

Time to get equal

scope

About cerebral palsy.
For disabled people achieving equality.

Event Fundraising

Scope

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Life Changing Experiences
Peru – Trek the Inca Trail
3 – 13 September 2009



Dear Enquirer,

We are delighted to send you event details as requested.

Inside this leaflet you will find answers to some of the questions most commonly asked by Scope event participants. On the back page you will find a list of what is provided, plus details about the extras you will need to provide in order to take part in this event.

The minimum required sponsorship is £2,900 which should be paid by Thursday 9th July 2009. Although the event may seem a long time away, I know that you will need to give yourself plenty of time to plan your fundraising as well as your training.

To reserve your place, you need to send us your completed application form, the non-refundable entry fee of £199 (cheque payable to Scope), two passport photographs and a completed medical form which must be signed by your GP. We will then send you a detailed sponsor pack including sponsor forms, fundraising ideas, sample letters, press releases and a t-shirt. Places on this event are strictly limited so to avoid disappointment, make sure you reply as soon as possible.

I do hope you can join us on our Peru Trek. If you would like to chat about your fundraising ideas or training before you make your decision, then please call me on 020 7619 7289.

Best wishes

Tom Dixon (0207 619 7289)
Event Fundraiser

Scope is a registered charity

Scope is registered under the Data Protection Act 1998. The details you have given us will be held by Scope and will be used to update you about our work, other fundraising appeals and our trading activities (by post, phone or email) unless you request otherwise by contacting Event Fundraising, Scope, 6 Market Road, London N7 9PW. We will not pass your details to other organisations.

questions

Your questions answered

What's the average age?

There will be people of all ages from 18 to 70. The majority will be between 30 and 60.

Will I be able to keep up?

This is not a race. Hikers can set their own pace and you will be put into a group of your own choice. The trek is designed to suit people who are fit.

How much training will I need to do?

This is not just a walk, it is a demanding trek and you will need to train. You will receive a complete training guide when you enter, but remember the more you do, the fitter you will be and the more you will enjoy it. You might encounter problems as a result of the high altitude. Altitude sickness can be felt from a height of 2,500m and affects everybody differently. Most people will feel the effects to some extent and symptoms will become more pronounced the higher we climb. Your fitness, size, age or sex has nothing to do with how you will be affected. However, we have found that people who are mentally and physically fit cope better with the effects.

What's provided?

Flights, accommodation, trek permits, all meals (except lunch on Day Three and Day Ten) and entry to Machu Picchu. There will be frequent water stops and lunch is also provided en route.

Do I need specialist kit?

We supply you with a list of what you will need to take, but apart from a good pair of hiking boots, warm clothes and a sleeping bag there is no other specialist kit.

What is the terrain like?

The terrain varies from sub-tropical vegetation, through cloud forest to bare, rugged slopes. We will be trekking mostly on old Inca roads, with repeated steep ascents and descents. The paths are wide, well-constructed and well-maintained.

Will the altitude affect me?

Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at altitude. All individuals are affected differently, but symptoms include breathlessness, nausea and headaches. You will receive more information on altitude sickness in the sponsor pack, but it is something you should be aware of before signing up. Rest assured however, that this trek has been specifically designed to allow for sufficient acclimatisation ie. the length of the trek, the speed at which we walk and the number of highly trained experts in our team.

What will the weather be like?

Although we will be trekking during the dry season, the weather in the Andes is notoriously unpredictable and there is the possibility of rain at intervals. Day time temperatures average 70° F, although it will be much cooler on the high passes. Night time temperatures will be very cold – around freezing.

What will we do in the evenings?

Firstly, have a drink and a rest! After that, enjoy the food and the company. The evenings are a time to enjoy yourself and get to know your fellow hikers. On our final night we will enjoy an 'end of trek' party – an evening to remember!

What happens if I get tired?

There will be regular rest stops but it is not a problem if you want more. A guide will be with your group at all times.

What sort of back-up is there?

We provide medics, professionally trained guides and porters. English-speaking group leaders are all part of the support service.

Will I have to carry my own kit?

No. Your luggage will be carried by mules. All you will need to carry is a day-pack containing drinks and basic supplies.

Will I be insured?

You must take out your own personal travel insurance, covering health, accidents and loss, before departure. Details of the tour operator's recommended policy will be included in the sponsor pack.

Do I need a visa?

A visa is not required by British passport holders. Non British passport holders should check their requirements. All passports must have at least six months validity on their passports from the date of return to the UK.

Do I need any vaccinations?

We recommend Hepatitis A and Typhoid vaccinations, plus make sure your Polio and Tetanus boosters are up to date. Please also consult your GP.

Do I get to meet other trekkers before I go?

Yes. We will be holding an information day in London about four months before the trek departs. It will be a really useful afternoon covering all aspects of the trek and gives you the chance to ask questions plus meet your fellow trekkers.



Can I stay on?

Yes, we will put you in touch with our tour operator, The Ultimate Travel Company. To extend the length of your stay you must get in touch with them as soon as possible and no later than the end of May 2009. Please note that the airline only flies to the UK on certain days of the week, so places may be limited.

How do I go about raising the minimum £2,900 sponsorship?

Once you have signed up for the trip we will send you a comprehensive sponsor pack to make your fundraising as easy as possible, and we will be with you every step of the way. You will need to start planning your fundraising as soon as possible and here are some helpful tips to get you started.

- Always ask for payment up front. Chasing sponsorship can be time-consuming and often difficult to collect.
- Make the most of Gift Aid – Scope can now claim 28% extra on all donations from UK taxpayers.
- Put a large donation on the top line of your sponsor form to encourage others to follow suit!
- Have a look on the justgiving.com website at www.justgiving.com, where you can create your own sponsorship page to email to all your friends and family who can then donate online.
- Fundraise around what you enjoy doing in your spare time – if you go down the gym regularly then think of a fundraising event you can hold there, or if you have a good local pub, consider holding a quiz or race night there.
- Think of as many different ideas as possible and then if some of your ideas don't work, you'll have plenty more to fall back on.
- Check with your company whether they have a matched-giving policy – and if they don't, find out if they would be willing to sponsor you.
- Make sure you tell everyone you know about what you are doing and try to get some coverage in your local paper or radio.

Here are just a few ideas to get you up to £1,250:

Ask ten work colleagues for £15	£150
Ask ten friends for a £20 donation	£200
Gift Aid on the above	£100
<i>(Scope claims the tax back from the Inland Revenue)</i>	
Car boot sale	£100
Non school uniform day at local school	£200
Raffle/sweepstake at local pub	£100
Ask 10 business suppliers/clients for £30	£300
Collection at supermarket	£100

Can I raise more?

Yes! Fundraisers who raise £3,900 or over will have the option of having their entry fee refunded.

What happens if I can't raise the money?

The minimum £2,900 must be paid to Scope eight weeks prior to departure. At this time all tour and travel costs will be paid to the tour operator and you will be issued with an ATOL receipt. If you cannot raise the £2,900 we will ask you to make up the balance yourself, in order to keep your place on the event. If you do have to cancel from the event, we can refund your sponsor money directly to your donors if required. Please do phone us for advice and ideas, if you are experiencing difficulties.

How much does the event cost?

With an event like this, there are costs of travel, accommodation, equipment, etc. Some of the non-travel costs will be met from your registration fee and the remainder – around £1,300 – will come from part of your sponsorship. This means £1,600 of sponsorship will come directly to Scope. If you feel unhappy that part of the money raised is used to meet your costs, you may like to think about paying a part or all the costs yourself. Please make sure your sponsors are aware that part of their sponsor money may be used to meet costs.

Is this a holiday?

Definitely not. This is a tough challenge that requires training and stamina. Days will be long with early starts and nights spent under canvas, not in hotels.

Tell me more about Scope

Scope is a national disability organisation whose focus is people with cerebral palsy. Cerebral palsy is the most commonly diagnosed physical disability in Britain today and affects more than 1,800 babies born each year.

Cerebral palsy is a condition that jumbles messages between the brain and muscles and can make it hard to talk, sit or walk. Scope works with people with cerebral palsy, their families and carers and provides a range of services to meet their needs and enable them to live the lives they choose.

For more details, read the leaflet enclosed and visit our website: www.scope.org.uk/adventures

Life Changing Experiences

Peru – Trek the Inca Trail

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Your package includes

- Scheduled Iberia return flights London – Madrid – Lima and return internal flights Lima – Cusco.
- Transport on arrival and throughout the trek.
- Transfer of luggage throughout the trek.
- Tent accommodation for four nights, with communal mess areas and toilet tents. The first three and last nights will be spent in a hotel.
- Full board throughout, except lunch on Day Three and Day Ten.
- Services of highly trained English-speaking guides throughout.
- Full medical back-up and professional support staff and porters.
- Trekking permits and entry to Machu Picchu.

Extras you will need to provide

- Registration fee of £199, optionally refunded if sponsorship of £3,900 or more is received.
- Gratuities.
- Personal expenses.
- Personal travel insurance.
- Airport tax in the UK £60.
- Airport tax for international departure from Lima (approximately \$25) and \$4 per domestic flight. Total \$33.
- Lunch on Day Three and Day Ten.
- Costs for vaccinations (some doctors surgeries charge for this service).
- Your own kit, warm sleeping bag, good walking boots, waterproofs, etc.