



# **ACROSS THE DIVIDE**

JUST EVENTS

2009 / 2010 / 2011

Overseas Challenges



## OVERSEAS CHALLENGES WITH ACROSS THE DIVIDE

**Just Events are Across the Divide's own** charity challenges which allow you to choose which charity you fundraise for. They are ideal if you want to raise funds for a smaller charity which is not able to run its own exclusive event. We have an inspirational range of events: the most difficult decision will be deciding which one you want to take part in!

Just Walk allows you to choose a distance of 10km, 20km, 40km or 60km through the beautiful Sussex countryside. But **you don't have to limit yourself to just walking along the stunning South Downs. Why not challenge yourself even further and take part in one of our 'Just Dog Sled' events: a charity dog sledding** adventure that will take you and your own team of dogs into the Arctic Circle with the chance to see the famous Northern Lights? Or Just Trek to Everest Base Camp, to the top of Mount Kilimanjaro or to the ancient Inca capital of Machu Picchu in Peru – the choice is yours! Those with an interest in cycling can take up the challenge of riding from London to Paris or Amsterdam and Brussels. If all this sounds too energetic for you, then why not join one of our charity projects producing real benefits for communities less privileged than our own?

**Across the Divide's reputation for safety and the thoroughness of** our planning allows you to concentrate on the challenge. Our expedition team's enviable depth of experience means that you are in safe hands.

## ABOUT ACROSS THE DIVIDE

Across the Divide was established in 1996 by Karen and Mark Hannaford in response to a growing need for professionally organized charity treks and corporate challenges. We are extremely proud of the fact that during our first ten years we facilitated the raising of over £30 million for charitable and socially worthwhile causes and continue to assist the raising of over £4 million per annum.

**From our first charity trek in 1997 Across the Divide's product range has expanded to include** other charitable fundraising solutions such as bike rides, dog sledding challenges, multi activity events, ultra marathon and adventure races.

Across the Divide stands for safety, quality, thoroughness, dependability and innovative event management all delivered with a strong sense of fun. **Underpinning all of Across the Divide's activities is a reputation for safety and thorough event** planning; the depth of experience and friendliness of our staff; and the flexibility of our planning approach, endeavouring at all times to deliver our events to the highest possible standards and in an ethical and sustainable manner.

Choose your challenge, choose your charity, register and start fundraising!

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BORNEO RAINFOREST  
TREK & ORANGUTAN  
PROJECT



2010  
5-18 June

*New for 2010 !!*

Our China trek offers a truly unique experience. Not only is it a chance to visit one of the world's most impressive historical sites but also, as a result of our local contacts, it offers a rare opportunity to trek and camp in a remote part of rural China and to experience local life in its most unspoilt state. In order to maximise the opportunities for interaction and learning about the local history and culture, a team of local translators support all of our treks in China.

The Great Wall attracts over a million visitors each year, however the vast majority of tourists visit just a small section of the wall near Beijing. We have planned a route that will take you beyond the regular tourist trail and onto sections of the wall that have been seen by only a handful of westerners over the last hundred years.

WHAT IS IT LIKE?

Number of Days: 14

Difficulty Level: Moderate.

Terrain: Sections of steps, very steep in places, flagstone, farm tracks and road

Accommodation: Hostel, camping and Lodge.

Trekking Time: 6 days of trekking 48km in total, 6- 8 hours of activity per day

Project: 4 days of conservation work

Altitude: 4,101

*A wonderful experience in Borneo, a truly beautiful country, with wonderful friendly people, will be something that stays with me for a very long time, thanks you for a wonderful time.*

*Excellent trip filled with enough to challenge everyone. Met loads of great people and new friends.*

## ITINERARY

Day 1 - Flight to Kota Kinabalu, Borneo.

Day 2 - On arrival we take a 1 hour transfer to Tamparuli, a small town on the Kiulu River.

Day 3 - We spend the morning white water rafting before trekking to Kampung Sinasang.

Day 4 - Continue trekking through remote villages on our way to Mt Kinabalu.

Day 5 - Lots of ascents and descents whilst trekking today help prepare us for the mountain itself.

Day 6 - We trek the Mesilau route up Mt Kinabalu and spend the night at the rest house.

Day 7 - We start at 3am to make it to the summit by sunrise.

Day 8 - Today we take a long bus transfer to the east coast of Sabah, stopping at a monkey sanctuary en route.

Days 9-12 - Over these 4 days we will be working at the Sepilok Orangutan sanctuary and will have time for a guided tour of the sanctuary.

Day 13 - Free time in Kota Kinabalu to explore the city and buy souvenirs before transferring to the airport for our flight home.

Day 14 - Arrive back in the UK.

## PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,985	Minimum Sponsorship: £4,000
Insurance: £	Insurance: £

Our prices include all flight taxes, including fuel surcharges



## THE GREAT WALL OF CHINA TREK



2010  
18-26 April

2011  
7-15 May  
10-18 October

Our China trek offers a truly unique experience. Not only is it a chance to visit one of the world's most impressive historical sites but also, as a result of our local contacts, it offers a rare opportunity to trek and camp in a remote part of rural China and to experience local life in its most unspoilt state. In order to maximise the opportunities for interaction and learning about the local history and culture, a team of local translators support all of our treks in China.

The Great Wall attracts over a million visitors each year, however the vast majority of tourists visit just a small section of the wall near Beijing. We have planned a route that will take you beyond the regular tourist trail and onto sections of the wall that have been seen by only a handful of westerners over the last hundred years.

### WHAT IS IT LIKE?

Number of Days: 9

Difficulty Level: Moderate.

Terrain: Sections of steps, very steep in places, flagstone, farm tracks and road

Accommodation: Hotel 3 nights, camping 3 nights.

Trekking Time: 5- 7 hours of activity per day (10- 20km)

Altitude: N/A

*What can I say? I have had the journey of a lifetime. Many, many thanks.*  
Taff, China trekker

*I thought the route was spectacular, allowing us to see so much more. It was an unforgettable experience, what was so special was how such a diverse group became firm friends.*

Claire, China trekker

## ITINERARY

DAY 1 - Fly to Beijing.

DAY 2 - Transfer from Beijing by coach to Gubeikou. At the hotel we will have a full briefing from the expedition leader.

DAY 3 - For our first day's trekking we walk on a section of the wall that hasn't been restored. We then follow a path down to a reservoir, walking past rural villages to reach our campsite in a valley.

DAY 4 - Today is a strenuous but rewarding day. We walk along some restored sections of the wall, with plenty of ups and downs, until we reach the Simatai section. We then take a path off the wall and walk to our camp.

DAY 5 - We leave our campsite and walk over the suspension bridge, up to the 12th tower for lunch. We then follow a path off the wall to the village of Gangfang.

DAY 6 - Today we make our way along a track scattered with stones and the remains of the ancient wall. A descent into the valley leads us to our hotel nestling on the edge of a reservoir.

DAY 7 - Our last day of trekking takes us through forests, with occasional views of the towers on the wall. A final descent brings us to our finish line.

DAY 8 - Free day in Beijing.

DAY 9 - Beijing to UK.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,450	Minimum Sponsorship: £3,000
Insurance: £47	Insurance: £47

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £TBC	Minimum Sponsorship: £TBC
Insurance: £47	Insurance: £47

Our prices include all flight taxes, including fuel surcharges



DOG SLEDDING IN THE  
LAND OF THE MIDNIGHT  
SUN



2010  
25-31 January  
8-14 February  
8-14 March

2011  
7-13 February  
28 February – 6 March

Sledding over 200 kilometres from our base camp into the Arctic Circle, this event in the wilds of Norway will prove the ultimate challenge for many participants.

Throughout this odyssey of ice; the teamwork between you and your huskies is key. You will be expected to look after your own team of dogs, keeping them well fed and watered, and helping them to navigate some of the steeper sections.

The nature of the event means that it is run with a relatively small number of participants (13 maximum). Each participant will have his/her own sled, pulled by 4-6 huskies. An ATD expedition leader, supporter by an experience expedition doctor and local guide, will head up the expedition.

WHAT IS IT LIKE?

Difficulty Level: Moderate to Difficult

Terrain: Snowy and icy, hilly in sections, (may involve running in the steep sections).

Accommodation: Lodges 2 nights, cabins 3 nights, hotel 1 night.

Trekking Time: 8 hours activity, 25-60km per day

Altitude: N/A

*Thanks for the most amazing week here in Norway. The trip surpassed all expectations and was made even better by the superb staff. Excellent company, great food and surprisingly comfortable accommodation.*  
Anthony, dog sledder

## ITINERARY

DAY 1 - Fly to Alta via Oslo, followed by a briefing from the expedition leader.

DAY 2 - You will be shown how to work the sleds and introduced to your dogs. Once everyone has got the basics, we will be on our way through the forest to our next lodge.

DAY 3 – We will start the day by feeding the dogs before heading off to Maze.

DAY 4 - Today the terrain is very hilly as we sled to Mollisjock, so there will be lots of up and downhill sections.

DAY 5 – Following the Jiesjokka River we will make our way to Jotka and Jiesjavri Lake. Sledding on the frozen lake gives us a real sense of being in the middle of nowhere.

DAY 6 - Our last day is downhill all the way as we head to Gargia, a where a hot tub and sauna await us!

DAY 7 – Flight back to the UK.

## PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. Reg fee): £2,014	Minimum Sponsorship: £4,000
Insurance: £80	Insurance: £80

## PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. Reg fee): £2,014	Minimum Sponsorship: £4,000
Insurance: £80	Insurance: £80

**Our prices include all flight taxes, including fuel surcharges**



## EURO CITIES BIKE RIDE



2010  
17-21 June

2011  
17-21 June

London- Amsterdam- Brussels

This unique itinerary offers you the **chance to visit three of Europe's** most vibrant cities. As well as taking on a great challenge, you will cycle through English suburbia, Essex wetlands, Dutch hamlets, tulip fields, Belgian villages and some of **Europe's most historic cities**.

Cycling is possibly the best way of experiencing the surroundings, and although this event will be hard going at times, the chance to cycle into the heart of Amsterdam and Brussels will be very special.

Each night we will be treated to good quality local restaurant food and stay in hotels of a comfortable standard.

The route covers approximately 300 miles, mostly on minor roads and lanes. The cyclists will be supported along the way by Across the Divide cycling guides and doctors who will ensure the safety and wellbeing of the participants, and logistical staff who will ensure that everything is prepared ahead of your arrival.

### WHAT IS IT LIKE?

Number of Days: 5

Difficulty Level: Moderate to difficult

Terrain: Cycling on tarmac roads, fine gravel cycle ways and traffic-free tarmac cycle paths. Mainly flat.

Accommodation: Hotels 3 nights. Ferry cabin one night.

Cycle Distance: From 55 to 91 miles per day. Total 300 miles in 4 days.

*I cannot remember having written to an organisation before to comment on the level of service provided, but after my experience on your expeditions it is certainly the correct thing to do. I am Managing Director of a hotel company and I am therefore fully aware of the problems and difficulties that can present themselves when dealing with a large group of people and the requirement to pull together various associates and service providers in order to seamlessly provide a high level of service which exceeds your client's expectations".*

*"You will be very glad you did it and your life will be richer for having done it. In one word: unforgettable!"*

## ITINERARY

DAY 1 - Meet at St Pancras Station, London. After a briefing by our expedition leader, we cycle out of London, into the Essex countryside, and onto Harwich. After an evening meal we will board the overnight ferry to Holland. Cabins will be a mixture of two and four berth. 91 miles cycle

DAY 2 - An easier day's cycling. We arrive early morning on the ferry, then cycle to the centre of Amsterdam. The remainder of the day will be spent sightseeing in Amsterdam.  
58 miles cycle

DAY 3 - We now head south through the suburbs of Amsterdam and along the Dutch canals to the pretty town of Breda.  
71 miles cycle

DAY 4 - The final day of riding takes us through tree-lined Dutch and Belgian countryside and into the heart of Brussels. We will celebrate our achievements with an evening meal in Brussels.  
80 miles cycle

DAY 5 - Breakfast followed by a late morning journey on the Eurostar to St Pancras where we will collect our bikes.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £99	Registration Fee: £99
Tour Costs (exc. reg fee): £676	Minimum Sponsorship: £1,350
Insurance: £25	Insurance: £25

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £99	Registration Fee: £99
Tour Costs (exc. reg fee): £TBC	Minimum Sponsorship: £TBC
Insurance: £25	Insurance: £25



## EVEREST BASE CAMP EXPEDITION



2010  
30-October – 19  
November

2011  
29 October – 18  
November

Our ultimate trekking challenge follows in the footsteps of Hillary and Tenzing Norgay to the base camp of Everest, the world's highest mountain. The trek follows the main route up to base camp and passes through some of the most spectacular scenery in the world. Everest becomes visible from just above Namche Bazaar and as we move through an ever-changing environment and leave the tree line behind, the views of the mountains become even more pronounced.

The mountains are spectacular, with Ama Dablam dominating the views on your first few days of trekking. Weather permitting, the four 8,000m peaks of Cho Oyu, Everest, Lhotse and Makalu will be visible at some point during the trek. The route will also take us to Chukhung where there are breathtaking views of Island Peak, as well as of the tremendous Lhotse and Ama Dablam glaciers. The panoramas at this altitude are awesome and constantly changing as we move slowly towards base camp itself.

### WHAT IS IT LIKE?

Difficulty Level: Extreme, altitude adds to the challenge.

Terrain: Steep ascents, mountain tracks, icy in places.

Accommodation: Hotels 2 nights, guest houses 16 nights.

Trekking Time: 3-9 hours per day.

Altitude: 2,623m - 5,545m

*I had an absolutely amazing time! It's been such a fantastic experience, that's going to be hard to top.* Keri, Everest Base Camp trekker

*I shall never forget the friendship, camaraderie and views.* Jane, Everest Base Camp trekker

## ITINERARY

DAY 1 - Fly to Kathmandu.

DAY 2 - We arrive in Kathmandu and meet our expedition leader who will give a full briefing.

DAY 3 - Fly from Kathmandu to Lukla. We will then trek to the village of Phakding. This is a gentle day to start the trip.

DAY 4 - 10 - We have a couple of relatively easy days' trekking, although the altitude can make it slow going. We will stop at Namche Bazaar, Tengboche, and Dingboche, for acclimatisation days during this time.

DAY 11 - A steep ascent out of Dingboche is then rewarded by a relatively flat trek to Khumba Glacier.

DAY 12 - Another steep ascent to begin with, crossing the snow line, and then we trek on to Lobuche.

DAY 13 - 14 - From Lobuche we make the trek to Everest Base Camp. Depending on the conditions we will either go all the way or stop at Kala Patthar and carry on the next day.

DAY 15 - 18 - We make our way back down to Lukla.

DAY 19 - 20 - Fly back to Kathmandu, where we have a chance to relax and celebrate our success, followed by a free day in Kathmandu.

DAY 21 - Kathmandu to UK

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £2,150	Minimum Sponsorship: £4,000
Insurance: £63	Insurance: £63

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): ETBC	Minimum Sponsorship: ETBC
Insurance: £63	Insurance: £63

Our prices include all flight taxes, including fuel surcharges



## MOUNT KILIMANJARO TREK



2010  
6-17 November  
17-28 November

2011  
5-26 September

One of the most magnificent sights in Africa, Kilimanjaro's snow capped peak climbs almost 6,000 metres over the surrounding plains, and is the highest freestanding mountain in the world. It is made up of 3 volcanoes; Kibo (5,895m), Mawenzi (5,149m) and Shira (3,962m), all of which have been lying dormant for centuries.

Being one of the highest trekking mountains in the world, this has become a popular destination for those looking for a challenge. In order to give participants the best chance of summiting and dramatically reducing incidences of AMS, HAPE and HACE, Across the Divide have created an itinerary taking 7 days to summit.

Our adventure takes us to the remote north-eastern side of the mountain and follows the Rongai Route which, unlike some of the other routes, retains a true sense of wilderness. The Rongai Route benefits from fewer trekkers (usually one-tenth of those on the Machame Route) and it is generally considered to be one of the easiest of the quality routes on the mountain. By taking 7 days to acclimatize and reach the summit, we believe that we offer the best chance of summiting and are confident that this is the best choice for those looking for a quality Kilimanjaro experience with the least chance of difficulties. Once we have reached the summit, we will descend along the wide paths of the Marangu Trail (also known as the "Coca-Cola Route").

### WHAT IS IT LIKE?

Number of Days: 12

Difficulty Level: Extreme, altitude adds to the challenge

Terrain: Steep ascents, forest paths, mountain tracks, snow and ice.

Accommodation: Hotel 2 nights, camping 7 nights

Trekking Time: 5-10 hours per day.

Altitude: 1,140-5,895 metres

*4<sup>th</sup> ATD trip, again an absolutely amazing experience. Expertly organised, I **wouldn't** travel with anyone else.* Jonny, Kilimanjaro trekker

*Thanks ATD! I have had such an amazing experience. A lot harder than I ever imagined but so worth it. I **couldn't** fault ATD in any way. Absolutely fantastic. Surpassed all my expectations.* Hayley, Kilimanjaro trekker

## ITINERARY

DAY 1 - We fly from the UK to Kilimanjaro airport.

DAY 2 - Transfer from Kilimanjaro airport to Moshi for a full expedition briefing.

DAY 3 - Transfer to Naru Moru village (1,980m) where the trekking starts.

DAY 4 - Today we ascend to the Second Cave where there are impressive views of Kibo and the eastern ice fields on the rim of the crater. In the afternoon we take an acclimatisation walk, but camp back at the Second Cave.

DAY 5 - Today we walk up to the Third Cave, and again have an acclimatisation walk in the afternoon. Tonight's camp (at the Third Cave) will be at 3,900m.

DAY 6 - Today is a rest day to acclimatise to the increased altitude. We can take a short walk up to 4,290m before descending back to camp.

DAY 7 - Today we hike up to Kibo Hut where we stop for lunch before descending back to camp.

DAY 8 - We will cross the saddle between Mawenzi and Kibo. We stop at Kibo Hut to have an early dinner and final briefing, and then off to bed to get as much sleep as possible before our midnight departure.

DAY 9 - We start our trek up to Gilman's Point in the moonlight.. From here it is 2 hours to the highest point in Africa - Uhuru Peak.

DAY 10 - We continue our descent to Marangu Gate where we pick up our transport back to Arusha.

DAY 11 - 12 - Transfer to Kilimanjaro airport for our flight back to the UK, arriving the following morning.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £2,450	Minimum Sponsorship: £4,000
Insurance: £53	Insurance: £53

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. Reg fee): £TBC	Minimum Sponsorship: £TBC
Insurance: £53	Insurance: £53

Our prices include all flight taxes, including fuel surcharges



## LADAKH HIMALAYAN CHALLENGE



2010  
18-29 June

This is a stunning trek through the magical Buddhist kingdom of Ladakh. Our route takes us past charming villages and monasteries and offers magnificent views of the snow-capped Himalayas, Karakoram and the rugged Zaskar range. We will also visit palaces, cross rivers and traverse mountain passes, and also trek in the Hemis National Park where we may even see bharal (blue sheep), snow leopards and golden eagles.

Following the trek we will travel to Agra where there is the opportunity to see the incredible Taj Mahal and visit the Red Fort.

### WHAT IS IT LIKE?

Difficulty Level: Difficult, altitude adds to challenge.

Terrain: Steep sections, gravel, rocky paths and mountain trails.

Accommodation: Hotel 3 nights, camping 6 nights.

Trekking Time: 4-8 hours, 8-15km per day.

Altitude: 3,500-4,900m

*Great trek, area, mountains and people. All very impressive, as always organisation by ATD personnel was superb. Patrick, Ladakh trekker*

*Another fantastic adventure, made all the better by the ATD crew who were professional and inspired confidence in a high altitude environment.*

*Conor, Ladakh trekker*

## ITINERARY

DAY 1 - Fly to Delhi.

DAY 2 - We will arrive in Delhi and have a cycle rickshaw tour of Old Delhi.

DAY 3 – We fly from Delhi to the Tibetan-influenced capital of Leh with the remainder of the day to acclimatise.

DAY 4 - Today we will explore Leh with the opportunity to walk up to Shanti Stupa and the Shankar Monastery.

DAY 5 - 6 - We start our trek through outlying settlements and follow the trail up to Zingchan village. We will follow this with an acclimatisation day.

DAY 7 - We will cross the nallah (ravine) for the last time and walk through Rumbak village before setting up camp on this high mountain settlement.

DAY 8 - We begin with a steep ascent to be rewarded by views of the mountains and plains of Ladakh. A steep descent leads us to our camp.

DAY 9 - There is an optional 3 hour trek up the glacial moraine in the morning followed by an easier day's trekking. We finish at Stok where we will visit the palace and monastery before our celebratory meal at the hotel.

DAY 10 - We take an early morning flight to Delhi, transferring by coach to Agra where we have the afternoon and evening free to explore.

DAY 11 - We leave early to enjoy the Taj Mahal at sunrise and then visit the Red Fort before returning to Delhi.

DAY 12 - We transfer to the airport for our return flight to the UK.

## PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,950	Minimum Sponsorship: £3,900
Insurance: £53	Insurance: £53

Our prices include all flight taxes, including fuel surcharges



## LONDON TO PARIS BIKE RIDE



2010  
23-27 June

2011  
3-7 June

Cycling from London to Paris is a classic journey and a unique and challenging way of experiencing both the rural and urban sides of England and France. Four days of cycling will take you from the centre of London, through the rolling Kent countryside, across the channel, along quiet French roads and into the heart of Paris finishing at the Eiffel Tower.

Cycling is possibly the best way of experiencing the surroundings, and although this event will be hard going at times, the rewards will be great. The journey is an inspiring insight into both quiet English villages and peaceful French towns. No two miles are the same and each day will bring a great deal of satisfaction for all the riders.

Each night we will be treated to good quality and wholesome food and stay in hotels of a comfortable standard.

The route covers approximately 300 miles, mostly on minor roads and lanes. Participants will be supported along the way by ATD guides and doctors who will ensure your safety and wellbeing, and aided by logistical staff who will ensure that everything is prepared ahead of your arrival.

### WHAT IS IT LIKE?

Number of Days: 5

Difficulty Level: Moderate to difficult

Terrain: Cycling for 4 days over varied terrain. Continued activity for up to eight hours a day over consecutive days.

Accommodation: Hotels 4 nights.

Cycle Distance: From 62 to 93 miles per day. Approx 300 miles over 4 days

*Didn't know what to expect from the trip but loved every minute of it. Will definitely do something like this again with ATD Lee, London to Paris cyclist*

*I have had the best four days – the whole trip was an amazing thing to do. All the routes were so varied and made it really enjoyable. It was great to end on such a high in Paris! Lisa, Open London to Paris cyclist*

## ITINERARY

DAY 1 - We meet in Greenwich for an early morning start in order to be on our way before the morning rush hour. Heading out of London we cycle through the suburbs and into rolling English countryside where we have a few hills to tackle. After a tough day's cycling we arrive in Dover where we spend the night.

93 miles cycle

DAY 2 - We take an early channel crossing with breakfast on the ferry. Jumping back on our bikes in Calais we head off onto the quiet lanes toward our overnight stay in the traditional French town of Arras. Arras has a great history including a significant part to play in both the First and Second World Wars. At the heart of the town stands a magnificent gothic town hall and a 19th century cathedral. Our evening will be spent in Arras.

74 miles cycle

DAY 3 - Today we head south, deep into the heart of the French countryside. This is possibly the best of the cycling, following tree-lined lanes and passing through peaceful villages. We cross the Somme before heading on to the impressive town of Compiègne. Located on the Oise River the town is home to Chateau de Compiègne, a royal residence for Louis XV.

75 miles cycle

DAY 4 - Our final day of cycling takes us south through reserves and parks and finally into the very **heart of Paris, finishing at the base of the Eiffel Tower. Today's ride should finish in plenty of time for some relaxing in one of the world's greatest cities, and tonight we have a meal to celebrate our achievements.**

62 miles cycle

DAY 5 - Breakfast is followed by a late morning journey on the Eurostar to St Pancras where we collect our bikes.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £99	Registration Fee: £99
Tour Costs (exc. reg fee): £601	Minimum Sponsorship: £1,200
Insurance: £25	Insurance: £25

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £99	Registration Fee: £99
Tour Costs (exc. reg fee): £TBC	Minimum Sponsorship: £TBC
Insurance: £25	Insurance: £25



MOROCCO – MOUNT  
TOUBKAL TREK



2010  
1-6 October 2010

This is a short but fantastic challenge: a five-day mountain trek and a tour of Marrakech. At 4,176 metres Mount **Toubkal is Morocco's and indeed North Africa's highest mountain**. It is located 63km south of the city of Marrakech, in the Toubkal National Park.

On clear days the views are incredible in all directions, especially north to Marrakech and south to the Sahara. Climbing Toubkal does not require any previous mountaineering experience, just determination to scramble up innumerable scree slopes! Take on the challenge of **reaching the summit and you'll take a real sense of achievement back home with you.**

WHAT IS IT LIKE?

Number of Days: 6

Difficulty Level: Moderate to difficult, altitude adds to the challenge.

Terrain: Trekking over varied terrain. Continued activity for up to eight hours a day over consecutive days.

Accommodation: Hotels 2 nights, camping / mountain hut 2 nights

Trekking **Time:** 8 hours per day.

Altitude: 4,167 metres

*A big thank you to all that have been involved in creating this amazing opportunity. I feel extremely privileged to have been given the opportunity to be a part of this inspiring challenge. The entire ATD team have been fantastic in providing superb support and valuable information about the trek and general info regarding mountaineering and enjoying the outdoors. Reaching the summit was a truly breathtaking experience and one I cannot imagine being able to replace. Thank you. Manorit, Mount Toubkal trekker*

## ITINERARY

DAY 1 - We fly to Marrakech where we are met by our expedition leader and transferred to our hotel where we receive a full expedition briefing.

DAY 2 - We get up early for breakfast and transfer to the village of Imil where we start our ascent of the mountain. From Imil the trail zigzags up the valley and across a gorge before climbing to the Louis Neltner hut and our camp. The hut is sited on the tree line beyond which stretches the completely barren boulder and scree faces of Mount Toubkal.

DAY 3 - Today we climb to the summit of Mount Toubkal (4,167m) which should take approximately 5-hours. The views from the summit are stunning in the clear light of the morning. After celebrating reaching the summit we return back to our camp at the mountain hut.

DAY 4 - We continue back to Imil and board our transfer back to Marrakech for a well-earned rest and shower! This evening we celebrate our achievements with a meal and explore the exciting city of Marrakech.

DAY 5 - A day to explore Marrakech and do some shopping in the Medina (food and drink will be at participants' own expense).

DAY 6 -We transfer to the airport for our flight back to the UK.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £2,450	Minimum Sponsorship: £4,000
Insurance: £53	Insurance: £53

Our prices include all flight taxes, including fuel surcharges



## NAMIBIA PROJECT



2010  
13-22 October

2011  
15-24 October

The Anixab community at Sorris-Sorris in Damaraland consists mostly of Damara speaking people. They are predominantly livestock farmers who try and eke out a living in this very harsh environment that borders the Namib Desert to the north of the Brandberg, the highest mountain in Namibia.

Namibia is one of the few places on earth where the natural environment rules supreme. This is the land of the famous desert elephant, as well as black rhino, giraffe, zebra, springbuck, oryx, kudu and hyena. The area is vast and children can travel a long way, primarily by foot, to attend the A. Gariseb Primary School, which offers hostel facilities that can accommodate up to 200 pupils. The Government supports the area by providing water and mains electricity but this is all they contribute. As a result the school and the community find it very hard to cope with the costs involved in educating the children and maintaining the school.

Whilst some previous renovations have been made to the school buildings, many of them are still in a state of disrepair, and any further renovations will greatly improve the learning environment and be of real benefit to the children. Previous experience is not essential, but a willingness to help out with manual work is required!

### WHAT IS IT LIKE?

Number of Days: 8

Difficulty Level: Moderate, hot weather adds to the challenge.

Type of work: Manual labour. Basic building and general repair work such as fitting window panes, painting, sanding and plastering.

Accommodation: Camping 7 nights, lodge 1 night

Altitude: N/A

*What a fantastic trip! It far exceeded my expectations from start to finish. Thanks to all the staff team, they were all great leaders as well as entertainers and travel buddies. Ah Namibia! Great place, great food, lovely hospitality. I couldn't fault the trip at all. Thank you all. Jennie, Namibia Project participant*

## ITINERARY

DAY 1- Fly to Windhoek.

DAY 2 - On arrival in Windhoek we are met by our expedition leader. We board our coach and transfer to the Anixab community. In the evening we will meet some of our local hosts.

DAY 3 - 7 - Leaving our campsite we will walk about 1km to the project site, where we will meet the school committee and the local chief. After introductions and a formal project briefing, we will begin our work. During the day we have the opportunity to mix with the locals and understand more about their culture and community before returning to our camp for the evening. Each day we will walk to the project site to work on renovating the school buildings.

DAY 8 - On the final day of the project we have an official opening ceremony in the afternoon with all of the community and children present before celebrating a job well done at our lodge for the evening.

DAY 9 - Today there is the opportunity to enjoy a game drive in the local area, with hopefully a chance to spot the famous Namibian desert elephant, before transferring to the airport early evening for our return flight home.

DAY 10 – Arrive back in the UK

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,770	Minimum Sponsorship: £3,500
Insurance: £47	Insurance: £47

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): ETBC	Minimum Sponsorship: ETBC
Insurance: £47	Insurance: £47

Our prices include all flight taxes, including fuel surcharges



## NEPAL PIKE PEAK TREK



2010  
19-29 November

Nepal is a spectacular land of colourful cultures, ancient history, friendly people, superb scenery, and some of the best walking on earth.

This challenging trek will take you through one of the most beautiful and remote parts of the Himalayas. Our route is off the tourist track, and allows access to hidden monasteries and a chance to experience some of the renowned Nepali hospitality and culture. Ascending to **just over 4,000m you will catch glimpses of Everest's celebrated peak**, and feel an amazing sense of achievement as you reach the summit of Pike Peak.

### WHAT IS IT LIKE?

Difficulty Level: Difficult, altitude adds to the challenge

Terrain: Steep sections, gravel, rocky paths and mountain trails.

Accommodation: Hotel 2 nights, camping 7 nights

Trekking Time: 6-8 hours, 8-15km per day.

Altitude: 4,070m

*Fantastic trip, well organised, the food was amazing. It was a really enjoyable trip and the people are very friendly. Highly recommended.*  
Therese, Nepal Pike Peak trekker

*Thank you for an amazing journey. I was so impressed by how well run everything was and how greatly everybody got on. The conversations and friendships formed are wonderful. Nepal was a trip never to be forgotten.*  
Thanks so much! Martina, Nepal Pike Peak trekker

## ITINERARY

DAY 1 - We fly overnight to Kathmandu.

DAY 2 - On arrival in Kathmandu we are met by our expedition leader and transfer to the Sukute Beach Resort camp located on the banks of the Bhote Kosi River.

DAY 3 - Today we have an early start and are able to take in some spectacular views of the Himalayas as we drive to Jiri, where we have lunch. Here we leave the buses and stretch our legs with a gentle walk to our first night's camp at Mali.

DAY 4 - We walk down to the valley of Shivalaya before starting our climb up to Deorali. The route today is peppered with teahouses and Deorali, our campsite for the night, is a lovely small town with more teahouses and a few shops.

DAY 5 - Today is one of the hardest days with a long hard climb. Upon reaching our camp at Kapti (2,400m) we should have stunning views of several of the major Himalayan peaks, including Numbur Himal, Dud Kunda and the Gouri Shankar Himal. All of our local Sherpa Staff are from this village and there is the opportunity to visit their houses and the local school, experiencing this fantastic local culture.

DAY 6 - **Today's** trek takes us through fantastic rhododendron gardens and past amazing Buddhist monasteries before reaching the camp at Ngaur.

DAY 7 - The route starts through a lovely forest, before continuing upwards to conquer the summit of Pike Peak (4,070m). We have time to enjoy the amazing views and if we are lucky and the weather is clear we may get glimpses of Everest. We then head back down to the camp at Ngaur for a well deserved breakfast.

DAY 8 - The fantastic views of snow capped mountains make a great start to the day as we retrace our steps back to Deorali and down into Shivalaya.

DAY 9 - Today is the final day of our trek and our lunch stop offers us the last look at Pike Peak. Tonight we celebrate our achievements over dinner.

DAY 10 – We transfer back to Kathmandu we have the afternoon at our leisure.

DAY 11 - We board our return flights to the UK.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,448	Minimum Sponsorship: £3,000
Insurance: £53	Insurance: £53

Our prices include all flight taxes, including fuel surcharges



## PERU AND THE LAND OF THE INCAS



2010  
12-22 May

2011  
5-15 May  
6-16 October

Across the Divide has created a unique route, away from the hustle and bustle of the main Inca Trail, which only we have permission to use. We trek a previously unknown valley where we have helped to rediscover otherwise neglected ruins, and helped village communities which do not otherwise benefit from the monies generated by tourism.

Our route takes us through hidden valleys, mountain passes, along long forgotten Inca trails, and through small villages where they still follow traditional methods of farming. Our trek ends as we reach Machu Picchu by passing through the Sun Gate to view this stunning sacred city.

### WHAT IS IT LIKE?

Difficulty Level: Moderate to difficult, altitude adds to the challenge.

Terrain: Steep sections, stone walkways, dirt paths, forest tracks

Accommodation: Hotel 2 nights, camping 6 nights.

Trekking Time: 8 hours activity per day

Altitude: 2,900-4,445m

*Brilliant - one of the best times of my life. Well organised, bring on the next one! Great group. Jim, Peru trekker*

*Without doubt the most incredible life changing experience I have ever had! I felt totally safe and secure in ATD's hands - trust me I was nervous before I left! Machu Picchu from the Sun Gate was so worth it. Thank you so much. Emma, Peru trekker*

## ITINERARY

DAY 1 - Fly to Lima

DAY 2 - Fly from Lima to Cuzco, then transfer onto the Sacred Valley and Cachicata

DAY 3 – Today we have a tour of the Inca ruins at Ollantaytambo: a typical Inca town. We then walk to our camp at Soqma.

DAY 4 - Today we trek uphill, past dramatic scenery of waterfalls and ruins, to get to tonight's camp at the Inca terraces at Corimarca. Across the Divide groups are the only people permitted to camp here.

DAY 5 – We reach the highest point of our trek today, with spectacular views of the snow peaks and the sacred valleys below.

DAY 6 - We descend into the Elfin Forest, towards the Sacred Valley. Tonight's camp is at Camicancha.

DAY 7 – Today we take a steep trail up to an old Inca watchtower. As we pass Wayras Punka with its abandoned Inca terraces, we can see the Inca ruins of Ollantaytambo.

DAY 8 – We board a train for the journey from kilometre 82 to kilometre 104, then climb the Inca Trail to Machu Picchu. The Sun Gate is perfect for a group photo.

DAY 9 – In the morning we have a chance to see Machu Picchu at sunrise before back for a night in Cuzco.

DAY 10 –11 We fly from Cuzco to Lima and then back to the UK

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,775	Minimum Sponsorship: £3,500
Insurance: £53	Insurance: £53

### PRICES 2011

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): TBC	Minimum Sponsorship: TBC
Insurance: TBC	Insurance: TBC

**Our prices include all outward flight taxes, including fuel surcharges**



## VIETNAM TREK



2010  
27 February – 8 March

Our Vietnam trek takes us through the beautiful and remote region of Sapa, located in the unspoilt northwest of Vietnam. We will hike along the lower slopes of the Hoang Lien Mountains where, on a clear day, we may get a glimpse of the imposing peak of Fan Si Pan – the highest mountain in Indochina and the last major peak in the Himalayan chain.

As well as the stunning scenery, we experience the culture of the local tribes and stay in the houses of the local tribal villagers. The ethnic diversity of the local tribes is quite apparent as we meet the Red Dao, **Xafo, and Black H'mong people. The Red Dao tribal women are particularly striking, as they wear a large red turban often covered with old coins and jewellery.**

This is a tough challenge but your efforts will be met with memorable rewards such as the interaction with local communities and the breathtaking views of sweeping valleys dotted with small villages and rice paddy fields beneath the towering mountains.

### WHAT IS IT LIKE?

Number of Days: 10

Difficulty Level: Moderate.

Terrain: Steep sections, gravel, rocky paths.

Accommodation: Hotel 1 night, camping 2 nights, 2 nights in local houses and 2 nights on overnight trains.

Trekking Time: 5-8 hours, 9-20km per day.

Altitude: N/A

*Absolutely fab trip. ATD staff were amazing & Vietnamese crew blew me away: I look forward to the next one. Marie, Vietnam trekker*

*I absolutely loved it. INCREDIBLE, AWESOME, AMAZING SOME WORDS YOU COULD USE TO DESCRIBE THE TRIP but I thoroughly loved it, it wasn't long enough! Martin, Vietnam trekker*

## ITINERARY

DAY 1- Fly to Hanoi

DAY 2 - On arrival in Hanoi we transfer to our hotel in the bustling old quarter of the city. Time permitting we explore the old quarter of Hanoi. We depart on the night train to Lao Cai, which lies on the border between Vietnam and China.

DAY 3 - On arrival at Lao Cai train station we have breakfast followed by a transfer to Ben Den, where our team of porters will be waiting for us. In the afternoon we have a steady climb up and over the mountain pass to Nam Phang village where we camp for the night.

DAY 4 - We follow a varied path through villages and bamboo forests, until we reach Seo Nam Lang. We cross a small river before making a steep ascent to Sin Chai Village where we stop for lunch. After lunch, we descend towards Nam Cum and follow the trail that takes us to Thanh Phu, the village of the Tay people. Tonight we stay in their houses as guests.

DAY 5 - **Today's trek is an easier day** that takes us through a number of small ethnic villages, home to the **Red Dao, Xafo and Black H'mong people. The varied path takes us over open hills with views of the Tonkinese Alps**, and meanders through terraced paddy fields being tended by local farmers.

DAY 6 - Following breakfast we leave Ban Ho behind us and start to ascend the gravel road to Supan. From Supan we drop back down to the river and head north through a quiet trail to our lunch spot on the riverbank. From here it is only a couple of **hours' walk before we drop down to Ta Van village, staying overnight with Zay and Mu'ong people in their homes.**

DAY 7 - Today is the final day of our journey through the Hoang Lien Valley with great views back down the valley we have passed. Towering overhead is Mount Fansipan: at 3,143 meters (10,305 feet) the highest mountain in Indochina. Our hotel is perched on the hill above Sapa with beautiful valley views.

DAY 8 - This morning can be spent exploring Sapa. There are ample opportunities to relax in the friendly cafes or to buy some souvenirs in the colourful markets. Those with any energy left may wish to join our guides and climb Ham Rong Mountain for a panoramic view of Sapa and its environs. After an early dinner we make the short transfer to the overnight train back to Hanoi.

DAY 9 - Arriving in Hanoi we transfer to our hotel where we can freshen up after our train journey. Time permitting we have a last chance to shop for souvenirs and take in the sights. Later we transfer to the airport for our flight home.

DAY 10 - Hanoi to UK.

### PRICES 2010

Option 1 (Self Funding)	Option 2 (Minimum Sponsorship)
Registration Fee: £350	Registration Fee: £350
Tour Costs (exc. reg fee): £1,440	Minimum Sponsorship: £2,900
Insurance: £47	Insurance: £47

Our prices include all outward flight taxes, including fuel surcharges



## Payment options explained

**Option 1: Self Funding** This payment option requires you to cover all of your tour costs as well as the registration fee. Any additional funds raised on top of this can be given to the charity of your choice.

**Option 2: Minimum Sponsorship** With this payment option you pledge to raise a minimum amount of sponsorship for your chosen charity. The sponsorship amount is generally double that of the tour costs.

Your chosen charity will need to authorise this option as the fundraising agreement is between yourself and the charity.

We will invoice the charity for your tour costs 10 weeks before the event is due to take place.

## How to register

Please go to our website [www.acrossthedivide.com](http://www.acrossthedivide.com) and complete the online registration form for the event of your choice.

Home>Events>(Event Name)>Add to basket

In addition to the registration form you will also need to fill out the medical and insurance forms which are part of the online registration process.

## Medical Form

You must complete the medical form, advising us of any pre-existing medical conditions, and informing us of any changes that may occur before departure. Failure to do so may invalidate your insurance.

## Confirmation of place

Once we have received your application and registration fee, we will confirm your place on the trip and send you the relevant race and country manual. This will also detail a recommended kit list, training information and country information.

## What is included?

Return international flights from London, all flight taxes including fuel surcharges, all accommodation during the event, in country transport, all food unless otherwise specified., day to day running of the event, safety and logistical management, provision of UK safety staff and medical team, the organisation of emergency evacuation.

## ATOL

All flights are fully protected under the Across the Divide ATOL number 6475.



Across the Divide  
Thorncombe Barn  
Fore Street  
Thorncombe, near Chard  
Somerset  
TA20 4PP

Tel: +44 (0) 1460 30456

Fax: +44 (0)1460 30444

[www.acrossthedivide.com](http://www.acrossthedivide.com)