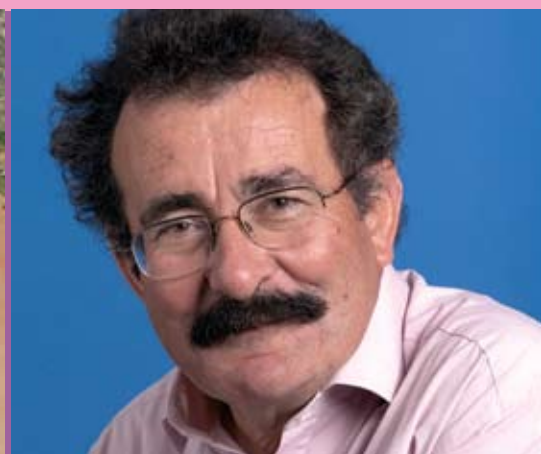


Women for Women Cycle Jordan

to raise funds to improve the health of women and babies

3-10 Oct 2009 & 11-18 Oct 2009

MORE THAN A THOUSAND WOMEN HAVE TAKEN PART IN PROFESSOR ROBERT WINSTON'S WOMEN-ONLY CYCLING CHALLENGES AROUND THE WORLD RAISING FUNDS TO IMPROVE THE HEALTH OF WOMEN AND BABIES. BE PART OF THE 9TH CHALLENGE – A SPECTACULAR 300KM CYCLE RIDE THROUGH THE JORDAN VALLEY TO THE SHORES OF THE RED SEA, VISITING THE RED ROCK CITY OF PETRA ALONG THE WAY.



"Women have raised more than £2 million to improve prevention, diagnosis and treatment of a range of devastating conditions that cause brain injury, miscarriage, genetic diseases, infertility and cancer by taking part in our rides. Come and join this fantastic team of special women."

Robert Winston

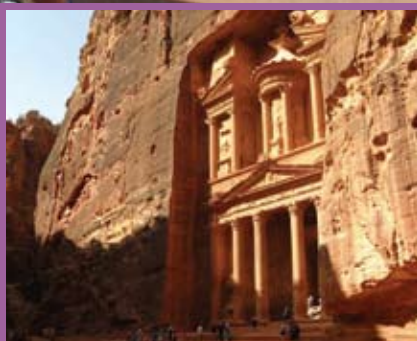
Professor Lord Winston

Chairman of Women for Women and the Institute of Obstetrics & Gynaecology Trust



Fern Britton

Television presenter Fern Britton is getting on her bike again and heading to Jordan for her 4th Women for Women challenge.



Call 0845 408 2698

www.actionforcharity.co.uk

e-mail: events@actionforcharity.co.uk

To take part in Cycle Jordan you need to pay a registration fee of £250 and raise a minimum of £2,500 in sponsorship funds and donations for Women for Women. Women for Women is administered by the Institute of Obstetrics & Gynaecology Trust (registered charity number 292518) www.ioigt.org.uk

PLACES LIMITED:
CALL NOW FOR INFORMATION
OR REGISTER ONLINE



Women for Women

Funding better health for women & babies

www.women-for-women.org



"Women for Women challenges are amazing. Not only do you get fit and have an adventure of a lifetime, you make lots of wonderful new friends along the way. I have personally got so much out of doing the rides myself and highly recommend them."

TV presenter Fern Britton, participant Women for Women rides in Egypt, India and Cuba.

Women for Women

Cycle Jordan

to raise funds to improve the health of women and babies
3-10 Oct 2009 & 11-18 Oct 2009

The power of Women for Women goes on . . .

- Float in the Dead Sea
- Cycle through the desert
- Sleep one night in a Bedouin tent
- Visit the Red Rock city of Petra

Come and join our adventure

Our cycle ride takes us through the Dead Sea valley to the spectacular red rock city of Petra, then on through the desert to Robert's Rock where we camp in Bedouin tents before cycling to Aqaba on the shores of the Red Sea. It will be a journey you will remember forever.

Jordan is a small country that forms part of the land bridge linking Europe, Africa and Asia. The country is mainly desert, from the dramatic red sands and towering cliffs of the far south to the stony plains of volcanic basalt in the east. In addition there are lush hills in the north and the

plunging rift of the Jordan Valley which runs into the Dead Sea, the lowest point on Earth. We will cycle as a group through amazing scenery, sleeping in a Bedouin camp one night and in hotels on the other six nights, sharing the challenges and the experience of a very special journey.

Why Women for Women?

Funds raised by the Women for Women rides are used to train women scientists and clinicians of the highest calibre to work on major research projects to improve prevention, diagnosis and treatment of a range of devastating conditions that cause miscarriage, genetic diseases, infertility and cancer. The fundamental aim is to safeguard our future generations by improving women's health and ensuring more women have a healthy pregnancy and healthy baby. Women

for Women is administered by the Institute of Obstetrics and Gynaecology Trust. Professor Winston is Chairman of both and is calling for women to join Cycle Jordan to raise funds to continue ground-breaking medical research.

Challenge details

To take part in Cycle Jordan you are required to pay a registration fee of £250 and pledge to raise minimum funds of £2,500 for Women for Women (administered by the Institute of Obstetrics and Gynaecology Trust). These must be paid in at least ten weeks before the event i.e. by 24 July 2009 (3-10 October event) or 31 July 2009 (11-18 October event). Your personal challenge is to train and get fit enough to take part; to raise at least the minimum sponsorship funds and to accomplish the cycle ride in Jordan.



Day 1
Flight from London to Amman. Late evening arrival and transfer to hotel in Madaba where we overnight.

Day 2
Madaba – Mount Nebo – Dead Sea
approx 60km

After bike fitting we start the challenge by cycling through small villages and agricultural areas on undulating terrain to Mount Nebo, the traditional site of the death of Moses, for a spectacular view over the Dead Sea Valley. After lunch it's a fantastic downhill into the valley and then a bumpy off-road section to our overnight hotel on the shores of the Dead Sea.

Day 3
Dead Sea – Kerak
approx 60km (plus an optional 24km to Kerak)

Transfer from Kerak to Petra. Today is a real challenge. We head south along the eastern shore of the Dead Sea where the road is mainly flat. The views are very special with the Dead Sea on our right and Israel's Judean Desert visible on the far shores. We can also see the colourful hills of Moab. After 60km we turn east towards

the mountains and stop for lunch. An optional 24km climb will bring us to the 12th century Crusader Castle of Kerak. This climb is very tough and extremely challenging and for those who find it too hard there is an option to take the coach that follows us all the way. After a short visit to the Castle (time permitting) we transfer to Petra to overnight.

Day 4
Whole day visit to the antiquities in Petra

A short walk from the hotel brings us to the Gate of the ancient Nabatean city of Petra, the rock carved city hidden in a valley behind an almost impenetrable barrier of rugged mountains. This was the centre for the Nabatean caravan trade and from here the caravans left for their faraway destinations. We enter the site through the famous Siq, the narrow and very colourful sandstone canyon, where we also find the famous "Treasury", a huge rock carved building. Dinner and overnight in Petra. In the evening it is possible to visit the "Hamam" the local bathhouse for a steambath and a good scrub

Day 5
Petra – Dilagha – Roberts Rock
approx 70km

We cycle 25km uphill from Petra to "Rajeff" where we start a spectacular ride into the Arava valley. The first part is downhill along a narrow winding road passing small villages and Bedouin camps. A steep uphill brings us to our lunch stop with views across the Arava Valley. After the picnic lunch there is a very steep winding downhill into the valley then a further cycle ride through beautiful desert scenery to our Bedouin camp at "Roberts Rock". The undulating road is extremely beautiful, rewarding and good fun. We have a barbecue dinner around the campfire and spend the night gazing at the stars and sleeping in the large Bedouin tents.

Day 6
Roberts Rock – Arava – Aqaba
approx 105km

From "Roberts Rock" we cycle 8km to the road that goes from north to south through the Arava valley. We turn south and head for Aqaba along a tarmac road, Jordan's southern most town on

the shores of the Red Sea. In the early afternoon we cycle through the busy port of Aqaba where we finish the challenge and have the rest of the day to relax. Dinner and overnight in Aqaba.

Day 7
Relaxing in Aqaba
Optional visit to Wadi Rum or spend a day at the beach. Tonight we enjoy a special meal together to celebrate our achievements.

Day 8
Aqaba – Amman – London
Morning flight from Aqaba to Amman airport where we change planes for our return flight to London.

Please note this is a complex itinerary which may be subject to change.



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Action as agents for

