



## Join us for a Charity Cycle Challenge In the New Forest Weekend of 7<sup>th</sup> and 8<sup>th</sup> June 2014

Cycle around the forest for Shining Life Children's Trust  
and have a great day out too!

This will be our 5<sup>th</sup> cycle challenge, and we'd love you to join us.

We're planning two routes this year. We'll be organising the usual 100 kilometres, taking in a good coverage of the forest, so you will feel as though you know it by the end of the day. If 100 km sounds a bit daunting, there will be a shorter routed of between 50 and 60 km.

We estimate that the route will take 8–10 hours and intend to start at 9.30 am. We intend that both routes will be the same for the first 20–30 km. If you do not feel like cycling the full 100 km, there are various short-cuts you can take. See the full map for more details. *Full details of routes will be circulated nearer the time.*



Attached you will find a registration form and a sponsorship form.

### What will you be raising money for?

Shining Life Children's Trust is just about to start a new project in Nuwara Eliya, in the mountainous area of central Sri Lanka. We will be working with a new partner, the Eksath Lanka Welfare Foundation, to improve the lives of children and their families on the tea estates. Find out more at [www.shininglife.org](http://www.shininglife.org)

### Where are we staying?

Our base for the weekend will be chalet accommodation at Shorefield Country Park, ([www.shorefield.co.uk](http://www.shorefield.co.uk)) near Milford on Sea. The accommodation can only be booked for a three night stay, so you are welcome to stay on until the Monday if you wish. (If you suffer allergic reactions to animals, please note the chalets do take pets.)

We will provide breakfast on the Saturday and Sunday, a cyclists' packed lunch and an evening meal on the Saturday.

### Costs

We ask that you make the following minimum donation to cover the cost of food and accommodation:

- £85 per adult
- £50 per child



## Sponsorship

In order for us to ensure we raise money for the Trust, we ask you to commit to raising a minimum of £75.00, although we hope that this challenge will capture the imagination of your potential sponsors so that you can easily raise more!

To set up online sponsorship forms, please go to [www.BTMyDonate](http://www.BTMyDonate) or the [Charities Trust](http://Charities Trust) – Shining Life is registered with both of these organisations and event pages will be set up. You can use the one you prefer.



For BT MyDonate, click on the link above, click on the 'Start Fundraising' button, then 'Join an organised event' and search for Shining Life. For the Charities Trust, click on the link and follow the instructions. For both websites, you will need to set up an account if you do not already have one with them.

If you have a Facebook or Twitter account, please publish your planned activity to help us spread the word as widely as possible.

## Bicycles

You can either use your own bike or we can arrange to hire one for you. We estimate that the cost of cycle hire will be approximately £18.

## Registering

If you would like to participate in this adventurous challenge then please return the attached form to [events@shininglife.org](mailto:events@shininglife.org) by the 30 April 2014 in order to secure your place for the weekend.

Please transfer your donation towards the accommodation and food to the following account:

Shining Life Children's Trust  
CAFcash Account  
Sort code: 40-52-40  
Account no.: 00016399

When you have completed the money transfer please send an email to [events@shininglife.org](mailto:events@shininglife.org).

Or you can send a cheque made payable to 'Shining Life Children's Trust' to us at 1 Chestnut Lane, Amersham, Bucks HP6 6EN with a covering note.

We want to make this cycling event accessible to as many Friends of the Trust and others as possible. Please use this as a fun weekend away – a time to meet new people who share your interest in cycling or for a reunion of a group of friends you have not seen for a while. You can enjoy great company, stunning countryside, and a wonderful sense of achievement. And there is also the satisfaction of raising money for a good cause!



We look forward to you joining us for this challenge.

***Juliet and all the Trustees of Shining Life Children's Trust***

## Kit List

The following list is obviously not exhaustive but will hopefully remind you of some essentials:

Clothing layers (can be cold first thing but will most probably be pretty hot later on)

Cycling shorts

Waterproofs

Small backpack

Water bottle(s)

Suntan cream

Sunglasses

Cycle helmet

Puncture repair kit

Pump