





In aid of Mind Buckinghamshire

WWW.RIDE4CHARITY.CO.UK



Buckinghamshire Mind is a trusted charity working to support and represent people with mental health problems living in Buckinghamshire and East Berkshire.

Our high quality community based services find positive ways to make people feel valued and live well. We support our service users to live safe, purposeful and fulfilled lives in their communities. We believe in their recovery and we are hopeful about their future.

Our wide range of services include Befriending, Children & Young People's Services, Community Outreach, Counselling, Employment Support, Older Adults' Service, Peer Support Groups, Suicide Bereavement Support, Training and Wellbeing Groups.

Working with national Mind, we will not give up until everyone in Buckinghamshire and East Berkshire with a mental health problem gets both support and respect. Find out more at www.bucksmind.org.uk





Fundraise For An Adventure!

We've teamed up with adventure travel specialist Travelteer to take part in Ride4Charity - an amazing self-drive Tuk Tuk adventure on the beautiful island of Sri Lanka all in the name of charity!

Buckinghamshire Mind relies on the support of individuals, businesses and other organisations within the community to fund our vital mental health services.

Fundraising for Buckinghamshire Mind can save or change the lives of people with mental health problems in Buckinghamshire & East Berkshire. Your support really does make a huge difference.

We're looking for those with a passion for adventure to start fundraising for our charity and take part in a breathtaking road trip through the mountains, famed tea plantations and white sand beaches of Sri Lanka!



WHAT'S IT ALL ABOUT?

Ride4Charity is an annual event that sees fundraising teams navigate the winding roads of Sri Lanka in their own Tuk Tuks! Each Tuk Tuk can hold 1-3 team members who will take on an epic 400km route all in the name of their selected charity or charitable cause - the event has been created to inspire charitable fundraising and provide a truly unique travel experience on the beautiful island of Sri Lanka.

Our 3-wheeled expedition around Sri Lanka showcases the island's rich culture & dramatic scenery, with all accommodation and activities included. The Travelteer team has pulled together the ultimate road trip itinerary, providing participants with the perfect Sri Lankan experience featuring unspoilt beaches, epic mountain vistas and elephant safaris. The group adventure includes expert guides and full support throughout the round trip.





TUK TUK TEAMS

Each Tuk Tuk can hold up to 3 people, so we recommend chatting to family, friends and colleagues about pulling together a 2 to 3 person team to take on the challenge!

Each participant fundraises ahead of their adventure, with 100% of all money raised going to Buckinghamshire Mind. All drivers will be given Tuk Tuk handling lessons in the UK before taking a short test in Sri Lanka to gain their official Sri Lankan driving licence!



MINIMUM AGE 18 YEARS OLD



LICENCE FULL UK DRIVING LICENCE



ATTITUDE A SENSE OF ADVENTURE!

WHY GET INVOLVED?

MAKE AN IMPACT

Ride4Charity is an exhilarating, globetrotting expedition created for people looking for a new adventure. The Tuk Tuk expedition provides travellers with a truly unique fundraising event and is the perfect way to help increase charitable fundraising. The Travelteer team takes care of all trip coordination, so participants need only focus on assembling their Tuk Tuk team and fundraising to make an impact!

EXPERIENCE NEW CULTURES

Experience the beauty of Sri Lanka. Our 400km roadtrip itinerary provides participants with the chance to experience the island's rich culture and myriad of unique experiences made possible by Travelteer's network with local communities. Situated just above the equator, Sri Lanka packs a wide variety of landscapes into a relatively small area, meaning that our Tuk Tuk teams get to see it all – palm fringed beaches, historic tea plantations, wildlife packed savannahs and lush mountain trails!



CUSTOMISE YOUR TUK TUK!

RAISE AWARENESS FOR YOUR CAUSE

The Ride4Charity event is an amazing opportunity to raise awareness for Buckinghamshire Mind! Travelteer can provide completely customisable vinyl wraps for Tuk Tuks - showcasing any design as well as charity and sponsor logos.

Both the fundraising aspect of the event and expedition itself provide a great opportunity to promote Buckinghamshire Mind through social media, blogs or video diaries - remember to tag all of your partners to help with fundraising!





EXPERIENCE SRI LANKA

If a tropical getaway is your kind of adventure, then the island paradise of Sri Lanka is the perfect destination.

Our Ride4Charity event showcases the country's beauty and give participants a true 'off the beaten track' experience thanks to Travelteer's partnerships with local communities.

From sun-drenched beaches to the country's mountainous interior, Sri Lanka offers adventure travellers the experience of a lifetime.



"WHERE IS SRI LANKA?"

The island of Sri Lanka lies off the South-Eastern tip of India, just above the equator. With a warm, tropical climate and surrounded by the rich waters of the Indian Ocean, it's no wonder that European explorers thought they had found the Garden of Eden!



COUNTRY HIGHLIGHTS



Encounter wild Asian elephants with our jeep safari in Udawalawe National Park.



Snorkel rich coral reefs and surf in the clear waters of the Indian Ocean.



Hike through the beauty of Sri Lanka's Hill Country and swim in spectacular waterfalls.



Explore ancient ruins built into mountains and experience an exotic country rich with culture.







RIDE CHARITY AN OVERVIEW

FUNDRAISING FOR BUCKINGHAMSHIRE MIND

Ride4Charity has been designed to bring people together. The event is taken on by a number charities, organisations and adventure travellers at the same time, so participants are able to enjoy the adventure with likeminded people. When taking part in Ride4Charity, each participant is required to raise a minimum of £300 for Buckinghamshire Mind but the more you can raise, the bigger the impact!

WHAT WE PROVIDE

Travelteer offers complete support throughout the Ride4Charity event, with both UK and in-country management on hand for expert guidance. Our Expedition includes accommodation, in-country transport and the majority of meals throughout the experience itinerary. All participants will receive pre-departure training that takes place in the UK ahead of any trip departures.

WHAT'S INCLUDED





EXPEDITION PACK PRE-DEPARTURE TRAINING





SRI LANKAN DRIVING LICENCE AIRPORT





ACCOMMODATION

SELECT MEALS





DRIVER INSURANCE

24/7 SUPPORT

EXPEDITION

On arrival, participants will be met by the Travelteer team in Sri Lanka's capital of Colombo where their first challenge awaits - gaining their very own Tuk Tuk driving license! Upon completion, participants will be transferred by the Travelteer bus down to Hikkaduwa where their charity Tuk Tuks will be ready and waiting!.

The expedition route stretches approximately 400kms and showcases the island's cultural highlights as well as a variety of dramatic landscapes, ranging from white sand beaches & rolling tea plantations through to mountainous hiking trails in the central highlands.

All accommodation and activities have been handpicked to provide the most unique travel experience possible. From glamping under the stars in Udawalawe National Park to boutique beachside villas, the Travelteer team is committed to showcase the best Sri Lanka has to offer!





EXPEDITION ITINERARY AIRPORT ARRIVAL

Participants will fly into Bandaranaike Airport in Sri Lanka's vibrant capital of Colombo ahead of taking on the Ride4Charity event the flight taking approximately 11-13 hours.



AIRPORT TRANSFERS

The Travelteer team will be on hand to collect all participants from the airport and transfer them to the accommodation in Colombo to relax after the flight. All participants will be staying in the same hotel, so this is a great place to meet everyone before kicking off the expedition!

THE DRIVING TEST

The following morning will see participants take on Sri Lanka's Tuk Tuk driving test to obtain their very own local driving licence! Travelteer's pre-departure Tuk Tuk training day in the UK will have all participants up to standard and feeling confident ahead of the test.

TRANSFER TO HIKKADUWA

Once everyone has completed their driving test, participants will jump on the Travelteer bus and head down to the bustling beach town of Hikkaduwa where the expedition Tuk Tuks await!

THE LAKEHOUSE

Participants will be staying at the Lakehouse boutique hotel in Hikkaduwa, about a 2.5 hours away from Colombo. This beautiful property sits right on the edge of Hikkaduwa Lake, with sunset views over crystal clear water and just 5 minutes away from the bustling beach town.

Everyone has the early evening to explore Hikkaduwa and grab supplies for the expedition ahead! Dinner will be served at the accommodation overlooking the lake. The Travelteer team will be staying with all participants and will give an expedition briefing after dinner so everyone is completely prepared.







EXPEDITION ITINERARY SOUTH COAST

Sri Lanka's tropical South Coast is renowned for its beautiful beaches and historic towns - all perched on the edge of the Indian Ocean. An amazing coastal road provides a great introduction for participants to get a feel for their Tuk Tuks!



TRAVELTEER TURTLE SANCTUARY

After leaving the Hikkaduwa accommodation, the Tuk Tuks will head down the coast, stopping at the Travelteer Turtle Sanctuary to learn a bit about the work Travelteer & local communities are doing to boost the numbers of endangered sea turtles in the local area.

KOTTOWA RAINFOREST

We next head inland, enjoying quiet rural roads that lead through to Kottowa Rainforest - a dense, tropical jungle and biodiversity hotspot. Local experts will provide a guided walking tour of the rainforest, giving an amazing insight into to the flora and fauna of Sri Lanka's South West.

GALLE FORT

The UNESCO World Heritage Site of Galle Fort is the perfect stop for lunch - with boutique cafes and delicious local delicacies all set within the walls of a historic 16th century fort.

SURF LESSONS

The afternoon will be spent driving along the picturesque South Coast that holds countless beaches and inlets. The group will stop at Weligama Beach for a surf lesson with local instructors - the water is warm and the waves are perfect for beginners and intermediates!

SUNSET AT VIJAYA BEACH

Regularly picked in the top 5 beaches found in the whole of Sri Lanka (made up of 1,340km of coastline!), Wijaya beach is home to incredible sunsets and great little beach bars. Dinner will be served at the group's villa accommodation nearby.







EXPEDITION ITINERARY HIRIKETIYA & CAMPING

It's time for a beautiful drive along the coast before cutting deep inland through rice paddy fields and rural villages. The group ends the night sleeping in the heart of Udawalawe National Park!



MIRISSA & HIRIKETIYA

Early next morning the group will continue along the South Coast on a 60km drive through to palm fringed beaches, firstly stopping in Mirissa and then onto lunch in the sandy horseshoe bay of Hiriketiya - providing the perfect rest stop for a bit of swimming and sunbathing.

The picturesque bay is famous for its laid back beach bars and restaurants and also has surfboards available to rent!

ONTO UDAWALAWE!

From the beaches to the savannah. The convoy now takes on a 90km route through picturesque rice paddies and cinnamon plantations onto the dusty savannahs of Udawalawe. There is a marked change in landscape during this drive, leaving the tropical coastal region for the dry plains.

CAMPING IN UDAWALAWE

On reaching the Udawalawe region, the group will have the unique experience of staying the night on the edge of the Udawalawe National Park in simple, safari style accommodation – dinner is included at this stop and will be cooked by camp fire if the skies are clear!

Travelteer staff will be on-site and able to look after any belongings as the next morning the group will be collected bright and early to experience the amazing sights of Udawalawe National Park.

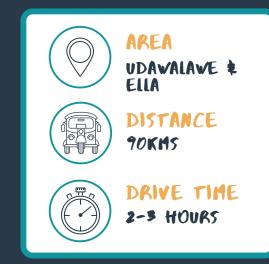






EXPEDITION ITINERARY ELEPHANT SAFARI & LITTLE ADAM'S PEAK

A morning jeep safari followed by a road trip climbing from the plains of Udawalawe up into Sri Lanka's famous Hill Country - home to thundering waterfalls, hiking trails and dramatic views.



UDAWALAWE JEEP SAFARI

Beautiful Udawalawe National Park is an important habitat for many endangered species including the Sri Lankan leopard, crocodiles and most famously, the Sri Lankan elephant!

The reserve stretches over 30,000 hectares and offers the chance to see a variety of rare wildlife up close. The group will enjoy a private guided jeep safari with an expert tracker who works in local conservation – expect to see marsh crocodiles, herds of elephants, red spotted deer and more!

INTO THE HILL COUNTRY

From Udawalawe the group heads deep inland to the world renowned Hill Country - famous for its tea plantations, stunning landscapes and winding roads.

Over the course of the 90km drive, the route rises to an elevation of over 1,000 metres, twisting past waterfalls, deep valleys and along mountainsides - there will be plenty of opportunities to stop and take in the views!

RAVANA FALLS & LITTLE ADAM'S PEAK

As the group nears the day's final destination of Ella, we stop at thundering Ravana Falls - the iconic 25m high waterfall named after King Ravana of the Hindu epic 'Ramayana'. The clear, cool water is perfect for an afternoon swim and break from driving.

On arriving in Ella, the group will take a sunset hike to the top of Little Adam's Peak and enjoy stunning views of the surrounding Hill Country.







EXPEDITION ITINERARY ELLA ROCK & THE HILL COUNTRY

It's a serious trekking day ahead! Begin by hiking up Ella Rock before driving through rolling tea plantations trekking to the spectacular viewpoint of Lipton's Seat.



ELLA ROCK

An early start will have the group on their morning hike through hillside trails in the cooler climate of the Hill Country. This 4-hour hike takes the group along winding railway tracks, through tea plantations and up to the peak of Ella Rock for panoramic views over the surrounding mountains and valleys.

A late breakfast will have the group back on the road and taking on the region's twisting roads and tea plantations heading for the town of Haputale.

TEA PLANTATIONS

The group will break up their drive with a guided tour around one of the region's tea plantations and learn more about the production process and gain some insight into the lives of those involved in tea production.

LIPTON'S SEAT & HAPUTALE

Perched on the edge of the Dambatenne Tea Plantation, this viewpoint was named after Scottish tea baron Sir Thomas Lipton who used it to survey his vast tea empire. The group will drive to an elevation of 1,970m for the viewpoint and sunset over misty hills and valleys. From here, the convoy heads to the hillside town of Haputale for dinner and accommodation.







EXPEDITION ITINERARY HORTON PLAINS & WORLD'S END

The final day of the Ride4Charity expedition will have the group cruising through Sri Lanka's Central Highlands - taking in the spectacular scenery of Horton Plains and World's End.



THE CENTRAL HIGHLANDS

Designated as a UNESCO World Heritage Site in 2010 as one of the world's richest regions of biodiversity, Sri Lanka's breathtaking Central Highlands are a once in a lifetime experience. The day's drive will lead the group through lush greenery and rural mountain villages, with time to relax and take in the sights at Bambarakanda Waterfall before heading on to the epic viewpoint of World's End.

HORTON PLAINS & WORLD'S END

As with Ravana Waterfall in Ella, the protected region of Horton Plains holds cultural significance in Sri Lanka and is also featured in the Hindu epic 'Ramayana'. The plateau is over 2,000m above sea level with rich biodiversity in the region that includes Sambar deer and bird species not found anywhere else on earth.

The convoy's final stop is a fittingly spectacular one! World's End features a sheer drop of over 1,000m - providing awe-inspiring views over the surrounding landscape.

RETURN AIRPORT TRANSFER

From World's End, the Travelteer team will drive the group back to Colombo for their return flights to the UK the following day.





LIVING ARRANGEMENTS

We want all our Ride4Charity participants to immerse themselves in the beauty and culture of Sri Lanka!

Food and accommodation throughout the itinerary have been hand-picked by the Travelteer team to include comfortable western amenities, delicious local cuisine and easy access to the island's highlights.

Each Tuk Tuk team will have a room of their own, but Travelteer are happy to make other arrangements if required.





ACCOMMODATION

Throughout the Ride4Charity, participants will stay in a variety of accommodation ranging from boutique villas on Sri Lanka's South Coast to camp accommodation on safari in Udawalawe National Park. Each property has been hand-picked by the Travelteer team and features full western amenities!

FOOD

All breakfasts are included in the trip, as well as the majority of lunch and dinners. A number of mealtimes are left free for participants to explore local cafes and restaurants at their own leisure - the delicious flavours of Sri Lanka will not disappoint and delicacies include rich curries with fresh local vegetables such as jackfruit and plantain. All dietary requirements can be easily catered for and simple western options can be made available if required!















YOUR CUSTOMISED



INSURANCE INCLUDED

Upon completion of the Tuk Tuk driving test, all drivers will be fully insured to drive on Sri Lankan roads.



TRUSTED PARTNERS

We use trusted partners to ensure our Tuk Tuks are maintained to the highest standards.





VINYL WRAPS

Add a customised vinyl wrap to your Tuk Tuk promoting Buckinghamshire Mind and your sponsors' logos!

2417 SUPPORT

Our support bus & mechanic will be following the Tuk Tuk convoy every step of the way.

VEHICLE MAINTENANCE

Our Tuk Tuks are regularly maintained and kept to the highest standards with all vehicles being checked and tuned before setting off on the expedition. Don't forget to talk to the Travelteer team about promoting your charity by branding your Tuk Tuk with a vinyl wrap!

TRAVELLING IN CONVOY

Throughout the Ride4Charity, teams will drive in convoy with the Travelteer team leading for navigation and support. The speed limit for Tuk Tuks is 40km/hr which is the perfect pace for taking in the dramatic scenery en route.

AIRPORT TRANSFERS

Return airport transfers are included as part of the Ride4Charity expedition and the Travelteer team will have everything organised ahead of time and communicated in pre-departure meetings.



TUK TUK TRAINING

PRE-DEPARTURE TRAINING & SUPPORT

Ahead of the challenge, participants will join the Travelteer team for a Tuk Tuk training day in the UK. The session is a great way to meet the other participants ahead of the trip and will get everyone feeling fully confident on 3 wheels!

In addition to our UK driving session, the Travelteer team will be in regular contact with participants to sort all trip details - we like to take away the burden of paperwork so participants can focus on fundraising! Our expert team will coordinate with each participant to organise all aspects of their trip, making the process quick, simple and hassle free.

IN-COUNTRY SUPPORT

Travelteer expedition leaders will lead the the Tuk Tuks in convoy through the entirety of the trip and are ready to take over if any drivers are having difficulties. In addition to our in-country support team and Travelteer mechanics, our UK operations centre provides international support for teams embarking on the challenge, with an emergency support line for family members back in the UK.





WHAT'S INCLUDED?

We believe preparation is the key to the best possible experience. That's why we have developed a seamless planning process for challenge participants. From trip preparation to guided safaris, we are here to support participants every step of the way!



UK BASED TUK TUK TRAINING

> PRE-DEPARTURE PREPARATION



24/7 IN-COUNTRY SUPPORT



UK OPERATIONS CENTRE & EMERGENCY SUPPORT LINE



ACCREDITATIONS



YOU ARE IN EXPERT HANDS



Travelteer's local knowledge is unrivalled. The team has a wealth of experience in providing safe and secure environments for participants whilst abroad. Don't just take our word for it, we've been externally assessed and earned accreditations from leading bodies such as the Expedition Providers Association and Adventure Activity Associates.



TRAVELTEER INFRASTRUCTURE

We take a long-term approach when it comes to overseas expeditions. We invest in selected countries so we can provide a guaranteed standard to challenge participants. Our established in-country team works with reliable local partners to provide the regularly maintained vehicles and unique accommodation options throughout the trip.



SAFETY MANAGEMENT SYSTEM

Speed of response during an incident is vital. We have developed a unique safety management system that provides our teams in the field with maximum support. Every element of our trip is audited by UK management with our in-country team giving a live feed of updates.





With the UK operations centre at our core we have a dedicated, full-time team to manage any eventuality. Whether that be local or international assistance, our team is trained in incident management and crisis response. Communication is key, that's why all our staff are equipped with the latest communication technology, so our network is never down.



INSURANCE & MEDICAL ASSISTANCE

We provide comprehensive driver insurance for all challenge participants and our trips are fully bonded by ATOL to protect travellers against unforeseen events.



GOVERNMENT RECOMMENDATIONS

We always work in line with the latest advice from the Foreign and Commonwealth Office. We use both government and private security advice as a foundation to all our trip planning.



EXPEDITION COSTS



CONFIRM YOUR SPOT

- Reserves your team's Tuk Tuk
- Provides pre-departure support & UK training
- Includes Ride 4 Charity Expedition Pack



what's included?

- 🕨 1 x Tuk Tuk
- Sri Lankan Driving License
- Driver Insurance
- Accommodation
- Select Meals

24/7 Support
Airport Transfers

All Activities

Expert Guides

DEPOSIT

 $\pounds 600$

TRIP COST* £2,400

* Original deposit not included. Total trip cost: £3,000 per team.

3 £500 - £750

Airfares are around £500-750 per person, but this can fluctuate. Flights from the UK to Sri Lanka typically last around 11 - 13 hours and depart from most major UK airports. The Travelteer team are happy to help with any flight booking and travel queries - participants can get in touch with our UK office for assistance and we recommend booking your flight at least 3 months ahead of travel!



Our Tuk Tuks are a blank canvas for promoting Buckinghamshire Mind and your sponsors! We use vinyl wraps make the Tuk Tuks completely customisable - meaning that you can have not only sponsor logos, but ANY design you like! This is a really great way to raise awareness for the Buckinghamshire Mind cause.

Make sure to have a chat with our team to organise having these personalised designs replicated on your team's Tuk Tuk!

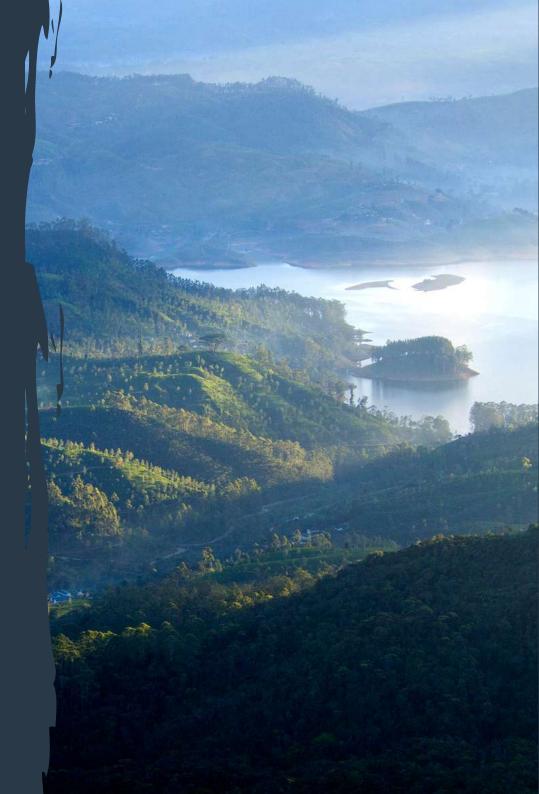


FUNDRAISING

Buckinghamshire Mind asks that each of their Ride4Charity participants raise a minimum of £300 for the charity. Fundraising provides a range of vital support services for adults and young people and rest assured, your donation will stay within Buckinghamshire * East Berkshire to benefit local people who need help with their mental health challenges!

As an extra bonus, any fundraising team (made up of 1-3 participants) that is able to raise over £3,000 in total can choose to put the excess towards the cost of their team's trip!

FUNDRAISING GOAL PER PERSON COOL





FUNDRAISING IDEAS

The Travelteer team are always on hand for advice on fundraising, so make sure to get in contact with any questions! When it comes to fundraising, anything is possible - but here are a couple of our favourite ideas...



PERSONAL SPONSORSHIP

Raise awareness for Buckinghamshire Mind and ask for donations from friends and family.



COMPANY SPONSORSHIP

Get sponsored by local organisations and have their logos branded on your Tuk Tuk!



AWARENESS EVENTS

Organise local events to raise awareness and donations for Buckinghamshire Mind - ticketed raffles or Sri Lankan curry nights are always a hit!

TRAVELTEER A BIT ABOUT US

WHAT WE DO

Travelteer is at the forefront of responsible travel and provides charities, individuals and organisations with fundraising challenges around the world.

Partnership with communities in South Asia has given us access to unique adventures and 'off the beaten track' experiences that immerse participants in rich culture and breathtaking scenery!

Travelteer has been working with disadvantaged communities and conservation organisations in Sri Lanka since 2015. To date, our expert team has provided adventure experiences for over 800 participants with fundraising reaching over £120,000.





WHY TRAVELTEER?

ETHICAL VOLUNTEERING RESPONSIBLE TRAVEL

Travelteer is at the forefront of ethical volunteering and responsible travel. We thoroughly train local staff to assist in our projects and keep them sustainably running all year round.

EXPERIENCE

Travelteer offers 24/7 support & mentoring both in the UK and Sri Lanka. Our team will be with you from start to finish. Yup, that's right - all our team fly out to Sri Lanka! That way you know you are in good hands.

SAFETY

Participant safety is of the upmost importance. That's why every aspect of the trip is managed entirely by us - we conduct regular risk assessments and ensure all our team are trained to handle emergencies.

TIME FOR AN ADVENTURE!



START YOUR ENGINES!

Kick off your Tuk Tuk adventure by reserving your place today at www.ride4charity.co.uk/start-your-engines to secure your place and pay your team's deposit. Any questions? Feel free to call our team with any queries!



EXPEDITION PREP

Receive your expedition pack and book in your UK based Tuk Tuk training day with the team. Then it's time to get fundraising for your chosen charitable cause!





START YOUR ADVENTURE



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