

Open Charity Events 2012 – Extreme Challenges

Event	Date	Website	Entry Fee & Sponsorship	Summary
Tandem Skydive	Various	www.headcornparachuteclub.co.uk/charity	£370 min sponsorship with £125 to ThePromise & rest used to pay for jump OR £245 and raise as much as you can for ThePromise	Headcorn Airfield is the only full time parachute club serving London. Just an hour from London it offers a variety of jumping options and training.
Everest Base Camp Trek	Various	www.globaladventurechallenges.com/international/everest-basecamp-trek/	£399 + min sponsorship £3150 OR £399 + 1399 & raise as much as you can for ThePromise	The world renowned trek to Everest Base Camp is not for the faint hearted. This 18 day adventure of a lifetime is designed to maximise your success. Everything you need is included but only you can prepare for this!
Great Wall of China Trek	Various	www.globaladventurechallenges.com/international/great-wall-trek/	£299 + min sponsorship £2895 OR £299 + £1299 & raise as much as you can for ThePromise	Walking along the great wall of China, over watch towers and mountains, through historic battlements and off the tourist trail.
Zambezi Blast - Rafting	8 th – 15 th Sept	www.globaladventurechallenges.com/international/zambezi-blast/	£399 + min sponsorship £3350 OR £399 + £1499 & raise as much as you can for ThePromise	Charity challenges don't get much more extreme than this! 4 days rafting some of the world's biggest commercially run rapids – this is not your average charity trip!

If you know of any sponsored extreme events that supporters of ThePromise may like to take part in please let me know at jo.pritchard@thepromise.org.uk