

pennyappeal

-CYCLE- ANDALUSIA

EXPLORE THE ISLAMIC
HISTORY OF SPAIN

3-9 SEPTEMBER 2020

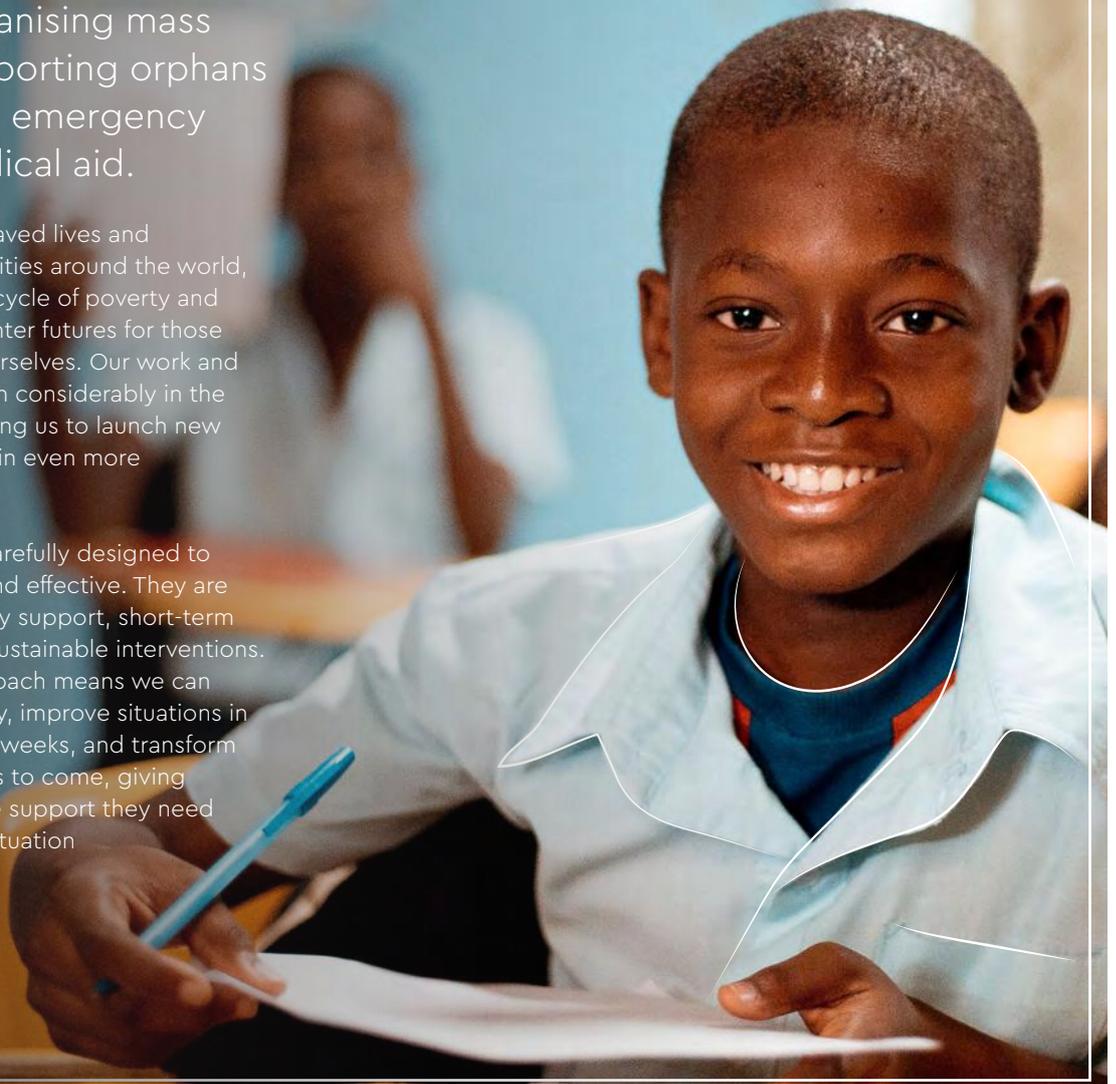


Who are Penny Appeal?

Penny Appeal was founded in 2009 to provide poverty relief across Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid.

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and long-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation



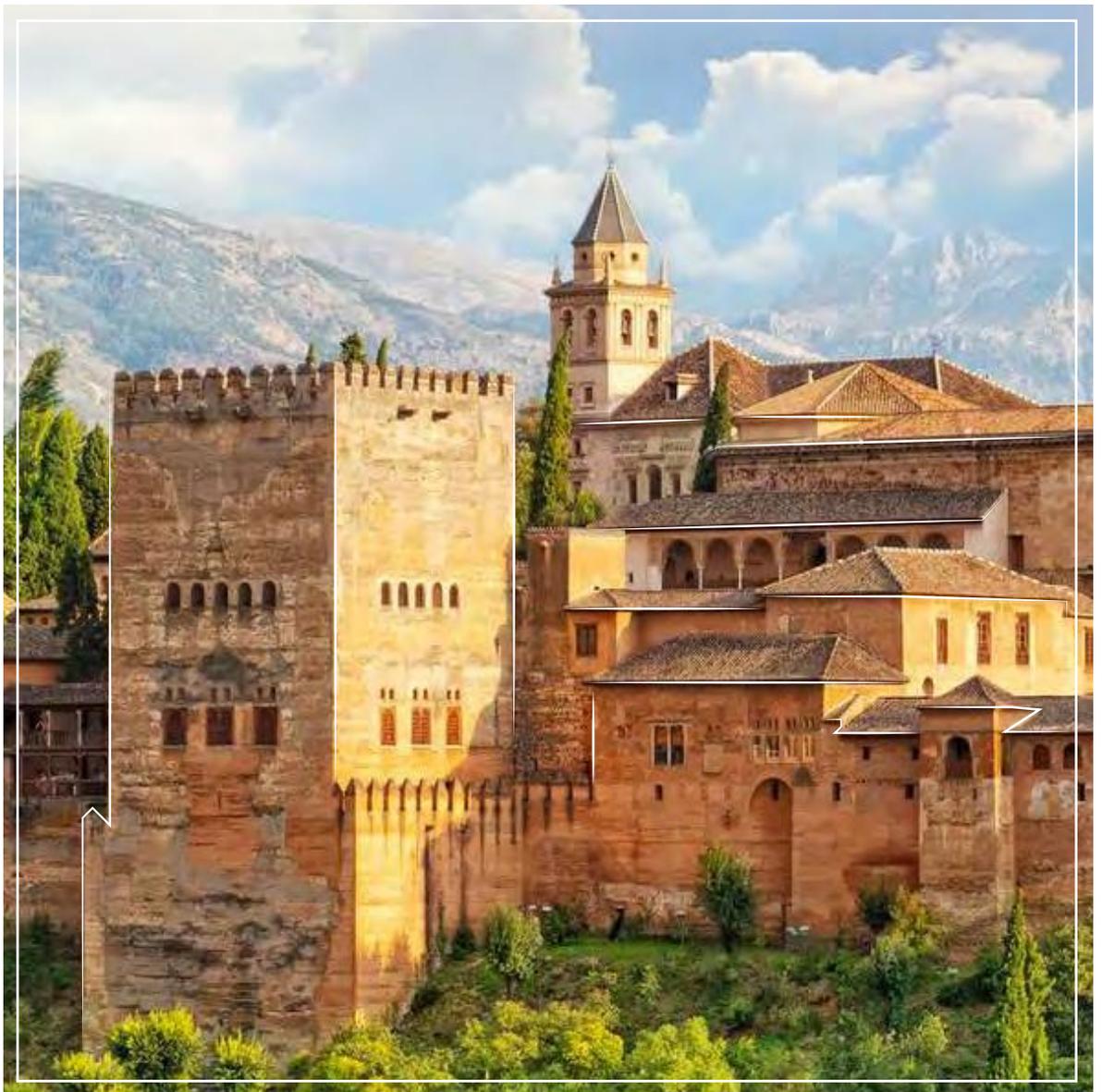
About the Challenge

Discover the long-forgotten Islamic history of Spain, explore mountains, cities and ancient palaces and see stunning scenery from the best view... on two wheels!

With Cycle Andalusia, you'll pedal 200km across the stunning Spanish scenery of Andalucía and discover a land steeped in Islamic history. Andalucía was under Islamic Moorish rule from the 8th-15th centuries, leaving a legacy of beautiful architecture, scientific development and peaceful multi-faith alliance.

On the Cycle Andalusia tour, you will visit – amongst other places – the stunning Alhambra Palace and Gardens, the Great Mosque of Cordoba and the archaeological site of the Madinat al-Zahra, the ancient city built by the Caliph Abd al-Rahman III.

This adventure will take place over 7 days from 3rd to 9th September 2020, including 4 days of cycling. Whilst this is a challenge, it's not a race – there will be plenty of time to soak up the history, beauty and culture as you explore the ancient Andalusian Islamic civilisation in beautiful, sunny Spain.



How we'll help you

We provide dedicated support from the moment you sign up right through to when you go on the trip. Once you receive your booking confirmation you will have access to all the information you need, from fundraising ideas, kit lists to training regimes. You'll have the opportunity to connect with fellow fundraisers so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal staff during your 6-day trip so you'll always have somebody on-hand to help you.

Is this trip for me?

Absolutely! If you enjoy cycling, sightseeing and learning new things, this is for you.

You don't need to be a professional cyclist to Cycle Andalusia. It will be challenging at times, but with a little preparation and a great team alongside you, anyone with a reasonable level of fitness can do it.

We will provide you with a comprehensive training guide to help get you train for the cycling, and will of course be on hand every step of the way with any queries you may have.

Most of your fellow cyclists won't have done anything like this before, and whether you tackle the Cycle Andalusia challenge with friends or go for it alone, in the end, you'll go home with new friends for life!

Key Information



Funding Options: How much does it cost?

To book your place you will need to **pay a £399 registration fee**. You then need to **raise a minimum of £2,500** before the trip. 80% of your sponsorship must be collected at least 3 months before the trek.



What should I bring?

We'll provide you with a kit list tailored to this challenge when you book.



What's included?

Flights and all overland transport, accomodation, meals, water and local guides during cycling days. Bikes and cycling equipment will be provided.



Accommodation

We will be staying in hotels before, during and after the challenge.

About the Cause

Emergency Response

Penny Appeal always strives to respond to global disasters and emergencies as they happen, but more importantly, we are always working to grow our capacity. This means delivering aid quicker, better and towards a more sustainable impact, benefitting more people than ever before.



Prophet Muhammad (SAW) said,
"Whoever relieves the hardship of a fellow Muslim, Allah will relieve them from hardship on the Day of Judgement." - **Sahih Muslim**

The funds you raise are absolutely critical in our ability to act fast during a crisis. War, famine, disease, poverty & climate change have immobilised communities in Myanmar, Syria, Yemen, Gaza, Indonesia and East Africa, and Penny Appeal needs your support to be able to deploy life-saving medical aid, food, clothing, sanitation and shelter to those who've been left incredibly vulnerable.

**EMERGENCY
RESPONSE**

Our teams are currently providing support in:

- Syria, where 70% of all people need urgent humanitarian aid.
- Lebanon and Turkey, where Syrian refugees are battling to survive.
- Yemen, which is experiencing the worst famine the world has seen this century.
- Palestine, including Gaza, where people are living amongst terrifying conflict.
- Bangladesh, where Rohingya refugees who have fled persecution need urgent support.
- Indonesia, helping re-build homes and lives after a powerful earthquake hit Lombok.
- Areas affected by the famine in East Africa, such as Somalia, Ethiopia and Kenya.
- Mozambique and Malawi, where 1.8 million people have been devastated by Cyclone Idai.

How can you help?

By signing up to this challenge you will be asked to raise a minimum of £2,500. Help support our EMERGENCY RESPONSE campaign to help protect and save thousands of families from devastating effects of natural disasters and conflict. There's no upper limit to how much you can raise though, and we expect participants will go above and beyond to raise as much as they can. The more you raise, the more lives you can change.

Minimum Sponsorship £2,500

Fundraising Tips

£2,500 does sound like a lot of money but if you allow yourself plenty of time and if you put your mind to it, you can do it. You are doing something quite amazing, so the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. If you sign up early, you'll have a year to raise the funds, and you'll also have the opportunity to maximise fundraising potential during the month of Ramadan with zakat donations, too.



HAROON & TAKSIMA | Challenges Team

Fundraising

Our Challenges Team are full of ideas and will be in touch to help you raise money for the trip. Whether you'd like resources to support your fundraising or just some ideas to get you started, please feel free to ask for anything you might need!

Here are some ideas to start you off, and we're more than happy to help you with any questions you may have.

- Begin by setting up an online donation page and ask everyone you know to donate – the more people you ask, the more you will raise! This means getting extremely busy on social media too!
- Host a dinner night or coffee morning and charge guests for a delicious home-cooked meal or tea and cake.
- Get busy in the workplace, organise a samosa sale or sell Krispy Kremes. Everyone loves a bake sale!
- Speak to your employer. Many employers have match funding schemes and could match your donations pound for pound. If not, there's always other ways they could help – perhaps organise a dress down day, a quiz night or promote you in their newsletter.
- Dig out your unwanted treasures and organise a car boot or jumble sale.
- Organise a games night and invite friends over, charging for an evening of fun and games!
- Contact your local papers. Tell your story to your local radio station or your newspaper and ensure the wider community get to hear about your incredible efforts.
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.



SIGN UP TODAY!

PENNYAPPEAL.ORG/CHALLENGES

📞 07739 363 894

✉️ CHALLENGES@PENNYAPPEAL.ORG

The Itinerary

Day 1 Journey to Andalucía

We'll arrive at Malaga airport at 5pm, where we'll be greeted by our friends at Andalusian Routes. Then, we'll transfer to Cordoba by bus before arriving at our hotel for a briefing and dinner together.

Day 2 The Adventure Begins

After breakfast, we'll start our adventure with an interactive museum followed by a visit to the Great Mosque of Cordoba. After lunch, we'll visit the archaeological site of Madinat Al-Zahra, the lost city built by the Caliph Abdul Rahman III.

In the evening, we'll travel to Almodovar, where we'll be visiting local Spanish Muslims for a delicious traditional (and halal!) Spanish meal, before returning to the hotel for bed.

Day 3 Riding Free

After breakfast at 8am, we'll set off to a village called Zuherros outside of Cordoba city, stopping in Montilla to pick up the bikes and start the bike journey with a 45-kilometre ride! Once we arrive, we'll have time to explore the beautiful village of Zuherros with the team in the afternoon and evening.

Day 4 Getting Real

On Day 4, we'll start at 9am with a 55-kilometre bike ride across stunning scenery to the fascinating city of Alcala La Real. We'll arrive mid-to-late afternoon, giving you free time to explore the city in the evening.



Day 5 Discovering Alhambra

After breakfast we'll depart for Granada with a 55-kilometre bike journey. Granada was the last Muslim Kingdom, which held out for 250 years before the fall in 1492. After checking into the hotel at around midday, we'll make our way to the Alhambra. This is usually the highlight of the tour; Alhambra has been called a wonder of the world, with palaces and gardens that will leave you breathless.

Day 6 Riding High

After breakfast, we'll set off at 9am for the final bike ride of around 40 kilometres to the stunning Sierra Nevada mountain region. At 4pm, we'll be departing for the Alpujara Mountains along the route of Nasrids. On the way, we will stop at the old Muslim bridge and the Muslim castle, which is the location of one of the last stands made by the Muslims of Alpujara.

At 6pm, we'll then go on to Orgiva, where we'll have the chance to meet and chat with the local Muslim community while having dinner at a Muslim restaurant run by a Spanish Muslim revert.

Day 7 Homeward Bound

After breakfast we will set off at 10am for Malaga, arriving at Malaga at midday. We will say our final farewells before our return flights, brimming with magical memories and returning with new knowledge and new friends.



Challenge Testimonials

Salaam, my name is Gulfareen. In December 2017, I took on the Conquer Kilimanjaro challenge, aiming to build deep water wells in Africa. Allhamdulillah, with the help of my amazing friends and family, we were able to successfully raise and even supersede the fundraising target. I was initially very worried about the fundraising, but on the contrary, once I got around to fundraising, it was actually very fun and a lot more enjoyable than I thought it would be.

Personally, the most phenomenal aspect about this whole experience was that I was able to accomplish multiple personal goals at once. I felt honoured to have had the opportunity to carry out charitable work, in tribute to the memory of my late nan, as well as get fit and tick climbing Kilimanjaro off my bucket list. As if that wasn't enough, as a "Bruce bonus", I got to meet some of the most incredible people along the way and have made lifelong friendships. I even had the opportunity to visit a local orphanage whilst I was out in Tanzania, which was in itself, a humbling and life changing moment. I personally believe carrying out charity work is not only rewarding, but in itself, is a direct act of worship to God and I can't highly recommend it enough to get involved! Accompanied with the knowledge that you have actively made a positive difference to someone's life, the sense of achievement and unforgettable memories that you create along the way, honestly, is there anything more one could ask for?

- GULFAREEN AKHTAR



We're sisters and we have both always really enjoyed hiking, thanks to our parents, but have never hiked outside the UK. We were one of the first people to sign up to the Everest Base Camp challenge and were excited as our teams grew to 34, throughout the year. When signing up, there were a few things that we were apprehensive about. Firstly, the huge fundraising target of £4,500.



We have been fundraising from a young age and had never raised more than a couple hundred pounds. Thanks to the encouragement and support of our fundraising manager we were able to smash the target. We decided to fundraise together and managed to raise nearly £20,000 for the Rohingya Refugees, thanks to our generous friends, family and colleagues. Although we were really excited about the trek, the other thing that we were worried about was the physical aspect. Trekking for 12 days in the Himalayas in the cold of December was going to be a challenge and we were not sure if we were ready. Penny Appeal arranged training days across the UK throughout the year, so not only did we get to trek up beautiful mountains like Snowdon and Ben Nevis, we also got to meet our amazing team. Trekking to Everest Base Camp has been a life-changing experience for us both. Walking amongst the Himalayas, surrounded by beautiful scenery that looks like something from a postcard, is something we will never forget. There's something about taking on a challenge with others that are in the same boat as you, that brings you closer together. As a team, we all motivated each other to keep going and helped those who were struggling, always remembering the suffering of the Rohingya Refugees as inspiration to continue. We've made life-long friends with some amazing people and will be sharing these memories for years to come. This was such an incredible experience for us both, it has encouraged us to sign up for another international charity challenge, plus we've been bitten by the trekking bug!

- MARYAM & SAIRA

I can tell you the experience was breathtaking.

I've travelled to Morocco a number of times, this was the first time I trekked through the Atlas Mountains, and I can tell you the experience was breathtaking. I was able to encounter the kindness provided by the Berber communities, their food, culture, and hospitality was unmatched to many places in Morocco.

- TAKSIMA FERDOUS





pennyappeal

➤ PENNYAPPEAL.ORG

☎ 03000 11 11 11