

Cycle across Jordan over 5 days to help raise funds for Medical Aid for Palestinians

CYCLE JORDAN 2020

20-28 SEPTEMBER



*"Most challenging
experience of my life.
Made life long friends."*

MAP cyclist,
Cycle Palestine 2019

Visit us online: www.map.org.uk or call on: 020 7226 4114

Twitter @MedicalAidPal and
www.facebook.com/MedicalAidforPalestinians
and Instagram @medicalaidpal

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Registered Charity no: 1045315

MAP
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CYCLE ACROSS JORDAN

OVER 5 DAYS TO HELP RAISE FUNDS
FOR **MEDICAL AID FOR PALESTINIANS**

MAP delivers health and medical care to Palestinians affected by conflict, occupation and displacement. Today, MAP is able to reach the most vulnerable and ensure they receive the best healthcare available in difficult conditions.

Cycle Jordan is a challenge event for **experienced** cyclists. We recommend you complete Cycle Palestine, or other similar cycling challenges abroad before you apply. You will be asked to raise a minimum sponsorship of £2,600 which will support MAP projects providing medical aid to Palestinians living under occupation and as refugees.

Starting in Amman, one of the oldest cities in the world, the ride will take you through ancient Roman cities, beautiful wooded valleys, desert hills, and alongside rivers, cliffs and castles.

You will witness the dramatic landscape from red rose mountains of Petra (one of the 7 wonders of the world) to the long narrow gorges surrounded by 80ft high cliffs. Sleep under the stars in the desert at Wadi Rum, dine with local Bedouin families, and cycle along the Dead Sea Highway looking over towards the shores of Palestine. This challenge will push you to the limit of your endurance, whilst allowing you to be inspired by the rich history, the stunning scenery, and of course the new friends you will make.



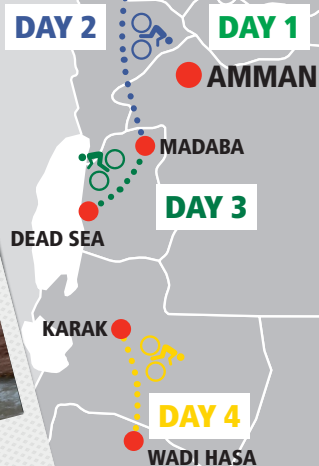
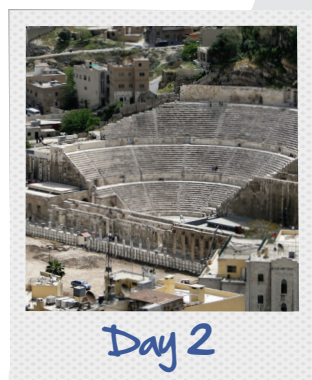
INDEX

Route Map	Page 2
Itinerary	Pages 3–5
2019 Cyclist Story	Page 6
Challenge Info	Page 7
Q & A	Pages 8–9

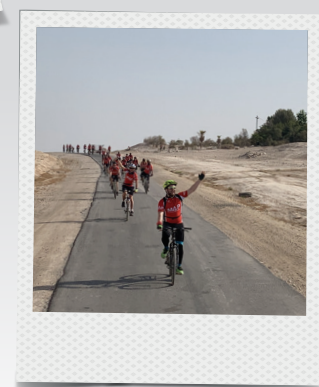
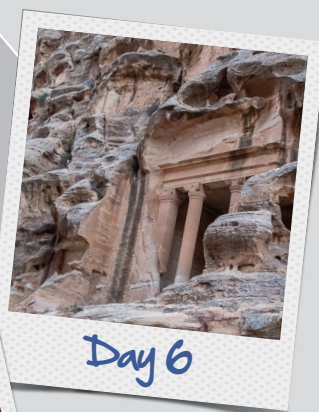


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JORDAN



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THE ITINERARY

Join the MAP team for a spectacular 5 day, 240km with 4,250m of climbing across the desert mountains and valleys of Jordan. This epic adventure is a once in a lifetime opportunity to do something amazing whilst raising funds for Medical Aid for Palestinian's vital work.

SUNDAY 20TH SEPTEMBER FLY TO AMMAN

You will be met at the airport by our tour guides who will transfer you from Amman Airport to your hotel. Amman is one of the oldest cities in the world inhabited since the bronze age.



DAY 1

MONDAY 21ST SEPTEMBER AMMAN CITY TOUR

After breakfast, we will explore Amman. Starting with the Citadel, historically known as the place King David arranged to have Bathsheba's husband murdered (Old Testament). The citadel overlooks the magnificently restored amphitheater, which is one of the most impressive remnants of Roman Philadelphia.



DAY 2

TUESDAY 22ND SEPTEMBER ANJARA TO MADABA

We will start by visiting Jerash, one of the most preserved Roman cities of the Middle East. We will then transfer to Anjara to begin our cycling. We will cycle past the abandoned city of Sarabees before descending to Wadi Mahmoud. The trail continues through a wooded valley and descends to the Zarqa river along dirt tracks. There will be breathtaking views over the river where in biblical times, Jacob/ Ya'quub wrestled with God.



APPLY NOW ONLINE www.map.org.uk/jordan2020

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20-28 SEPTEMBER

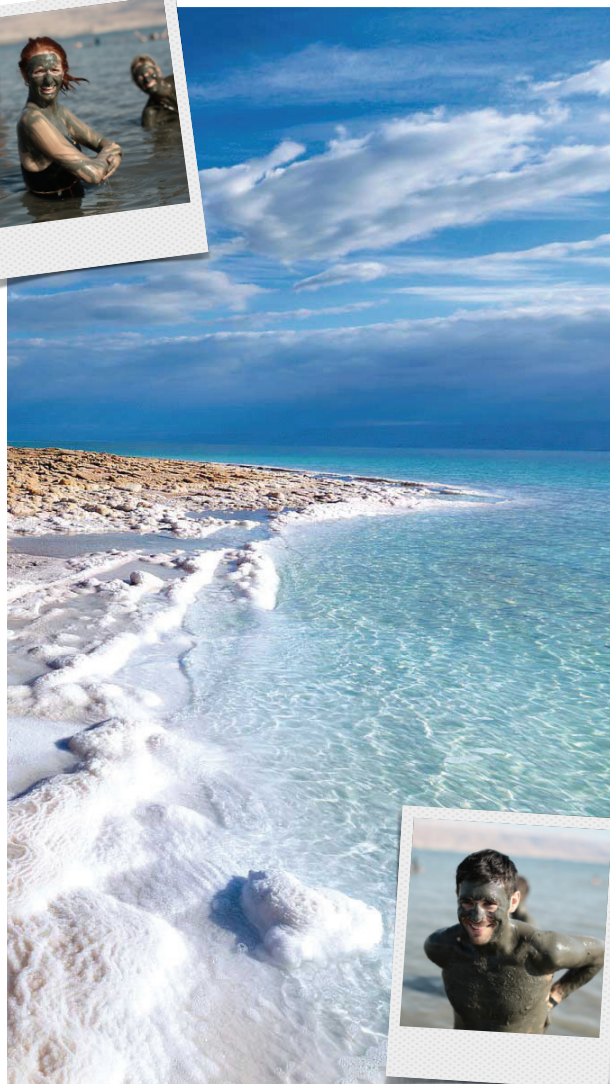
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DAY 3

WEDNESDAY 23RD SEPTEMBER MADABA TO DEAD SEA

We will start by visiting the oldest mosaic map of Palestine and Jordan in St George's Church, and then transfer to Mount Nebo, where Moses looked across to the Promised Land before he died. The cycle will start across the Madaba plateau having lunch with a local family with a panoramic viewpoint. After lunch we will descend to the Dead Sea Highway with the option for a swim in the afternoon.



DAY 4

THURSDAY 24TH SEPTEMBER KARAK TO WADI HASA

We will start by exploring Karak Crusader Castle. Karak was the capital of Moab and is an impressive insight into the architectural and military skills of its' time. We will then cycle 44km towards Wadi Al-Hasa passing the Tanour Dam. We will stay in Dana Nature reserve overnight.



DAY 5

FRIDAY 25TH SEPTEMBER SHOBAK TO LITTLE PETRA

Starting at Shobak Castle we will cycle off-road on a mixture of dirt tracks and small roads to Petra. This is one of the most epic parts of the official Jordan Bike Trail. The route contours the mountains of Dana and Petra with great views across the Jordan Valley. A local family will provide a packed lunch for us, and then we will finish with a visit to Little Petra. We will camp overnight hidden in the rocks with the Bedouin.

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20-28 SEPTEMBER

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DAY 6

SATURDAY 26TH SEPTEMBER LITTLE PETRA

After breakfast, we will transfer to the Red Rose city of Petra, one of the seven wonders of the world. We will enter the city through a 1km long narrow gorge, flanked either side by 80m high cliffs. The huge site contains hundreds of elaborated rock-cut tombs, a treasury, Roman-styled theatres, temples altars and colonnaded streets. We will return to little Petra overnight.



DAY 7



SUNDAY 27TH SEPTEMBER RAJIF TO WADI RUM

We will transfer to Rajif and begin cycling along a long descent, off-road to Wadi Rum. Lunch will be provided by a local Bedouin family. We will then continue cycling to Wadi Rum across some sandy segments. We will then have a 2 hour Jeep ride into the desert where we will spend our final night under the stars.

MONDAY 28TH SEPTEMBER TRAVEL BACK TO LONDON

We will depart Wadi Rum and transfer North to Queen Alia airport for departure. The drive takes approx. 3.5 hours.



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20-28 SEPTEMBER

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2019 CYCLIST STORY

"Cycle Palestine 2019 was an experience that will stay with me for the rest of my life. It was so valuable meeting with other cyclists who were very different to me and understanding what it was that brought us all together. I don't think we would have made it through all those hills and the extreme heat without each other's motivation and support. I highly recommend signing up to this ride if you are looking to

support a great cause and experience an adventure that will make you laugh, cry, and give you some great new friends."

Jeremy, Cyclist 2019



WHAT SUPPORT WILL THERE BE AND WHAT IS INCLUDED ON THE RIDE?

SUPPORT ON THE RIDE

MAP has partnered with Experience Jordan, a local tour centre who specialise in treks and rides in Jordan. Their local knowledge, experience and expertise will ensure that Cycle Jordan will be a memorable experience for everyone.

They will have expert guides on hand, with support vehicles to carry everything that's needed for the ride. In case of breakdowns there will be equipped mechanics on hand to help out. The local team are well trained and prepared for any emergency or disruption to the ride. Your safety is our main priority which is why we enforce the rule that a helmet and high visibility vest must be worn at all times.

FITNESS AND TRAINING REQUIREMENT

Cycle Jordan is a hard challenge event with heat and hills. The route will require you to be very fit, healthy, and confident as a cyclist on mixed terrain to be able to participate successfully.

There will be fitness benchmarks measuring time in the saddle, sustained speed and hill climbs. These will need to be achieved by each participant and evidenced using the free app STRAVA before leaving for the trip. Your health and safety is our priority.

Meeting these set fitness goals will only make you better prepared for the ride.

If you have questions or concerns about meeting these training targets, please contact us to discuss on fundraising@map.org.uk



CYCLE JORDAN 2020

20-28 SEPTEMBER

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FUNDRAISING FOR CYCLE JORDAN

We aim to raise £300,000!

In 2019 Cycle Palestine raised £100,000 for MAP. This year we are looking to raise over £300,000 through our various challenge events, including Cycle Jordan as our brand new challenge!

You could be part of a pioneering team testing out the trails of Jordan, making a huge contribution to our humanitarian aid work in 2020 and helping us reach Palestinians in need.

With your fundraising efforts you will be helping Palestinians who are living under occupation and as refugees in the West Bank, Gaza and Lebanon.

Thank you



WHY YOUR SUPPORT IS SO IMPORTANT

Hasan* is seven years old and from Burj el Barajneh refugee camp in Lebanon. When Hasan was four, his mother noticed that he was not doing things his brother did when they were his age. This concerned her, so she brought him to the MAP-supported Habilitation preschool for assessment. The initial interview showed that Hasan has all the behavioural and communication signs of autism. The team then conducted a comprehensive assessment, and an intervention plan was designed for Hasan in agreement with his family.

"When I first brought my son to the preschool, he didn't communicate, express himself, or have eye contact with anyone. When he wants something, he used to cry; this was the only way he communicated with us," During the three years he spent at the pre-school, Hasan overcame many difficulties with the support of the team and progress with his physical, cognitive, and social development.

Thanks to your support, in the summer, Hasan completed his preschool programme, and the developmental assessment results showed that he is ready to move to advanced classes. His mother told MAP that the preschool has made a major difference to her family's life.

*All names have been changed to protect identities



CYCLE JORDAN 2020

20-28 SEPTEMBER

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Q & A

How much do I need to fundraise?

Once you have paid your deposit of £350 you will need to raise an additional minimum of **£2,600** in sponsorship.

How does registration work?

To take part, you are required to pay a non-refundable registration fee of £350, which is used to administer the event and secure your place.

Cost Breakdown

Deposit	£350
<small>(non-refundable to secure your place and contribute to logistical costs of the event)</small>	

Total to fundraise	£2,600*
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*£1,100 going towards accommodation, meals and ground support

Optional Extras

Take your bike on the plane	£120 approx
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Single Room Supplement	£200
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Do I book my own flight?

We pre-booked limited flights from London to Amman. If you choose to fly from another city, or have late registration after May 2020, please contact us as you may be asked to book your own flights.

Can I bring my own bike?

Yes. Additional charges will apply. See optional extras for details and cost.



Can I pay the costs of the trip so all donations are going to MAP?

Yes. You can pay the £1,100 to cover the cost of the trip that would otherwise be taken out of your £2,600 fundraising total. Should you choose to pay for the travel costs, all your funds will go directly to MAP projects.

How fit do I have to be?

This is a very challenging ride, both technically and fitness-wise, so it is imperative you follow a course of training before the event. This ride is for experienced cyclists who have participated in long distance riding before, and are committed to a training plan which builds up gradually, and includes hills as the event gets closer. MAP will provide a professionally designed, comprehensive training plan. You will be required to evidence your training using the STRAVA app or equivalent by certain dates before the ride.

What are the roads like?

The roads in Jordan are in good condition, but we will be following a variety of trails off-road. For this reason we advise hybrid bikes or mountain bikes as an appropriate option. There are bikes available to hire. Please contact us to reserve your bike in advance.

Where will we sleep overnight? What is included?

We will stay in hotels in shared rooms unless you request the single supplement, and we will also be camping on four nights. Hotels range from basic to resorts. All hotels, camps, meals*, snacks, ground support and airport transfers are covered.

*except final lunch at airport



CYCLE JORDAN 2020

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What is not included?

- MAP has a limited number of pre-booked flights from London – late applicants and anyone wish to fly from outside London will need to book their own flights
- Any additional fees with your flight (checked luggage, bike transport. Extra legroom, etc.)
- Lunch on the final day
- Travel insurance

What about insurance?

You need to take out your own personal travel insurance covering emergency health care, accident, loss liability and repatriation. Please ensure your insurance specially covers multi-day cycle touring.

Will I need a Visa to travel to Jordan?

British citizens do need a visa to enter Jordan, and you will be issued one on arrival for a one month period. The authorities require all visitors' passports to be valid for at least six months from the first day of the trip. You will need to supply a copy of your full passport, including details of any stamps or visas you have, to MAP.

Is it safe to visit Jordan?

We will take every precaution to ensure you are safe while travelling in Jordan. MAP has been working in the Middle East for over 30 years. For this cycle ride we will be guided at all times by the experience and knowledge of our local partners. The safety and wellbeing of the group is our priority.

Sponsorship Targets

- 25%** of target income raised by 15 June – £650
- 50%** of target income raised by 15 July – £1,300
- 75%** of target income raised by 28 August – £1,950
- 100%** of target raised by 28 October – £2,600

Is there a cancellation policy?

Yes. This is outlined in our terms and conditions document.

How many people are going on the trip?

There will be approximately 30 cyclists.

I have more questions about the ride.

How do I contact MAP?

Email us at fundraising@map.org.uk or call on 020 7226 4114

HOW DO I APPLY?

To apply for this amazing opportunity and make a difference for Palestinians living under occupation and as refugees, please submit an online request:

www.map.org.uk/jordan2020

Thank you

