



POLAR CHALLENGE 2020

FRIDAY 13 MARCH – SUNDAY 15 MARCH 2020

Are you up to the challenge of learning to survive two nights and three days in the extreme conditions of the Arctic Circle in our first ever international challenge?

For just a £410 per person entry fee (excluding flights) we'll give you the experience of a lifetime, all you have to do is commit to raise a minimum sponsorship of £500. We are working in partnership with experts in Polar expeditions to provide you with this unique opportunity.

But hurry places are limited, a £50 per person deposit is all that is required to secure your place. Book now at www.lindseylodgehospice.org.uk

This expedition is being lead by experienced tour operators, Exped Adventures. For full details see overleaf.



FUNDRAISING
REGULATOR

Charity number 702871

www.lindseylodgehospice.org.uk

01724 270835

Participants will need to be in Oslo at 11 am on Friday 13 March, where Lindsey Lodge Hospice representatives and Exped Adventure will be there to greet you. Please see below for further information regarding flights.

From Oslo, you will travel north via train to the Hardangervidda plateau within the Arctic Circle in Northern Norway. You will then spend two nights/three days within the Arctic, learning all snow craft techniques and all aspects of Arctic survival and expedition.

Days will be challenging. All participants will be self-sufficient and responsible for packing and pulling their own pulk (provided).

The trek can be carried out by snow shoe or cross country ski (additional charge for ski hire, instruction will be given).

Please join us for this once in a lifetime experience, where you will have the opportunity to explore snow-capped summits, frozen lakes, Arctic wildlife by day, along with the possibility of experiencing the spectacular Northern Lights by night – all the while, raising much needed funds to support local patients and families. You will return to Oslo on Sunday afternoon, where you can choose to extend your stay in Oslo or return home that evening.

PRICE

£410pp, including: All food, water; technical equipment; insurance and fully trained Polar expedition leaders from Oslo throughout the journey, until return to Oslo.

Excludes: Flights; additional ski hire (£60); personal equipment (advice and guidance can be provided on this).

Flights from Manchester to Oslo including 20kg luggage and hand luggage are approximately £130 per person. Lindsey Lodge Hospice representatives will be on set flights (to be confirmed) on Friday morning and returning Sunday evening, should you wish to travel with Lindsey Lodge staff. We can assist you with all flight bookings. Flights are subject to change, we recommend booking early.

A £50 deposit per person is required, the full payment of £410 (excludes flights) will need to be paid by Friday 10 January 2019 to secure your place on the expedition. We're hoping to raise £10,000 and to achieve this; we are asking participants to raise a minimum sponsorship of £500 per person.

Contact our Head of Fundraising for more information on 01724 270835