

# HIKE *for* HOPE

to help find cures for prostate and gynaecological cancers

## Rift Valley Trek in Kenya

24 November - 3 December 2007

- camp under African skies
- climb an extinct volcano
- hike wild animal trails
- join a game drive



For further information and an application form:

**0845 408 2698**

[events@actionforcharity.co.uk](mailto:events@actionforcharity.co.uk)

[www.actionforcharity.co.uk](http://www.actionforcharity.co.uk)

In March 2006 104 people had the experience of a lifetime as they trekked across the Jordanian desert raising more than £600,000 for the first ever Hike for Hope.

Be part of the second Hike for Hope challenge - an exciting five-day trek along the extinct volcanoes of the Rift Valley in Kenya to raise more money to fund research for cancer cures through the work of two charities, WellBeing of Women and Prostate Research Campaign UK.

**Wow**  
WellBeing of Women  
funding vital health research  
Registered Charity No: 239281

 **Prostate Research  
Campaign UK**

Registered Charity No: 1037063

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charity**

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**CLASSIC TOURS**  
*Originators of Worldwide Charity Challenges*



To take part you need to pay a registration fee of £250 and raise minimum sponsorship funds of £2,700.

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## Rift Valley Trek in Kenya

24 November - 3 December 2007

### Itinerary

#### Day 1

Overnight flight from London to Nairobi.

#### Day 2 Circular walk around Lake Nakuru

**Trekking: approx three hours**

Arrive in Nairobi and transfer to the Rift Valley to Fisherman's Camp on the shores of Lake Naivasha. Evening meal and briefing.

#### Day 3 Lake Nakuru-Hell's Gate National Park

**Trekking: approx 26km**

Trek for 3 km to Hell's Gate National Park. Inside the park, walk another 23 km through typical African savannah and volcanic terrain at an altitude of 2,000 metres above sea level in a mainly flat region. We will see a wide variety of wild animals. Overnight in OI Dubai campsite within the park.

#### Day 4 Hell's Gate National Park Trekking: approx 18km

We begin with a 3.5 km walk to Hell's Gate Gorge, for abseiling\* and then enter into a steep canyon with fast running water, geysers and wild vegetation. Lunch is at a picnic site located above the gorge before heading back to the OI Dubai camp for a second night.

\* There is an alternative one hour walk down for those not wishing to abseil

#### Day 5 Longonot National Park Trekking: approx 18km

Our objective today is Longonot National Park passing through the Kedong Ranch trekking through savannah with flat to hilly terrain. The vast expanses around us are very impressive and give the feeling of being in the outback. Overnight at camp in Longonot National Park.

#### Day 6 Mount Longonot Trekking: approx seven hours

A difficult trek as we make our way up the extinct volcano, Mt. Longonot climbing some 550 metres to 2,770 metres. As we ascend to the rim of the crater we will undoubtedly pass herds of zebras, giraffes, gazelles and other wild animals. From the summit there are fantastic views of the Rift Valley and Lake Naivasha. Short transfer to Malewa River Camp.

#### Day 7 Malewa River Gorge Trekking: approx 12km

We are now in the middle of Africa at it's natural best sharing the area with multitudes of flowers, trees and wildlife. We start by crossing the shallow Malewa River Gorge and after about an hour we reach our last crater pool before returning back to the Malewa River camp.

#### Day 8 Mount Malewa Trekking: approx 17km

Another tough day as we climb Mt. Malewa ascending from 2200 metres above sea level to 2,700 metres. We return via the bridge over the River Malewa and transfer to our night's hotel accommodation at the Hotel Kunste near Nakuru where we celebrate our achievement with a farewell dinner.

**Day 9** Free time to relax in Nakuru or to take part in an optional three-hour game drive before transferring late afternoon back to Nairobi for the overnight flight to London.

**Day 10** Arrive early morning at London Heathrow.

This is a complex itinerary and may be subject to change© This Itinerary is the copyright of Classic Tours

**Challenge Details:** To take part in Hike for Hope you need to pay a registration fee of £250 and raise minimum sponsorship funds for the charities of £2,700. You will receive all your flights, accommodation, food, all internal travel, guides etc.

Funds raised by Hike for Hope will fund medical research to help find cures for prostate and gynaecological cancers through the work of two charities - WellBeing of Women and Prostate Research Campaign UK.



#### WellBeing of Women

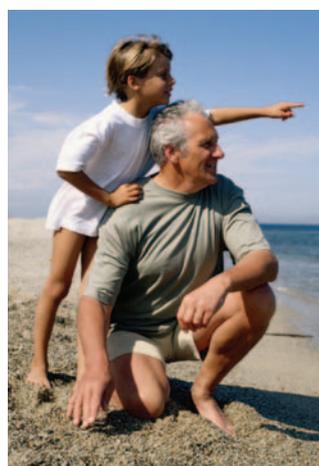
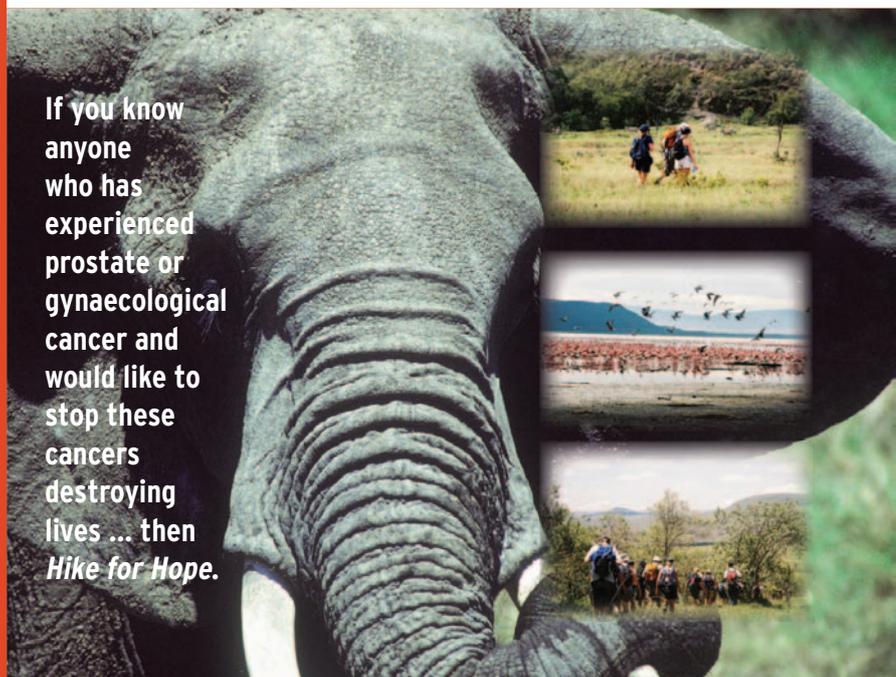
WellBeing of Women funds the finest gynaecological and obstetric research that translates into new clinical treatments and brings benefits to women worldwide. Developing a gynaecological cancer is a major worry for most women with over 16,000 new cases diagnosed each year. WellBeing of Women raises important awareness amongst women about gynaecological cancers and raises money to support experts whose research investigations will lead to tackling these life-threatening diseases effectively.

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



**Wow**  
WellBeing of Women  
funding vital health research  
Registered Charity No: 239281

If you know anyone who has experienced prostate or gynaecological cancer and would like to stop these cancers destroying lives ... then *Hike for Hope.*



#### Prostate Research Campaign UK

The Prostate Research Campaign UK is the only national charity dealing with all forms of prostate disease, benign and malignant (cancer). Half of all men will suffer from prostate-related problems at some stage and the charity seeks to limit the damage this causes by raising awareness, providing information, and financing medical research. Since 1997 the charity has sponsored over 60 research projects costing £1.2 million.

[www.prostate-research.org.uk](http://www.prostate-research.org.uk)

**P** Prostate Research Campaign UK  
Registered Charity No: 1037063



Hike for Hope is managed by Action for Charity on behalf of the above charities.