

2-7 day Options

There are 52 weekends every year and every one of them represents an occasion to take on some kind of physical challenge.

The step from one day to two or more increases the potential scope of your event. A hike could be extended to cover an entire range of mountains, or a single marathon could become a week of consecutive running challenges. Within a week, a huge number of places around the UK, and draw a lot of important attention to your cause. Over this same period you can also participate in some of the world's most extreme multi-day endurance events.

▶ London to Paris Cycle – Run by lots of different charities and pitched at different levels, this normally consists of a 4-7 day trip, beginning and ending at famous city monuments.

▶ Marathon des Sables – This 6 day, 151 mile endurance race across the Sahara Desert in Morocco has become increasingly popular with Brits in recent years, but remains an extraordinary and rare achievement.

▶ Five to Seven Day Treks - There is a wide range of five to seven day treks on offer across famous and beautiful routes in countries such as Peru, Egypt, Vietnam, China and Nepal.

2 to 4 week Options

A commitment of more than a week gives you a chance to explore some of the most adventurous and challenging possibilities.

This kind of time frame presents the first real opportunity to go abroad. If your cause is a British one then the UK may well be the focus of your project, but if you aim to help an international charity, to link countries through different charities but similar causes, or to undertake overseas volunteer work, then start to think on a global scale. A number of single day and weekend endurance events take place abroad, but the two to four weeks category allows you to take on something more broad and substantial, in terms of distance and environment.

▶ Raleigh International Borneo Multi-Challenge - Teams of four are dropped by helicopter in the Borneo Jungle, in Malaysia, where they have to build their own camp, run through paddy fields, cycle along jungle tracks and kayak into the South China Sea. They also abseil, white water raft and climb Kinabalu, the highest mountain in South-East Asia.

▶ St Luke's Hospice JOGLE + 3 Challenge - An extreme endurance challenge combining 1000 miles of cycling with 24 miles of steep hiking. The challenge is to cycle from John O'Groats to Lands End via the UK's 3 highest peaks, completing the equivalent of cycling three-fifths of the Tour de France and climbing one-third of Mount Everest and in only 9 days.

3 to 12 months and beyond...

At this point your adventure becomes epic and your potential impact limitless.

Literally tens or hundreds of thousands of pounds can be raised and endless attention drawn to your cause. Fascinating awareness and adventure material can be produced, significant volunteering projects can be undertaken, massive distances can be covered and major human achievements realised by people of all abilities. The boundaries of what can be achieved within this period are those of your imagination and ambition.



Lloyd Scott on his way across Australia dressed as Sherlock Holmes

▶ On May 4, 2005, at 0721hrs, the Commando Joe (Polar) team comprising Charlie Martell, Steve Clewley and Gary Bullen completed the Scott Dunn Polar Challenge in a record-breaking time of 9 days, 17 hours, 39 minutes. This is the first of 3 extreme challenges that the Commando Joe team are set to undertake for the Meningitis Trust, in memory of a relative that died of the disease in 2003. In 2006, the team will compete in the inaugural Ocean Fours Rowing Challenge - 3,100 nautical miles, west to east across the North Atlantic. In 2007, it will take on the Marathon des Sables.

▶ In October 2004, famous fundraiser and adventurer Lloyd Scott left Perth, Australia to cycle across the country to Sydney on a Penny Farthing in the guise of Sherlock Holmes. His remarkable journey took him across the Nullarbor Plain, down to Adelaide, across the Great Dividing Range towards Bondi Beach, Sydney, where he finished the 2,600 mile route in 3 months. He raised over £310,000 for Children with Leukaemia. Read more about Lloyd's feats for charity on page 117.

▶ In 2004, Edwin Tucker completed a two-year round-the-world trip to raise awareness for the charity Practical Action. He circumnavigated the world by bicycle, using only renewable forms of energy (no planes, trains, buses or ships). When water crossings were necessary, human or sail power was used. In 2 and a half years he covered, 23 countries, 4 continents and 36,110km by bicycle and 2,000 nautical miles by boat.