

# HIKE *for* HOPE

to help find cures for prostate and gynaecological cancers



## THE KERALA ADVENTURE IN INDIA



20 - 28  
November  
2010



- Hike and camp in dramatic mountain settings
- Climb the second highest peak in the Western Ghats range
- Explore and experience the magic of Kerala

Two of Britain's leading medical men are putting on their hiking boots again for the 4th Hike for Hope challenge. Hikers have raised more than £1.2 million to stop prostate and gynaecological cancers ruining lives by taking part in Hike for Hope treks in Jordan, Kenya and the Sinai Desert in Egypt.

Be part of the next Hike for Hope challenge – an amazing five-day trek in one of India's most stunning locations. Leading the way again will be top urologist Professor Roger Kirby, Chairman of Prostate UK, and leading obstetrician and gynaecologist Marcus Setchell, a trustee of Wellbeing of Women.

For further information and an application form:

[www.actionforcharity.co.uk](http://www.actionforcharity.co.uk)

tel: 0845 408 2698 e-mail: [events@actionforcharity.co.uk](mailto:events@actionforcharity.co.uk)



Registered Charity No: 1037063



Acting as agents for



To take part you need to pay a registration fee of £250 and raise minimum sponsorship funds of £3,200.

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Our five-day trek takes place in the region of Kerala on the south west coast of India tucked between the mountainous Western Ghats and the Lakshadweep Sea. We explore an enchanting landscape of rain forest, tea estates, cardamom plantations, paddy fields and palm trees camping overnight in picturesque mountain locations. We finish our stay in historic Kochi set on a cluster of islands and narrow peninsulas.

### Itinerary

**Day 1 Saturday 20 November Fly from London to Kochi via Mumbai.**

**Day 2 Sunday 21 Kochi – Munnar**

Arrive Kochi and transfer to hotel in Munnar, a picturesque hill town, and prepare for the trek ahead.

**Day 3 Monday 22 Chinnakanal to Anaerangal Lakeside approx 11 km / 6 – 7 hours**

Anaerangal, meaning “the lake where the elephants come down” is a vast expanse of water in a forest. We trek through forests towards the edge of the lake around which tribal colonies have sprung up farming spices and cardamom and arrive at our mountainside camp overlooking the lake at the end of the day.

**Day 4 Tuesday 23 Anaerangal Lakeside to Korangini approx 18 km / 7 – 8 hrs**

Today it's challenging terrain as we hike through mountain rain forests towards Korangini on the leaside of the Western Ghats. After a steady climb of 12km we descend to the camping area where we spend the night.

**Day 5 Wednesday 24 Korangini to Top Station approx 14 km / 7 – 8 hrs**

Another early start to ascend from 3,000 to 6,000ft at Top Station, named after the ropeway station for transporting tea to the factories in the plains of Tamilnadu. There is a spectacular view of the plains below. Overnight: tented camp.

**Day 6 Thursday 25 Top Station to Ellappatti approx 10 km / 7 – 8 hrs**

An easier day as we pass through tea estates and eucalyptus plantations before arriving at the Ellappatti camp near an area of mountain rain forest where we spend the night.

**Day 7 Friday 26 Ellappatti to Rodo Valley approx 11 km / 6 – 7 hrs Transfer to Alleppey approx 5 hrs**

The final day of the trek takes us to the summit of the second highest peak in the Western Ghats Meesapulimala (8,630ft). Wildlife in the area includes elephants, sambar, sloth bear and the Nilgiri tahr. At the end of the day we transfer to our hotel for the night, the Marari Beach Resort.

**Day 8 Saturday 27 Alleppey – Kochi**

Today we cruise and lunch aboard rice boats on the Backwaters – Kerala's network of canals and waterways that were once important trading routes before transferring to the colonial city of Kochi. Tonight we celebrate our achievements with an end of challenge dinner at our hotel in Kochi.

**Day 9 Sunday 29**

Fly to London via Mumbai arriving the same day

This is a complex itinerary and may be subject to change. © Copyright of Classic Tours

Challenge details: to take part in Hike for Hope you need to pay a registration fee of £250 and raise minimum sponsorship funds for the charities of £3,200. You will receive all your flights, accommodation, transfers, food, guides etc.

Funds raised by Hike for Hope will fund medical research to help find cures for prostate and gynaecological cancers through the work of two charities - Wellbeing of Women and Prostate UK.



### Wellbeing of Women

One in two women in the UK will experience a reproductive health problem in their lifetime such as trouble with conceiving, intensely painful periods or gynaecological cancer. Wellbeing of Women is the only UK charity dedicated to funding research that will benefit these women and their families. The charity also supports the training and development of the specialists who will diagnose and treat them; raises vital awareness about gynaecological cancers and works to educate and empower women to make informed choices about their health.

[www.wellbeingofwomen.org.uk](http://www.wellbeingofwomen.org.uk)



Wellbeing of Women  
Charity Registration No: 279281

If you know anyone who has been affected by prostate or gynaecological cancer and would like to stop these cancers destroying lives ... then Hike for Hope.



### Prostate UK

Prostate UK is the only national charity dealing with all forms of prostate disease, benign and malignant (cancer). Half of all men will suffer from a prostate-related problem at some stage. The charity seeks to limit the damage this causes by raising awareness, providing free information, funding research and training medical professionals. Since 2000 the charity has sponsored some 120 research projects costing over £3.4 million.

[www.prostateuk.org](http://www.prostateuk.org).

Prostate UK  
research • information • training

Prostate UK is the working name for Prostate Research Campaign UK. Registered Charity Number 1037063



Hike for Hope is managed by Action for Charity on behalf of the above charities.