

TREK ICELAND with AIMS2CURE

May 2009

THANK YOU

Thank you to all those who supported us at our recent *Poker Tournament* at the Village Hotel in Elstree. It was a great night raising almost £6k and we'll certainly be hosting another one later this year.

In the meantime, you will be delighted to hear that Aims2Cure have been planning future events to continue fundraising into finding a cure for MS. To date we have raised an unbelievable ½ a million pounds and we owe this extraordinary achievement to you, our dedicated and generous supporters.

TREK

As a change to our usual annual X Factor event, we are planning a new venture for Aims2Cure in 2010, namely a **5-Day trek to Iceland**.

Iceland hosts some of Europe's greatest wilderness areas, which are home to active volcanoes, sheer cliffs, glaciers, thundering waterfalls, steaming lava fields, plunging fjords, boiling mud pools and sprouting geysers! This is the stunning terrain that our "long weekend" expedition will cross.

CHALLENGE

The challenge is to walk the Landmannalaugar route across the Southern Highlands through one of the most actively volcanic areas in Iceland. Although this is a short European trek, it is by no means unchallenging with steep climbs, trekking across snowfields and setting up camp each evening.

WORTHWHILE

Some of our committee members will be heading the group and we are looking for 30-40 more participants to join them on what we know will be a memorable, fun

and fascinating few days, raising funds for our worthwhile cause whilst also gaining a great sense of self achievement.

Many of you who have been to our X-Factor events and have sat in the audience, now have the chance of actually taking part, *without* auditioning, *without* singing, but by simply raising funds and joining us on a great adventure in 13 months time.

SPONSORSHIP

This extraordinary 5-day trek will take place **23-27 June 2010**. In order to participate you will be asked to pay a deposit of £235 and commit to raising a minimum sponsorship of £2150 for Aims2Cure of which 45% (£970) will contribute towards challenge costs and at least 55% (£1180) will be retained by the charity. Alternatively, you can pay the full cost of the challenge and every penny you raise will go towards the work of Aims2Cure.

All aspects of the trek will be arranged through *Charity Challenge*, a professional charity trek organiser who recently project managed Comic Relief's celebrity climb of Kilimanjaro. They arrange all insurances, medical back up, accommodation, travel arrangements and safety support. Please click on the following link for further information.

<http://www.charitychallenge.com/aims2cure>

To register your interest and for further information, please email us back at info@aims2cure.org.uk with your name, address and contact numbers.

We look forward to hearing from you soon.

THE AIMS2CURE COMMITTEE