

THE LEWIS MOODY FOUNDATION

TOGETHER WE CAN TACKLE BRAIN TUMOURS

South Africa Challenge



Duration: 10 days

Join Rugby Legend Lewis Moody on this incredible cycling and trekking challenge bringing together your love of rugby and the opportunity to do something adventurous to help tackle brain tumours. Once you've completed the 5 day challenge, you will get to relax and enjoy the sites of Cape Town as well as having official Lions Tour tickets for the 2nd test match.

Our exciting and diverse challenge will see you cycling west of the coastal city of Port Elizabeth along the stunning Garden Route for 3 days; passing sweeping, deserted beaches and heading inland through vineyards, indigenous bush and forested mountain slopes. Jumping off our bikes near Cape Town, we will complete our challenge with 2 days of trekking across Table Mountain with spectacular views of the city.

The terrain and distances will be demanding and with approx. 200km of cycling and 40km of trekking, you will certainly earn the right to enjoy and relax in Cape Town!

N.B. The 2 nights hotel accommodation in Cape Town and the official Lions Tour match ticket is **NOT** part of the main challenge. We will be providing a separate link for you to book this direct with the official Lions Tour.

THE FUNDRAISING

As this is a fundraising challenge for The Lewis Moody Foundation, all participants are asked to raise a minimum of £3,000 per person which will go directly towards The Foundation's work to help tackle brain tumours.

This fundraising target is in addition to the cost of the challenge and all donations and sponsorship will go directly to the projects funded by The Foundation to help improve the lives of those with a brain tumour.

Brain tumours are the biggest cancer killer of adults and children under 40.

The Lewis Moody Foundation is dedicated to changing the story around brain tumours. But we need your help. We inspire people to take on bold challenges like this South Africa Challenge to raise vital funds, as we know the tough challenges faced every day by those living with a brain tumour.

By joining the South Africa Challenge team, you can raise money to help fund support to improve lives, fund pioneering research to change lives and raise awareness to save lives.

Together we can tackle brain tumours.

There is a maximum of **20 places** available on this trip.

Charity Contact Details: Claire or Tai at The Lewis Moody Foundation on 01252 418196 or This email address is being protected from spambots. You need JavaScript enabled to view it.

PAYMENT TIMELINE

- £499 Registration Fee (paid at time of booking)
- 1st Tour Cost Payment - £1300 to be made in February 2021
- 2nd Tour Cost Payment - £661 to be made in April 2021

DETAILED ITINERARY

Day 1: Fly UK to Johannesburg

Day 2: Port Elizabeth – Tsitsikamma National Park

We arrive into Johannesburg early in the morning and take connecting flight to Port Elizabeth. Here we will transfer to Tsitsikamma National Park, where we camp overnight in forest stunningly set on the Indian Ocean. This evening, we'll have a detailed trip briefing, sort out the bikes and relax! Night camp. *Dinner Included*

Day 3: Tsitsikamma National Park – Knysna

After a wholesome breakfast we begin our first day's cycle from Tsitsikamma to Knysna, the heart of the Garden Route. Cycling past lush indigenous forests through a ravine brings us to Bloukrans Pass, a testing challenge which marks the divide between Eastern and Western Cape Provinces. Continuing west through the beautiful and unspoilt Nature's Valley, we soon reach Plettenberg Bay; a huge bay that stretches out before us. If we're lucky we may spot dolphins playing in the surf or even the odd whale out in the bay as we pass by. We have another steady

climb out of the bay, before finishing the day with a lovely descent into Knysna. Night camp. *Breakfast, lunch and dinner included.*

Cycle approx. 100km

Day 4: Knysna - George

A good breakfast fuels us for a shorter but still tough day ahead, surrounded by fabulous scenery! We begin our ride out of Knysna by climbing steadily for 32km along the Seven Passes Road into the indigenous forest for which the area and its elusive elephants are famous. Riding on through this wild and beautiful stretch of the Garden Route, we pass lush farmland and inland lagoons before finally reaching our nights stop in George. Night camp. *Breakfast, lunch and dinner included.*

Cycle approx. 85km

Day 5: George – Hermanus – Gordon's Bay

Today's ride must rank as one of the most scenic cycling routes in the world, which is why we make the effort to include it in the itinerary! We have a very early start as we pack up camp and transfer approx. 5hrs to Hermanus and the start of this stunning ride. The road in parts is literally carved into the sea cliffs, as it sweeps around the undulating headlands. Passing through Betty's Bay, once the site of an old whaling station but now famous for its colony of Jackass Penguins, we continue on to the lovely beach town of Rooi-Els. The final section to Gordon's Bay is through the Kogelberg Biosphere, a reserve boasting more than 1880 plant species, of which 77 are found nowhere else on earth! The vistas across the vast False Bay to Cape Peninsula, ending in the Cape of Good Hope are a real treat as the cycle element of our challenge comes to an end. Night camp. *Breakfast, lunch and dinner included.*

Drive approx. 5hrs, Cycle approx. 85km

Day 6: Stellenbosch

After breaking camp and saying goodbye to the bikes we transfer around 90mins to the start of today's trek, the Panorama Route in the Jonkershoek Mountains. This 17km trail is a strenuous undertaking but as ever we're rewarded by yet more stunning views, which just keep on coming turn after turn. We start fairly easily as the route undulates alongside the Eerste River. Just as we're settling into the rhythm of the trail we're confronted with a steep and unrelenting ascent up to Corkscrew Neck. The views of the Jonkershoek valley are a welcome distraction as we ascend and certainly reward the effort. Continuing up at an easier gradient now we reach the Dwarsberg Plateau, our high point, where the trail finally levels out. The views from here are really what give the trail its name - Hottentots Holland Nature Reserve and the wine area of Franschhoek to the east, the full Jonkershoek Valley to the west with the larger wine growing area of Stellenbosch beyond, and the impressive summits of Banhoek Peak and the Cathedral ahead of you. After soaking up the views we begin the long steady descent back to the trail head where our transport waits for the short drive to camp. Night camp. *Breakfast, lunch and dinner included.*

Trek approx. 17km / 6-8hrs

Day 7: Table Mountain

Today we complete our challenge with a climb up and over what is probably the most famous mountain and landmark in the southern hemisphere – Table Mountain. Packing up camp for the last time, we take a short transfer to start our day at the renowned Kirstenbosch Botanical Gardens and hike up through Skeleton Gorge to Maclears Beacon. This, the highest point on Table Mountain at 1086m, serves as a great lunch stop - weather permitting! We cross the 'table' with unsurpassed views over both Cape Town and the Atlantic Seaboard before descending via Platteklip Gorge. After celebrating our achievements, we head for the relative luxury of our hotel in Cape Town. In the evening we'll be able to soak up the atmosphere and highlights of the city as it prepares for tomorrow's drama on the pitch! Night Hotel *Breakfast and lunch included*.

Trek approx. 12km / 6-7 hours

Please note: the hotel accommodation is part of the Lions Tour package.

Day 8: Free Day

Hopefully a day to savour! After all the exertions of our challenge week, today is all about relaxing and enjoying some of the many sights and scenes of Cape Town before heading to watch the 2nd Lions Rugby Tour test match! Night hotel.

(Lunch and Dinner not included)

Please note: the hotel accommodation is part of the Lions Tour package.

Day 9: Depart Cape Town

Some additional free time to relax and enjoy a bit more of Cape Town before transferring to the airport for our flight back to the UK.

(Lunch and Dinner not included)

Day 10: Arrive UK

WHAT'S INCLUDED

- Flights from London to Port Elizabeth / Cape Town return and all in country transfers during challenge phase
- 5 nights camping (twin share tents)
- Meals during challenge phase from Dinner on Day 2 to lunch on Day 7.
- Bike Hire
- Discover Adventure leader/mechanic; doctor with a group of 15 or more participants; local guides, drivers and cooks
- Vehicle support and backup equipment on the trip
- Entrance to Table Mountain and any other sites visited as part of the itinerary

WHAT'S EXCLUDED

- All meals in Cape Town from dinner on Day 7 until flight home on Day 9
- 2 nights hotel accommodation in Cape Town and the official Lions Tour match ticket (booked directly with the official Lions Tour)
- Alcoholic drinks
- Travel insurance
- Cycle helmet (compulsory) and water bottles/bladder
- Sleeping bag and sleeping mat
- Personal spending money, souvenirs and drinks, entrance fees to optional sites or attractions
- Tips for local support crew
- Entry visa where applicable
- International airport departure tax where applicable
- Any applicable surcharges as per Terms and Conditions

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance

as appropriate - is all done with your safety in mind.

Flight Information

Group flights leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route, details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We camp in two-man tents; these are usually expedition-style (ie sleeping room only). Camps are usually simple, in remote locations with great views! We have communal dining areas (usually with tables and chairs/stools) and toilet tents, and the local crew look after us very well. We stay in hotels (of a 2-3* standard or equivalent) at the start and end of the trip; standards may vary between different hotels, but they are generally clean and comfortable with good facilities.

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge.

This challenge has a minimum group size of 12 participants and a maximum of 20 participants.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local

restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the destination and terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

PREPARING FOR THE CHALLENGE

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be

sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 2 Mar 2021, and the challenge is subject to change.