

THE BEN NEVIS CHALLENGE

TAKE part in the challenge of a lifetime - scale the highest mountain in Great Britain in August!

The Hospice of the Valleys is asking individuals to take on this challenge - and raise much-needed funds for the hospice at the same time. We need people who will pledge to raise £400 for this Scottish challenge - as they commit to climbing the mighty Ben Nevis, which stands 4,409ft tall.

The adventure will start early on Saturday, August 7, 2010, when we leave Tredegar and head north of the border, arriving on Saturday evening to stay at the Glen Nevis Youth Hostel.

The next day we will begin our ascent of Ben Nevis after breakfast, going up the Tourist Trail, which starts just outside the youth hostel. We will be accompanied by mountain leaders from Parc Bryn Bach in Tredegar.

In the evening we will go out in nearby Fort William to celebrate our ascent—then set off for Wales again early on the Monday morning, arriving late afternoon. So why not sign up for the challenge - and try to persuade some friends or colleagues to take up the challenge as well - perhaps as a team building exercise?

We ask all participants who sign up to provide a deposit of £100 to secure their place and suggest they then raise a further £300 in sponsorship.

In return for raising £400 you will get:

*the opportunity to attend supervised training days on local mountains in the months running up to the event (dates to be confirmed later)

* transport to Scotland and back.

*supervision on Ben Nevis from qualified mountain leaders from Bryn Bach Park in Tredegar.

*youth hostel accommodation in Glen Nevis for two nights on August 7 and 8

*packed lunch on Sunday to take on the Ben Nevis walk

*bottled water provided for the Ben Nevis ascent

*breakfasts on Sunday and Monday mornings

*a medal after completing the challenge.

Not included: lunches on Saturday and Monday. Evening meals on Saturday and Sunday. There are a range of pubs and restaurants in nearby Fort William where snacks and meals can be purchased in the evenings and we will be stopping for lunches on our way to and from Scotland.

You may want to take out your own personal insurance for the weekend.

At least two thirds of your sponsorship money will go to running the Hospice of the Valleys' 24 hour a day palliative care service for adults with cancer in Blaenau Gwent.

Spaces are strictly limited and will be allocated on a first-come, first served basis, so sign up as soon as possible. You must be over 18 to take part in this event.

ENTRY FORM (photocopied forms will be accepted)

To register, please complete this form and return it to the Ben Nevis Challenge at Hospice of the Valleys, Park Gate Business Centre, Morgan Street, Tredegar, NP22 3ND

TITLE:..... SURNAME.....

FIRST NAME.....

ADDRESS.....

POSTCODE.....

AGE ON EVENT DAY.....

CONTACT NUMBER.....

EMAIL ADDRESS.....

T-SHIRT SIZE S/M/L.....

The Hospice of the Valleys values your support and promises to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act 1998. We will not disclose or share personal information supplied by you with any third party organisation without your consent.

I **DO/DO NOT** wish to receive any mail items from the Hospice of the Valleys or any third parties (please delete as applicable).

DECLARATION

I wish to take part in the Ben Nevis Challenge and know of no existing medical condition that could prevent me from doing this safely. I am over the age of 18.

By signing this form, I declare that I am fit to take part. I accept that the organisers of this event will not be responsible for any loss, injury, death, damage, costs or expenses which may arise in consequence of participation in this event, however caused. I fully understand that Hospice of the Valleys has the right to refuse participation if it is deemed necessary.

I also understand that in extreme weather conditions, the event may have to be postponed. I enclose a cheque for a non-refundable £100 to reserve my place.

SIGNED.....

DATE.....

PRINT NAME.....

For more information about this and other fundraising events, telephone Helen Morgan on 01495 712937/6.



Hospice of the Valleys The Blaenau Gwent Hospice Close at Heart—Close to Home.

All the money raised will help support the Hospice of the Valleys' essential hospice-at-home service that is provided by seven nurses, part-time doctor and three social workers, who are on call 24 hours a day, and 365 days of the year.

We are committed to providing FREE high quality care for patients suffering from life-threatening illnesses, in their own homes.

This care includes comprehensive support for families too, and extends from the time of diagnosis through treatment, until either care or, if appropriate, into terminal care and bereavement. The Hospice of the Valleys' staff are there when patients and their families most need them.

We need your help to help us continue this essential community service here in Blaenau Gwent.

For more information about our service contact us on 01495 717277 or email enquiries@hospiceofthevalleys.com

Hospice of the Valleys is a registered charity No: 517724

Parc Bryn Bach

Parc Bryn Bach, owned by Blaenau Gwent council, is situated just off the A465 Heads of the Valleys Road in Tredegar, and incorporates 340 acres of grass and woodland, with a 36 acre lake at its heart.

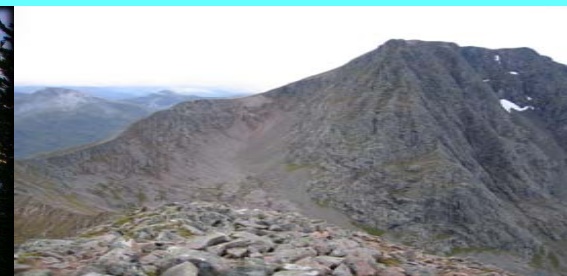
The park offers something for everyone—facilities include a visitor centre, bike hire, a BMX track, a new nine-hole golf course, as well as a variety of adventure activities. The park also plays host to a range of community and high-profile sporting events, including the British Elite Triathlon. For more information telephone 01495 711816.



BEN NEVIS CHALLENGE!



Scale the highest mountain in Britain—and raise funds for the Hospice of the Valleys!
Can you and your friends or colleagues rise to this challenge?



August 7, 8 and 9 2010

