

# The ME Association **Our Adventure Challenges for 2011**

***'Hike the Pike'***  
***Climb Scafell Pike,***  
***England's highest peak –***  
***two-night stay in Keswick***  
***24-26 June***



***5-day Tuscany Cycle Ride***  
***Starts and finishes at Pisa***  
***7-12 September***

the ME association

**me**

**For our more active fundraisers, we have lined up two Adventure Challenges for later this year which might just appeal to you. One will take you to England's highest peak in the Lake District in June, while other will be a bike ride through Tuscany.**

## **HIKE THE PIKE!**

The first is 'Hike the Pike!', a one-day trek and ascent of Scafell Pike in the Lake District, starting on Friday, 24 June – with walkers spending two nights in Keswick.

The total distance to be covered – including up and down the 3,210ft mountain (which is England's highest peak) – will be 20km.

Those taking part must be active and be comfortable with the idea of country walks lasting up to seven hours over difficult terrain. Two nights bunkhouse accommodation at Keswick, two breakfasts, and the services of a qualified mountain leader/first aider will be provided.

A non-refundable registration fee of £50 will be payable in advance and the ME Association will be expecting participants to raise a minimum of £300 sponsorship on top of that – of which £109 which be required to be paid before the event.

To view details of the "Hike the Pike" event at the Adventure Café website, please visit [www.adventure-cafe.com](http://www.adventure-cafe.com) and check out their Charity Challenges page.

*Front cover: main pictures show Scafell Pike and the Ponte della Maddalena near Lucca in Tuscany.*

# TUSCANY BIKE RIDE

This five-day event will start in Pisa on 7 September and take riders through historic cities, stunning river valleys and winding roads – so get ready for an awesome adventure. And there will be plenty of the wonderful Italian food, wine and hospitality.

Those taking part will need to be proficient riders, have good stamina, have good all-round health and have a few practice rides under your belt. Good quality, reliable sports hybrid bikes, fitted with Shimano running gears, will be available for hire – but riders should provide their own cycling helmets and a small multi-tool.

Included in the price of the trip will be a leader with a first-aid qualification, support vehicle back-up with driver/mechanic, transfers for bikes to and from Pisa Airport, accommodation and breakfasts.

We are asking for a £100 non-refundable registration fee plus sponsorship of £900 – of which £399 will be required to be paid before the event.

To view details of the Tuscany Bike Ride at the Adventure Café website, please visit [www.adventure-cafe.com](http://www.adventure-cafe.com) and check out their Charity Challenges page.

**If you would like to reserve your place on either challenge, please phone the Adventure Café on 01460 249 191 or email [info@adventure-cafe.com](mailto:info@adventure-cafe.com)**



The ME Association, also registered as The ME Society, is a campaigning national charity that provides information and support to an estimated 240,000 people in the UK with ME/CFS, their families and carers.

This is provided through a quarterly magazine, website, literature, education and training. We also run ME Connect, the UK's premier helpline for people with ME/CFS. The charity supports research into the physical nature and causes of ME via our Ramsay Research Fund.

Membership costs £18 a year in the UK/BFPO, £24 a year (Eire and the other EU countries) and £30 a year (rest of the world).

***If you would like to support our cause by setting up your own fundraising event, please contact:***

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**Registered Charity Number 801279**