

## 2012 Outreach 3 Way Events

Be a star! Join in, have fun and support people with learning disabilities and autism because everyone deserves to shine.

### Brighton Marathon – Sunday 15th April



Brighton welcomes over 20,000 runners to its third marathon which has become one of the largest in the UK.

The race route will take in the best of the city centre and fabulous stretches of coastal road, including the panoramic views that you'd expect where the glorious South Downs meet the English Channel. Generally, it is a fast course, held exclusively on roads and the tarmac promenade. The finish is in Madeira Drive, just east of the famous Brighton Pier.

### Superhero Fun Run – (TBC) May



Join 2000 Superheroes in London's Regents Park for this 5/10k fun walk/run. The spirit of the event is 'taking part' not 'winning' so you can run, jog or walk - you decide! You also choose whether to take on a 5 or 10k. Accompanied by an adult, children as young as 8 can take part, so why not make it a fun family affair!

Both male and female Superhero costumes will be provided - free of charge.

### London 2 Brighton Challenge – 12th & 13th May



Most will choose to walk the 100km, perhaps some will jog parts of it, and a few hardened types may even attempt to run it. However you decide to take it on, it will be a definitive test of endurance, determination, and teamwork. London to Brighton is not just a challenge - it's a journey - and one you'll never forget. Beginning at the River Thames and ending after a long night as the Brighton coastline comes into view.

### Skydive – Sunday 17th June



If you have ever wanted to do a parachute jump here is your chance! No experience is necessary as all training is provided. And if you raise over the minimum sponsorship you get to jump for FREE!

You will be flying high at 10,000 feet attached to a professional instructor!

### The Summer Soiree – 25th June



This is a new special event at the luxurious Alexander House Hotel & Spa.

Enjoy a fine three course meal, fine company and dress fine for this truly fine event.

Tickets will be strictly limited. Register your interest now.

## British 10K Run – 8<sup>th</sup> July



The race route is undoubtedly the most historic and sporting 10K route in the UK, running through the heart of historic London, passing many of London's world famous and iconic sights. These include Wellington Arch at Hyde Park Corner, Trafalgar Square, the magnificent St. Paul's Cathedral, the unique London Eye, Big Ben, the British Houses Of Parliament and historic Westminster Abbey before finishing on Whitehall, just past the entrance of 10 Downing Street.

Each year the race has been a sell out event, so to avoid disappointment call Fundraising now.

## London to Brighton Bike Ride – 16th September (TBC)



The London to Brighton 54 mile route will be planned to ensure maximum fun and enjoyment. With the Great British countryside as the back drop. The race starts in Clapham and ends at Brighton sea front.

This cycle ride will have a maximum capacity and places are therefore strictly limited.

## Indian Feast Meal Event – (TBC) October



Join us for our annual Indian feast with friends at the award winning Tarana Restaurant in Turners Hill.

Fabulous food, drink, dance shows and an evening full of eastern promise!

This is a sell out event so book your table/tickets early!

## Be a Star Christmas Appeal - December



Many of the people we support with 24 hour care do not have family or friends who visit them or buy a single gift for them.

Can you arrange a seasonal get together? Perhaps, a coffee morning, a mulled wine and mince pie evening, a cake bake or a dinner event? Whatever your event, can you bring friends and family together to have fun and raise some much needed money? Will you 'be a star' host and help others less fortunate to shine.

Contact fundraising for ideas and support and let us know about your special event.

## Santa Run – TBC December



Around 2,000 people are expected to take part running 5km through London's Greenwich Park dressed as Santa and Outreach 3 Way would like to offer you the chance to join them!

No previous running experience is required, as with a bit of training, the 5km distance should be achievable. You can run, jog or walk – you decide! With parent consent, children as young as 8 can take part – why not make it into a family affair?

# Trekking challenges

Be a star! Join in, and have an adventure of a lifetime whilst supporting people with learning disabilities and autism because everyone deserves to shine.

## China Trek



For a country with the biggest population in the world China remains largely untouched by the West...

It is a beautiful country steeped in tradition, history and mythology. For those with a passion for culture and a sense of adventure China leaves an indelible mark on all who go there.

Trek the Great Wall, visit Beijing and discover China's amazing cultural past!!

Registration fee: £349 Sponsorship level: £3100

## Cost Rica Trek



Home to five per cent of the planets biodiversity, everything from palm tree-lined tropical beaches to smoking volcanoes, cloud forest, rainforest and mangrove this trek will take you through coffee plantations and oak forests deep into cloud forest and dense tropical rainforest.

Serenaded by howler monkeys and exotic bird calls, before finishing on a beautiful tropical beach.

Registration fee: £349 Sponsorship level: £3500

## Iceland Trek



Steeped in ancient history and geographical wonders, Iceland truly is the land of Ice and Fire.

The stunning Icelandic landscape, with its outstanding volcanic terrain and steaming lava fields, which nestle next to glaciers and frozen waterfalls, against the back drop of the magnificent Vatnajökull icecap captures the ferocity of the earth with the sheer beauty of nature.

Registration fee: £199 Sponsorship level: £2400

## Kilimanjaro Trek



Located on the North Eastern tip of Tanzania, Mount Kilimanjaro is one of the world's highest peaks and a truly amazing spectacle! This amazing trek takes you through some of the world's most diverse landscape.

Trek through dense forest over rocky terrain and up to ice glaciers as you discover the three volcanic centres of Kilimanjaro and the African culture surrounding them.

Registration fee: £449 Sponsorship level: £4050

## Nepal Trek



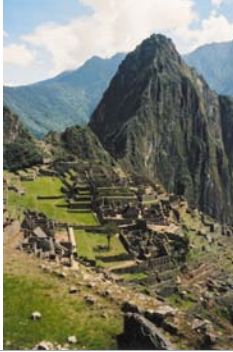
With awe-inspiring views of the Himalaya, this trek across the Annapurna range offers an unforgettable experience.

Trek through mountainside villages and thick forest and gain a real insight into the local culture and all at low altitude.

With arguably one of the best views in the World, the Nepal trek has so much to offer.

Registration fee: £349 Sponsorship level: £3400

## Peru Trek



This year sees 100 years since explorer Hiram Bingham brought Machu Picchu back to the world. Immerse yourself in ancient Peruvian culture and explore the remote Lares region of the Peruvian Andes...

Experience diverse scenery as you trek through traditional Andean villages and along high remote mountain trails before visiting Machu Picchu, one of the world's most important archaeological finds.

Registration fee: £399 Sponsorship level: £3750

## Sahara Trek



Imagine the feel of the desert underfoot, taking in mesmerising landscapes beyond your wildest expectations and dramatic sand dunes as far as the eye can see.

Trekking the Sahara Desert will provide you with an unbelievable experience which you will never forget. From the vast emptiness of the desert to the warm friendship of the itinerant berbers this natural wilderness will both inspire and challenge you on what is undoubtedly the trip of a lifetime:

Registration fee: £299 Sponsorship level: £2200

## Jordan – Petra Trek



Add a unique chapter to your life by embarking on this truly amazing trek and encounter first-hand the unforgettable experience that Jordan and Petra has to offer. Explore the diverse terrain, take in the country's breath taking views, trek over its magnificent red sands and relax in the Dead Sea.

See the 'lost' city of Petra, one of the new seven wonders of the world. This is an unmissable journey and a challenge of a lifetime.

Registration fee: £199 Sponsorship level: £2400

## Vietnam Trek



The diversity and beauty of Vietnam cannot be forgotten. From mountain passes to traditional minority tribes to breathtaking views it is impossible not to fall in love with this country.

For those of you seeking a challenge of a lifetime, Vietnam won't fail to leave an indelible mark on you and will provide you with memories that will last forever!

Registration fee: £349 Sponsorship level: £3400

## South Africa Trek



At the southern end of one of the world's most exciting continents lies South Africa! Alive with wildlife, traditions and jaw-dropping landscapes you begin our journey in the vibrant capital of Cape Town!

From there you head off into the bush for an unforgettable journey over mountain passes and open woodland before returning to celebrate by trekking the iconic Table Mountain. This will undoubtedly be one of the most rewarding and unforgettable experiences of your life!

Registration fee: £349 Sponsorship level: £3000

# Cycling challenges

Be a star! Join in, and have an adventure of a lifetime whilst supporting people with learning disabilities and autism because everyone deserves to shine.

## London to Brighton Bike Ride



The London to Brighton 54 mile route will be planned to ensure maximum fun and enjoyment with the Great British countryside as the back drop. The race starts in Clapham and ends at Brighton sea front.

This cycle ride will have a maximum capacity and places are therefore strictly limited.

Registration Fee: £35 Sponsorship Level: £250

## Lands End to John O'Groats (Le Jog) Bike Ride



The Lands End to John O'Groats cycle ride is probably the toughest challenge you can undertake in the UK. This amazing cycle ride will take you on the furthest possible distance through the British Isles, starting at Lands End then passing through Cornwall, Dartmoor, Wales, the Lake District then into Scotland, the Highlands to the North Coast and finishing in John O'Groats.

You will cover approximately 1000 miles over the course of 12 days taking in some of the most beautiful parts of the British Isles.

Registration Fee: £249 Sponsorship Level: £2800

## 3 Cities Bike Ride



The 3 Cities bike ride starts in London and takes you through beautiful English villages and into the Dutch lowlands via Amsterdam and across to Brussels. You'll pass canals, historical landmarks and rural villages stopping off in the wonderful city of Amsterdam before making it all the way to beautiful Belgium and the city of Brussels.

Registration Fee: £99 Sponsorship Level: £1500

## London to Paris Bike Ride



Cycling from London to Paris is one of the greatest cycling experiences in Europe. Passing through picturesque countryside, you'll cross the Channel and continue through the small villages and medieval market towns of Northern France.

With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, our finishing point, will evoke a real sense of achievement.

Registration Fee: £99 Sponsorship Level: £1400

## South Africa Bike Ride



South Africa's amazing coast line and wine garden are the setting for this fantastic charity cycle challenge!

Discover beautiful scenery, picturesque beaches and rugged coast line all from the saddle.

Registration Fee: £349 Sponsorship Level: £3950

## Vietnam Bike Ride



Prepare to be overwhelmed by Vietnam's natural contrasting beauty - from the patchwork of bright green rice paddies to the rugged mountains and white sandy beaches you can't fail to be bewitched by its traditional charm!

This fantastic trip will transport you from the UK to the mystical land of Vietnam as your 13-day adventure takes you from the modern city of Hanoi out through the most rural parts of Vietnam.

Registration Fee: £349 Sponsorship Level: £3500

## India Bike Ride



India is simply magical... prepare to fall in love with this enchanting country steeped in culture and history. With its incredible diversity you will be guaranteed to have an experience of a lifetime while you cycle through some of the country's most remote regions, its farmland and forests. Plus the beautiful Taj Mahal. Amazing!

This 10 day event in India won't fail to leave an indelible mark on you and will provide you with memories that will last forever.

Registration Fee: £349 Sponsorship Level: £3500

For further information please contact Outreach 3 Way  
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