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15-25th February, 2018

CYCLE FOR SAFE WATER

Like adventure? Looking for the trip of a lifetime? Join FRANK Water, Expedia and Authentica in the first ever Cycle for Safe Water Challenge! Discover some of India's most beautiful and least visited regions, see firsthand how safe drinking water changes lives and raise money to help FRANK Water reach more of India's most marginalised communities. All on two wheels!

400km 

Our cycle challenge entails six days of cycling over a distance of approximately 400kms. The journey spans mountain tops to valley bottoms, coastal climbs to inland flats, with breath-taking views throughout. The ride will be challenging, but achievable with training in advance, and friendship and camaraderie made along the way.

Cycle for Safe Water India Challenge Itinerary



DAY 0

Depart from the UK to India.

DAY 1

Arrive at Visakhapatnam - one of the most beautiful coastal cities in India. We'll check in to the 'Keys Hotel' in Visakhapatnam in the late afternoon and have time to recover from our journey and relax before getting together for our first dinner together.

DAY 2

This will be an Orientation and Acclimatisation day in Visakhapatnam. After breakfast in the hotel, you'll be introduced to the rest of the support team who will provide a full briefing with information about the region and FRANK Water's work there. This will be followed by a comprehensive Health and Safety briefing. After lunch, you'll be assigned your bicycle and will then have some free time to acclimatise to the weather, and prepare for the following day and Day 1 of the challenge! There will be a group dinner arranged for that evening.

DAY 3 - Cycling VISAKHAPATNAM - TYDA Approx. 75km cycling

At around 8.30am, we'll set off to cycle towards Tyda village on the Vizag Araku Road. The route is a beautiful 75km stretch, with approximately 60km of flat terrain and 15km of gentle hills. We will stop for a late morning snack at L Kota village and then continue our journey, with a lunch stop at Thatipudi Reservoir. We'll cycle on after lunch to arrive late afternoon at Tyda Village, a little village located at the foot of the Eastern Ghats mountain range, with fabulous views of the surrounding hills. We will check into a hotel and stay for the night here.

DAY 4 - Cycling

TYDA - ARAKU VALLEY
Approx. 70km cycling and visit to FRANK Water supported Village

After breakfast we'll start our journey towards Araku valley. It is a 70km ride through the valley surrounded by beautiful scenery. The stretch consists mostly of gentle up and downhills, with a few flat stretches. We will stop at Chaparai waterfalls for a late morning snack at around 11:30 and take a while to look around. We will then head for Anthriguda village, arriving at around lunchtime, where we'll spend a couple of hours learning more about FRANK Water's work. We will walk the 2km journey that local women used to make to collect water for their families. After the walk, we'll spend time with the village development committee to discuss the impact that safe water has had for the village. We'll get back on our bikes for the rest of the afternoon and head to the 'Haritha Mayuri Resort' in the Araku Valley, where we will stay for the night.

DAY 5 - Cycling ARAKU VALLEY - PADERU Approx 75km cycling and visit to newly supported FRANK Water Village

We will start the morning with some gentle cycling toward Saryiapalli village. The terrain throughout the day will be mostly flat, with a few km of steep hills. We will stop at around 11.30am at Diguva Sonabha for a snack followed by a visit to Saryiapalli village where FRANK Water has recently started work. We'll stop here for a break and spend time with the villagers to find out more about how FRANK Water's support is changing their lives for the better not just with water but sanitation and hygiene training too. We'll continue our journey, reaching our end destination (Paderu village) in the late afternoon, where we'll set up camp for our first night under canvas.



DAY 6 - Cycling
PADERU – LAMBASINGI 80
km cycling and visit to a
FRANK Water supported
Village

Following a shared breakfast in camp, we'll start cycling towards Lambasingi via Chintapalle. We will stop at beautiful Kothapalli Falls along the way for a snack where we can take time to appreciate the stunning surroundings. We'll continue to the village of K Bennavaram (another FRANK Water village), arriving at around lunchtime. This is a larger village and the group could break into smaller groups to take part in various aspects of local life for a short time, such as farming activities and school infrastructure maintenance. We will also be joined by some school children for a few km of cycling before we head off towards Lambasingi where we will set up camp at a local farm for our second and final night under canvas.

DAY 7 - Cycling
LAMBASINGI –NARSIPATNAM
40 km cycling, visit to FRANK
Water Project as well as
visiting our Local In country
Partner - VJNNS.

After breakfast we will start riding towards Narsipatnam, where FRANK Water's NGO partner is based. The day will consist of 40km of cycling covering some of the most scenic routes and spectacular views of the challenge. En route we will visit a FRANK Water village called Sekai Banda where we will spend around 3 hours. This is probably one the prettiest villages we'll visit and here you will have the chance to engage in different activities within the village such as playing traditional games with school children, connecting with a local farming family and learning to cook a traditional meal with them (which we'll have for lunch!), trying your hand at local arts and crafts and helping with farming activities. After this, we'll continue to the small town of Narsipatnam, arriving early afternoon. We'll check into our hotel for the night the 'Sri Krishna Palace', and then head out to visit FRANK Water's partner VJNNS where we will meet the team and find out more about the work they do.



DAY 8 - Cycling
NARSIPATNAM –
VISAKHAPATNAM Approx.
70 km cycling

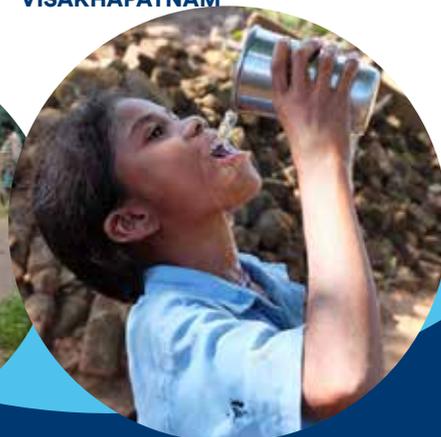
The final day of our cycling challenge is mostly flat, surrounded by trees and farmlands. We will stop for an early snack around 10:30am at Anakapalle village and then continue our journey on to Visakhapatnam to arrive at around 4pm where we will check in to the luxurious Gateway Hotel not far from the beach. This is where we'll say goodbye to our support team (and our bikes!) and share a fantastic dinner together that evening to celebrate our success.

DAY 9

After breakfast together, you'll have a day to yourself to explore this popular coastal town and experience the local culture/sights. Visit temples, go shopping, explore the famous submarine museum or even have a relaxing spa treatment at the hotel. In the evening we will enjoy our final dinner together at the hotel.

DAY 10

Following breakfast we will head to the airport to catch our return flights back to the UK



Challenge Information

How did the Safe Water Cycle Challenge come to be?

The team at FRANK Water has been thinking about a unique challenge event for a while. Thanks to independent, third party charity BeyondMe, FRANK Water was connected with a team of volunteers from Expedia, Inc. who offered to support FRANK to create their inaugural challenge event! Through their partnership with Expedia, FRANK Water met Authentica, a travel company based in India with significant experience of and expertise in managing trips just like this one. It was soon clear we had a match, and have been working together ever since!

How does it work?

Cost of the trip	£1530
Sponsorship target	£1350
Non-refundable registration fee	£250
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TOTAL COST	£3130

What's Included:

- Airport transfers to and from Visakhapatnam
- Your bike
- All meals (9 breakfasts, 7 lunches, 9 dinners) except where specified
- Accommodation and camping equipment (except sleeping bag)
- Team leader, doctor, local guide, bike mechanic, emergency vehicle

What's NOT Included:

- Flights
- Travel insurance
- Sleeping bag
- Visa fees
- Vaccinations
- Personal expenses (laundry, drinks, shopping etc.)

70% of the total trip cost (including sponsorship) must be paid to FRANK Water 6 weeks prior to departure with the remaining 30% due 4 weeks after your return. NB. The cost of the trip is based on minimum 10 people taking part. If the final group size is 15+, costs will go down and your sponsorship target will reduce. We will provide you with a fundraising pack, support, ideas and merchandise! Remember, the more you fundraise, the more people we can reach with safe water.

Why do we have to book our own flights?

Individual bookings can be significantly cheaper than booking as a group. Booking your own flights will also provide you with the opportunity to choose which flight carrier you use and when and where you depart from. We realise that some people might choose to extend their stay after the challenge. We will provide information on flight routes and times including the flight route taken by the FRANK Water Team.

What should I expect?

At 400 kilometres over 6 days, Cycle for Safe Water is a moderate-level challenge, designed to push you physically! However, with a recommended 6-10 weeks of training, most adults will find they are well able to complete the ride. As long as you know how to ride a bike and can put the time into training, you should find you are up to the challenge!

What happens if I am not able to keep up?

As with all groups, people's fitness levels will vary and we know that people will get tired at different points of the cycle. If you find you are unable to continue with the ride, one of our support vehicles will have space to carry passengers and their bikes if needed. We will also ensure that we include plenty of rest stops where you can catch your breath and have some water.

Where will we stay?

Our first 4 nights are in well equipped 3-star hotels, featuring beach access, gorgeous coastal views, and all the basic amenities needed for a good night's rest before full days on the bike. As we cycle into more rural areas, we will take advantage of the serenity and open spaces, spending two nights camping before another night back in a hotel, where we wake up for one last day cycling. Once the cycling is complete, we check into the luxurious, 5-star Gateway Hotel for celebration and relaxation, where we spend our last 2 nights. All accommodation will be twin share with en-suite bathroom available. Camping will be in two person tents with all equipment provided. (We ask participants to bring their own sleeping bags). If there is a fellow participant you already know that you want to room with, please just let us know.

How will my luggage be transported?

Whenever we're on the bike, our luggage will be transported in the support van. This makes it easy to access whenever we need it, without weighing down our bikes. All you will need to do is pack it into the van each morning and collect it each evening when you arrive at your end destination.

What meals are provided? Can my dietary restrictions be accommodated?

From the time you arrive in Visakhapatnam (on the evening of Day 1 in the itinerary), to the time you depart back to the UK on Day 10, all meals are provided apart from lunch on Day 9 which will be your free day to sightsee. You are welcome to bring small snacks if you would like them with you, but we will also provide snacks along the journey as noted above. Dietary requirements can be accommodated with prior arrangement

Who else is on the trip?

In addition to your fellow participants (max. of 20), we will have a mechanic, a doctor and support vehicle drivers along with the tour leaders from Authentica and FRANK Water with us at all times. Along the way, we will meet a member of the FRANK Water India Team plus representatives of FRANK Water's NGO partner VJNNS and meet many local villagers during our stops on days 4, 5, 6, and 7 of the cycling challenge.

Is there anything else I will need to pay for?

Apart from getting your flights, you are responsible for getting your Indian Visa (approx. £60), insurance and vaccinations.

What about insurance and visas?

You will need to take out your own personal travel insurance covering health, accident, loss and repatriation. On signing up, we'll send you details of our own policy provider. You can however take out your own insurance providing it covers you for a charity cycle ride in India. You will be required to obtain a tourist visa for entry into India, we will send you all the relevant information about how to do this before the challenge.

How do I sign up?

To sign up, all you need to do is complete the Cycle for Safe Water Application Form and return it to us with your £250 registration fee (details of how to do this are on the form). If you have any questions, would like to discuss the trip or find out more, please contact amanda@frankwater.com or call 0117 3294846.

For more information:

If you have any questions, would like to discuss the trip or find out more:

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