

Personal Details: Booking date / /

Trip Details

Please complete clearly in BLOCK CAPITALS

Name (Title, First Name, Surname):

.....

Date of Birth: Sex:

Address:

.....

.....

Mobile No. :

Telephone:

Nationality:

Passport No. (for overseas trips) :

Email :

.....

Tick here to not be added to the Adventure Cafe mailing list

Acknowledgement:

I have read, I acknowledge, and accept the booking terms and conditions as set out in this set of Trip Notes. I note that I should be of a good level of fitness, and if I am not, this may require my event leader to curtail my participation in the challenge.

I understand that this trip may be strenuous, and is adventurous by nature. I also understand that, due to the nature of the event, last minute alterations to the itinerary may be necessary, but will be kept to a minimum.

I undertake to follow safety instructions as issued by the challenge leader.

I have disclosed all medical issues. I understand that to not disclose such issues could put me in serious danger.

Signature:

.....

Personal Details Continued:

Emergency Contact whilst away on Challenge:

Name:

.....

Relationship to you:

.....

Telephone Number(s):

.....

Medical Information (Cont.):

Recent Medical Problems: (Operations, Knee Problems, Serious Back Problems, or other issues that could interfere with your activities:

.....

.....

Operations that might have an effect on your Challenge:

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.....

Medical Information

(Please Continue on another sheet if necessary)

Medical Conditions such as diabetes, asthma, epilepsy, serious known allergic reactions (anaphylaxis), heart problems:

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Current Medication:

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.....



Walking Fitness

Typical Walking Distance:

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How many times / week do you walk this distance?

.....

How Long Does This Walk Take You?

.....

Have you walked Snowdon via Pyg/Miners Before? Y / N ?

How Long Did this Take?

.....

Your Fitness

Please fill in this information as accurately as you can—and please do not be put off—this information is designed to allow us to group you together with other similar fitness level participants (where we have larger groups of participants). Also it should allow us to ensure that you are entering an appropriate event—some of our events (those which are 4.5 stars to 5 stars are extremely challenging and you should be aware that we expect you to have a very good level of fitness.)

If you do not have an excellent level of fitness for such challenges and a previous track record of challenges we may suggest that you try something else first!

IF YOU HAVE ANY DOUBT ABOUT YOUR FITNESS PLEASE DISCUSS YOUR CONCERNS WITH YOUR PERSONAL GP. PLEASE DO NOT AGREE TO PARTICIPATE IF YOUR GP SUGGESTS THAT YOU SHOULD NOT UNDERTAKE THE CHALLENGE.

Please fill in as many of these boxes as are appropriate—but please note—it is not obligatory to fill them all in.

Dietary Information

Please Indicate below if you have any dietary requirements, also include allergy information, and other information that may be useful.

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Previous Challenge Fitness

3 Peaks Finishing Time:

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Half Marathon Finishing Time:

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Yorkshire 3 Peaks Finishing Time:

.....

Other Endurance Event Completed:

.....

Time / Other Information:

.....

Cycling Fitness

Typical Cycling Distance:

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How often do you cycle this distance?

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How Long Does This Ride Take You?

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Previous Cycle Challenge Rides?

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How Did you find this Ride?

.....

Other Information About Your Fitness:

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.....

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IT IS IMPORTANT THAT YOU DO NOT UNDERESTIMATE THE IMPORTANCE OF PREPARING FOR THE CHALLENGE. YOU SHOULD BE AT THE CORRECT LEVEL OF FITNESS TO BE ABLE TO COMPLETE THE EVENT BEFORE THE DEPARTURE DATE - IF YOU HAVE ANY DOUBT CALL US, WE WILL BE PLEASED TO HELP.

Standard Adventure Café Booking Conditions:

1. **Payment Protection Policy cover:** In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with Adventure Cafe are fully protected for the initial de-posit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insol-vency of Adventure Cafe.
There is no requirement for Financial Protection of day trips, and none is provided.
Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passen-gers who book and pay directly with/to Adventure Cafe. If you have booked and/ or paid direct to a Travel Agent for a holiday with Adventure Cafe please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk
This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.
The tour is offered and operated by Adventure Café Ltd. Our head office is at Adventure Café, Frogmary Green Farm, South Petherton, Somerset. TA13 5DJ.
2. To make a firm booking you must complete the booking form with answers to all questions and send this along with the payment of the registration fee to ShelterBox.
3. For full details on any of Adventure Café's itineraries, please consult our trip dossier on your chosen trip. All standard statutory required information is included therein.
4. VISAs are the responsibility of the individual to arrange. Adventure Café takes no part in making such arrangements.
5. Advice is given on matters such as equipment selection, Health, Visa and Passport arrangements but it remains the responsibility of the individual to make such necessary arrangements.
6. Trekking, Biking, and Open Canoeing are all inherently mildly hazardous activities. Whilst on your trip, you undertake to follow the instructions given to you by your leader. Their decisions are at all times final. If you do not follow the leader's instruction, and your behaviour is dangerous, or irresponsible, then you may be requested to leave the trip, with no cost penalty to Adventure Café or the Charity.
7. For overseas trips you must be covered by Travel Insurance before joining the trip. This is your responsi-bility to organise appropriate cover. Make sure that you are covered for activities included.
8. Inherent in an Adventure Holiday is the possibility that your clothing or equipment may suffer some damage. Equally you may experience minor injury (scratches, grazes, twisted ankles etc). These minor injuries and property damage are an unavoidable component of the type of trips that Adventure Café operates. You should understand this before joining an Adventure Café trip.
9. Alterations in the itinerary are also a more frequent occurrence than on a regular holiday. Particularly in a developing country, timetables slip, road conditions can be variable, weather can interfere with a schedule, as well as many other factors. Hence alterations to the itinerary are common. At all times , your ground leader will attempt in conjunction with the local operator act-ing on behalf of Adventure Café to perform the trip as faithfully as is reasonably possible. At all times, safe performance of the trip is considered before completing the itinerary at any cost.
10. Adventure Cafe or the Charity may change the route at anytime.
11. It is your responsibility to get to the start of the Adventure.

12. **Claims Procedure** Download Claims Form from www.ipplondon.co.uk



Any occurrence which may give rise to a claim should be advised within 14 days to:

International Passenger Protection Limited

Claims Office
IPP House
22-26 Station Road
West Wickham
Kent BR4 0PR United
Kingdom

Telephone: +44 (0)20 8776 3752
Fax: +44 (0)20 8776 3751

In order to deal promptly with any claim hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements **CLAIM FORMS MUST BE SUBMITTED WITHIN SIX MONTHS OF DATE OF INSOLVENCY. WE CANNOT CONSIDER OR PAY CLAIMS RECEIVED AFTER THIS DATE**

13. Address any complaints firstly directly to your tour leader. Explain the cause of your complaint, and attempt to rectify it in situ. If this is not possible, and you feel it may detract from your holiday, then please contact Adventure Café head office directly, to see if anything can be done to remedy the situation. On return from your adventure, in the case of a complaint, please request our complaints procedure and then write to Adventure Café and the Charity, including a full description of events. All complaints should be received at the very latest within 28 days of your adventure.
14. Adventure Café accepts responsibility for death, injury or illness caused by negligent acts and/ or omissions by us, our employees, agents, suppliers and sub-contractors whilst acting within the scope of, or in the course of their employment in the provision of this adventure. We will, accordingly, pay to an affected participant such damages as might have been awarded in such circumstances under English law.
15. The charitable event in which you will be participating is challenging and will require a good level of fitness, strength and endurance and it is your responsibility to ensure that you have the appropriate level. You should check with your doctor to ensure that you are sufficiently fit, healthy and mobile to participate in the event. If you have any doubts about your fitness, please also check with both the Charity and Adventure Café directly, and you should supply both parties with a medical certification from your doctor.
16. This contract is governed by English law and the exclusive jurisdiction of the English Courts.
17. Adventure Cafe or representative may request to see your insurance documents at any time.
18. By signing this booking form you agree to these terms and conditions.