

### Three Peaks Challenge – England, Scotland & Wales

2nd – 4th July 2010

Reach for the sky! Scafell Pike, Ben Nevis and Snowdon, the three tallest mountains in England, Scotland and Wales, are begging to be climbed. You have 24 hours to do all three – what a buzz!

- Deposit: £95
- Minimum sponsorship £950
- + Travel Insurance £13

### Cycle London to Paris – England & France

Various dates

Stamina and wheels needed to take you from one capital to another! Take in the rolling hills of Southern England followed by a quick jaunt on the ferry to Dieppe, then whizz by the exquisite landscapes of Northern France all the way to Paris where champagne and the Eiffel Tower await for a night of revelry.

- Registration fee: £150
- Minimum sponsorship: £1000

### High Atlas Summit Trek – Morocco

14th – 19th Sept 2010

Tough out one of the tallest peaks in North Africa! See the unforgettable mysticism and mythology of the Atlas Mountains combined with the splendour and colour of Morocco's traditional people, the Berbers. Navigate your way, climbing and scrambling over the challenging terrain of Jebel Toubkal to receive the rewards of spectacular views.

- Deposit: £125
- Minimum sponsorship: £1375
- + Travel Insurance £39

### Etna Volcanic Adventure – Sicily, Italy

22nd – 26th Sept 2010

A scorcher of a challenge! Trek to Mount Etna, the largest volcano in Europe, from Sicily's ancient town of Taormina for two days then zip up 2,500m in a cable car to see breathtaking views of Mount Etna's four craters and the east coast of Sicily. Evening celebrations follow the descent to Piano Provenzana.

- Registration fee: £195
- Minimum sponsorship: £1875
- + Travel insurance £32

### Abseil the iconic Earl's Court

5th September 2010

A brand new Open Challenge for 2010! Abseil down one of London's most famous venues and one of the UK's largest indoor arenas. Earl's Court opened in 1937 and since then it has established itself as a flagship venue, hosting events such as the Brit Awards, Ideal Home Show and many music concerts. Enjoy panoramic views across London from the top, before abseiling 20 metres / 66 feet to the bottom. This is the equivalent to abseiling down 5 double-decker buses, one on top of the other! No experience of abseiling is necessary to take part as full instruction will be given on the day by the qualified team.

- Registration Fee: £25
- Minimum Sponsorship: £175

### BUPA 10k – London, England

May 2011

Challenge yourself to run 10K! Take in the spectacular sights of central London: Houses of Parliament, Big Ben, The London Eye, St Paul's Cathedral & many more. Supporters line the route starting at Birdcage Walk, winding through the city by the River Thames, before finishing to great applause in The Mall.

- Non refundable deposit: £50
- Minimum sponsorship: £400

We have places for the 2011 Virgin London Marathon! Call or email for further details to apply.

Parachuting and white water rafting available throughout the year in various locations in the UK.

# CHANGE OF SCENE?

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