supported to live well.

[www.breastcancernow.org](http://www.breastcancernow.org)

---

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

[www.jostrust.org.uk](http://www.jostrust.org.uk)

---

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

[www.ovarian.org.uk](http://www.ovarian.org.uk)
How we support you

FUNDRAISING
Once you register for Women V Cancer Cycle Kenya 2021, we’ll send you a welcome pack, which includes fundraising advice and original ideas on how to raise funds for Women V Cancer. You’ll also receive sponsorship forms and seasonal fundraising ideas in the build up to the challenge.

ONLINE FUNDRAISING PAGE
Your welcome pack will also include a link to set up your own Women V Cancer Cycle Kenya 2021 fundraising page on JustGiving. This will enable you to send a link for your sponsors to donate securely over the internet.

Previous cyclists have raised hundreds online!

“This was my very first overseas challenge. What an amazing experience, beautiful country, lovely people and the children so happy”
Margaret Jones, Women V Cancer Cycle Kenya participant

TRAINING
We strongly recommend you train for this challenge. The more you train for the cycle, the more you’ll enjoy it. We include a realistic and achievable training programme in your welcome pack. The programme gradually builds up as the challenge gets closer, so you’ll be ready and raring to go by the time we leave for Kenya!

There will also be a training weekend in the lead up to the challenge. We will send you details of this closer to the time. The training weekend is a perfect opportunity to meet a number of the women you’ll be cycling with in Kenya. It’s also a fab chance to do two days of back to back cycling and to pick up some tips from our cycling guides.
Conditions of entry

1. A registration fee of £249 (non-refundable) is required to participate in Women V Cancer Cycle Kenya 2021. In addition, you must raise a minimum of £3,500 in sponsorship money and donations for the charities, which must be sent to the organisers, Dream Challenges, by 9 July 2021. Of the monies raised £1,750 will be used to cover your challenge costs, including flights, accommodation, food, transfers, guides, use of bikes, medical and technical support.

2. If you are unable to raise the minimum sponsorship required, you will forfeit your right to a place on the challenge or you may choose to make up the balance yourself.

3. If you do not take up your place on the challenge for any reason, you must inform Dream Challenges immediately. You must contact all your sponsors to ask if they wish to make a donation or have their sponsorship money returned. You must send all sponsorship forms and sponsorship money collected to Dream Challenges, who will pass it on to the charities.

4. All cheques for sponsorship money must be made payable to Givingworks Women V Cancer and sent to Dream Challenges.

5. The good reputation of the charities is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by the organisers of the event.

6. You must be at least 18 years of age before the departure date of the challenge unless permission has been given by Dream Challenges.

7. All participants taking part do so at their own risk. The charities have arranged accommodation, food, guides etc. with Dream Challenges, a company which specialises in events of this nature and is fully bonded by the Civil Aviation Authority ATOL number 10456. In making these arrangements the charities and Dream Challenges are acting as your agents and are unable to accept liability for any loss or damage, however arising, or for cancellation of the challenge for any reasons outside their control.

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

9. If you are refused passage/entry/exit to or from Kenya, any additional costs incurred are your responsibility.

10. You must not be dependent on alcohol or drugs or have any criminal convictions.

11. 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. Passport control and other authorities will reserve the right to refuse entry.

12. You must be covered by full travel insurance for health, accident, loss and repatriation during the challenge. You will need to provide proof of travel insurance at least fourteen weeks before departure or you may forfeit your place on the challenge.

13. If you withdraw from the challenge in circumstances where recovery of cancellation charges is indemnified under travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charities. If the insurance company does not recognise your claim, you will be responsible for any cancellation charges levied on the charities.

14. You must agree to be bound by Dream Challenges Booking Conditions for the challenge.

15. Dream Challenges and the charities may, at their discretion and at any time, withdraw places on the stated event.

16. Sponsorship money raised above the minimum required cannot be transferred to future challenges.