

Registration
deadline May 2020
SIGN UP NOW!

Lymphoma
action 

Join Team Lymphoma

FOR OUR BESPOKE

KENYA TREK

in the
Great Rift Valley
March 2021



Join us and our Maasai guides on the most incredible Kenyan adventure, as we trek for over 90km across the jagged hills, grassy plains, and awe-inspiring wilderness of the Great Rift Valley.

This is a Lymphoma Action exclusive, bespoke trek, with very limited places. Join us and a handful of other supporters from #TeamLymphoma for this once-in-a-lifetime challenge!

Day 1

Depart UK on an overnight flight to Nairobi.

Day 2

Arrive in Nairobi and transfer from the airport to Duka Moja market village. Then trek through the Mount Suswa Conservancy with our Maasai guides for four nights of wild camping in this rarely visited and stunning area of the Great Rift Valley, with the opportunity to track wild dogs and hyenas in the evening. **A total of 6km trekking.**

Day 3

We'll climb upwards for 3 hours to the summit of Mount Suswa (at 2,356m) which is also known to the Maasai as Ol Doinyo Nyokie – "the red mountain". We'll have some time at the top to explore the crater rim of this vast volcano. That afternoon we'll trek the neighbouring hill called Sampu Orkuoo where we'll have a good view of the surrounding valley and our camp. **A total of 15km trekking.**

Day 4

We'll leave camp after breakfast to see the hot springs beneath Suswa, and start our trek to the 'lost island' in the Suswa crater, dipping into the forest and open grazing land for the local Maasai. Throughout your time in the Mount Suswa Conservancy you may spot giraffe, zebra, klipspringer antelope and Thomson's gazelle, a variety of birdlife and, at night, genet cats and hyena. **A total of 19km trekking on mixed terrain.**

Day 5

We'll wake up early for breakfast then leave camp and visit the local Maasai village and schools, to experience the Maasai culture. We will then continue our trek to the lava caves – the most complex braided lava tube system in the world – where bat colonies hang from the cave roofs during the day and where baboon troops gather in the evening for 'baboon parliament', to take refuge from predators. **A total of 22km trekking.**

Day 6

After a trek back to the van we'll transfer to Hell's Gate National Park where there is the opportunity to do some technical climbing. We will trek along the deep gorge for which the park is famous, walk amongst the wildlife, then camp overnight in the park with beautiful views along the Rift Valley. **A total of 14km trekking.**

Day 7

We'll enjoy a full day's trek and crater walk of the beautiful volcano, Mount Longonot (2,780m) the "mountain of many spurs", which is home to a wide variety of wildlife both on its slopes and on its crater floor. We will then travel to Fish Eagle Resort and spend a night in twin rooms, with the opportunity to relax in the evening either by the shores of the lake, watching the hippo, or to swim in the hotel pool. **A total of 15km trekking.**

Day 8

A free day to relax by the pool or enjoy a boat trip to Lake Naivasha, watch wallowing hippo and swooping fish eagles, and visit the home of Joy Adamson (of *Born Free* fame) before returning to Nairobi for transfer to the airport.

Day 9

Fly back to the UK.



Fundraising target: £3,250

We ask that you make a personal donation of **£250** to act as a non-refundable deposit to secure your place on the trek, by the end of May 2020. You must then raise an additional **£3,000** (not including Gift Aid) to finance the trip and raise money for people affected by lymphoma, to be paid by January 2021.

Raising £3,000 might sound daunting but if you break it down into chunks and plan different fundraising ideas in advance it will be easier than you think! If you fundraise a little and often, and get your friends and family involved, you will be amazed at how much you can raise... and how much fun you can have!



Our fundraising top tips

❖ Tell your story

If people know why you're taking on this challenge, they're more likely to sponsor you. Are you doing this to challenge yourself? Is a loved one inspiring you? Tell everyone why you have chosen to fundraise for Lymphoma Action, explain about our work, and say what it means to you. Don't forget to mention how challenging trekking 90km in Kenya will be – this is more than a holiday, it's the challenge of a lifetime!

❖ Set up an online fundraising page

Online fundraising is a brilliant way to allow friends to sponsor you with just a few clicks. There are lots of fundraising sites to choose from, but most people use JustGiving, or Virgin Money Giving.

❖ Share on social media

Promote your fundraising page on Facebook, Twitter, Instagram and other social media platforms, and ask your friends to share to help spread the word. Use the hashtag #TeamLymphoma and tag us!

❖ Don't forget cash

Download sponsorship forms and keep them in your work or gym bag so you always have them ready at hand! Ask your local pub if they could put a collection tin on the bar.

❖ Fundraise at work

Mention your fundraising challenge in answerphone messages, email signatures, and notice boards. Put a collection tin on your desk. Ask your company if they offer matched giving schemes – many businesses do!

❖ Remember Gift Aid

Gift Aid allows charities to claim tax back on donations from eligible donors, to raise more money for people affected by lymphoma. (Due to GiftAid legislation we cannot claim GiftAid on donations made by close family members for sponsorship for this event. GiftAid is not included in the £3,000 target.)

❖ Keep talking about it

If you keep everyone up to date with your fundraising total and your training progress they will feel like they are part of your journey, and will be inspired to donate... and maybe even to donate again!

❖ Have fun!

The more fun you have, the more people will be inspired to donate!



Fundraising Ideas

To help inspire you, we have made a list of ideas for fundraising activities. You can use our list as a basis for planning your activities throughout 2020, to make sure you have raised £3,000 by January 2021.

To raise £1,000...

- ❖ Plan a party with a theme, food, music etc. and ask everyone to pay £10 for a ticket.

To raise £500...

- ❖ Organise a pub quiz at your local pub. (We can send you a quiz pack!) Ask for £10 per ticket.
- ❖ Ask local businesses for prizes and organise a raffle. (We can send you a template letter to hand-deliver!)

To raise £200...

- ❖ Host a cake sale or coffee morning. Aim to sell 100 slices at £2 per slice.
- ❖ Organise a golf / tennis / crochet / bowls tournament or sports day. Charge everyone to take part.
- ❖ Ask a local Rotary / Lions / Freemasons / WI if they can help fundraise – offer to give a talk after the trip.
- ❖ Have a fancy dress or 'Go Purple for lymphoma' day at work and ask your colleagues for donations.

To raise £100...

- ❖ Organise a collection at your local supermarket or train station. (We can help you with logistics!)
- ❖ Host a 'Lunch for Lymphoma'. (We can send you a fundraising pack!) Invite 20 friends and ask for £5 each.
- ❖ Sell homemade products (crafts, jams, chutneys etc.) at a local fair.
- ❖ Set up a Facebook fundraiser for your birthday, and ask your friends for donations instead of presents!

Please note that a percentage of money raised will be going towards paying for your trip (flights, food, accommodation etc.). Please ensure that all your sponsors are aware of this fact. If you set up a Just Giving or Virgin Money Giving page there is a tick box which will make this clear to your sponsors.

Lymphoma Action is a registered charity in England and Wales (1068395) and in Scotland (SC045850). A company limited by guarantee registered in England and Wales (number 03518755).



FAQs

What's included?

- ❖ International return flight
- ❖ Kenya staffing and ground logistics
- ❖ All land transport and airport transfer
- ❖ 3 meals a day and bottled water
- ❖ Accommodation for each night
- ❖ Guides on Mount Longonot and Mount Suswa
- ❖ All National Park and camping fees
- ❖ Activities as part of the itinerary

What's not included?

- ❖ Visa
- ❖ Travel insurance
- ❖ Personal spending money
- ❖ Vaccinations, malaria tablets, medical costs
- ❖ Trekking clothing and equipment



What support will I receive before and during the trek?

Prior to the trek, the team at Lymphoma Action will support you with your fundraising, and you will have a dedicated fundraising contact. You will receive a kit list of everything you need. During the trip, as well as your tour leader and everything included above, you will have a member of the Lymphoma Action Fundraising Team supporting you.

Which vaccinations will I need?

Hepatitis A, Polio, Tetanus and Typhoid are recommended for Kenya. Some travellers may require further vaccinations but this will depend on your fitness and health levels. Malaria is also common in the region so it is recommended you take anti-malaria tablets. Please discuss vaccinations and malaria tablets with your doctor well in advance of the trip, as some vaccinations require a series of injections spread over several months.

Do you need a visa to travel to Kenya?

All nationalities require a visa for travel to Kenya, and you will need at least six months validity on your passport.

How is the trip arranged?

We work with Cultural Tours to organise this trip. They are an ATOL protected member of the Association of British Travel Agents (ABTA). Their ATOL number is 2906 and they are also a member of IATA (the International Air Transport Association). The quality of their very personal service is brilliant.

What are the main challenges and risks?

This trip is designed to be challenging for those in good health and fitness, but should be achievable for most people provided they train well in advance. The trekking days cover long distances in what could be hot and sunny weather. Your guides will ensure that the group trek at a pace suitable for all, with plenty of water and opportunities to rest.



Application Form

To register for this once-in-a-lifetime event, please complete all sections of this registration form, and then send your form with your non-refundable £250 deposit to:

Lymphoma Action, 3 Cromwell Court, New Street, Aylesbury, HP20 2PB.

You can pay via cheque, over the phone (01296 619419), or by BACS transfer. Please do not send us cash in the post!

TITLE & FULL NAME

ADDRESS

DATE OF BIRTH

TELEPHONE

EMAIL

EMERGENCY CONTACT NAME & NUMBER

Terms & Conditions

Each participant must commit to raising a minimum of £3,000 (not including Gift Aid) in sponsorship paid to Lymphoma Action. Walkers must be covered by insurance for travel, health, accident and loss, and have six months valid on their passport at the date of departure from the UK.

Participants must be 18 years of age by the date of travel. If you are over 65 years of age, or if you have any medical conditions that could be adversely affected by exercise, particularly a heart condition, you must notify us and obtain a medical certificate from your doctor. If there are any changes to your health or medical conditions after you have completed the booking form you must inform us immediately.

Completing this form does not guarantee your place on the trek. Once we've received your signed registration form and deposit we'll get back to you to confirm if your registration has been successful. If we have already reached the maximum number of walkers we will return your deposit and put you on the reserve list.

By signing this pledge you are confirming that, to the best of your knowledge, your general state of health is good and that you take full responsibility for yourself and your personal well-being.

SIGNATURE & DATE