

pennyappeal



**MAKKAH
TWIN PEAKS
CHALLENGE**

12-17 MARCH 2020



Registration fee: £199 Minimum sponsorship: £1,000

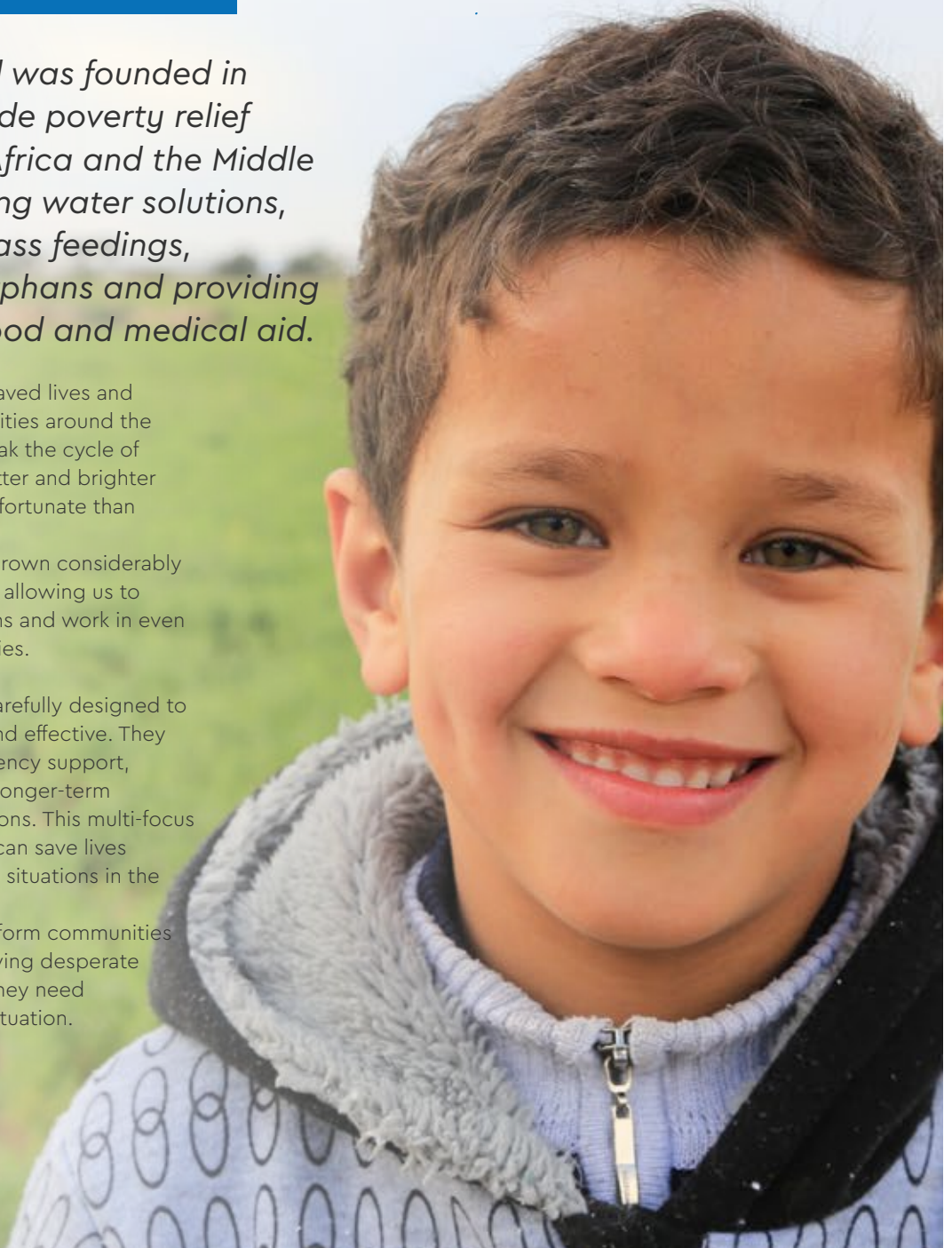
includes: flights, accommodation in Makkah and Medina, full ground support, Umrah preparation course, Umrah and more

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 longer-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

Join us under the Arabian sun this March on a trek to the peak of two of Makkah's most historic mountains. Perform Umrah, hike up Mount Thawr and Mount Noor, explore the caves that housed the Prophet (saw) and visit the Prophet's Mosque and tomb in this exhilarating 5 day trip to Makkah and Medina. The Makkah Twin Peaks Challenge offers hikers the perfect opportunity to discover the spiritual wonder of two important Islamic historical sites, after performing Umrah under the guide of experts. Walk in the footsteps of the Prophet (saw) as you embark on a journey to reach the summit of Mount Thawr and Mount Noor, while taking in the beautiful views that surround you. Feel the rocky landscape under your boots as you make the steep climb to reach the peak of these two mountains. Mount Noor is a formidable mountain, famous for the Cave of Hira, where the Prophet (saw) often went to meditate and the spot where he received his first revelation. Mount Noor is a rocky peak that can be seen for miles around at 2,106 ft. Once you make the rocky ascent, climbing around 1,200 steps, you'll find yourself standing atop the summit with soaring views of Makkah and the Holy Mosque. Once at the top, you view the Hira Cave and explore the spot where the Prophet (saw) recited the very first verse of the Qur'an on the final 10 days of Ramadan.

Mount Thawr is a stunning mountain that holds the cave that sheltered the Prophet (saw) and Abu Bakr (ra) for three days from the Quraysh, as they were fleeing from Makkah to Madinah. Mount Thawr is a great challenge, sitting at 4,610ft with gravelly terrain and quite a steep climb, but once you reach the top, you'll instantly see why the climb was worth it. You'll be rewarded for your hard work with a birds eye view of the surrounding land and a peek inside the cave where Allah (swt) protected the Prophet (saw) and Abu Bakr (ra). After completing these rigorous climbs, you can then rest in peace, as you enjoy praying in the two sacred masjids of Makkah and Medina.

This trip will be taking place on the 12th-17th of March 2020, with 1 full day of trekking in Makkah and plenty of time to tour the Prophet's (saw) Mosque and tomb in Medina. You'll get to experience 3 days in Makkah and 2 nights in Medina, full of prayer, Umrah and exploration. Explore the land of our Prophet (saw) and make memories that will last a lifetime. Take a journey to Makkah for the Makkah Twin Peaks Challenge, and embark on a trip rooted in vast beauty and spiritual discovery.



How we'll help you

We'll 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 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 five-day trip, so you'll always have somebody on-hand to help you.

Is this trip for me?

The Makkah Twin Peaks Challenge is a charity trek that includes performing Umrah, taking you up two of the most historical mountains in Makkah, and sending you on a tour of the Prophet's (saw) Mosque and tomb in Medina. If this seems exciting, but maybe a bit daunting, there is no need to worry – we're here to help you, every step of the way!

Once we receive your booking confirmation, you will access to all the information you need, including fundraising ideas, kit lists, training regimes and a Umrah preparation course. Throughout this – 6 day trip, you will be accompanied by Penny Appeal staff and guided by experts from Ebrahim College, the establishment who pioneered this project since 2007. So, is this trip for you? Absolutely! Come along to climb Mount Thwar and Mount Noor and explore the city of Makkah with us. You don't need to be an experienced hiker to enjoy this trip, in fact, many of your fellow challengers will be new to this experience as well. We'll make sure you're ready and raring to reach the summit of these two stunning mountains!

Key Information



How much does it cost? To secure your place you will need to send us a non-refundable deposit of £199 plus £450 for flights and accommodation by 31 January 2020.



Note that all entrants taking part are required to **fundraise a minimum of £1,000 before the trip.**



What's included? Return flights, 5* accommodation (breakfast included), visas, full ground support, Umrah preparation courses, Umrah and visit to the Prophet's Mosque.



Your five nights' accommodation includes three nights in Makkah and two nights in Medina.





SIGN UP TODAY

[PENNYAPPEAL.ORG/CHALLENGES](https://pennypeal.org/challenges)

☎ 07739 363 894

✉ CHALLENGES@PENNYAPPEAL.ORG

About the Cause

Penny Appeal has had ongoing involvement in Palestine, with particular attention placed on Gaza, tackling immediate needs as well as creating sustainable solutions and investments that have ongoing benefits to the community.

Your fundraising will support Penny Appeal's Love Palestine campaign with funds designated to four different projects:

1. Food Parcel distribution to Families suffering from Chronic Food Insecurity

We provide Palestinian camps with nutritious food parcels, containing enough stable food to provide a family of six with good food for a whole month.

We also provide fresh food parcels, working in close collaboration with local farmers, supplying vulnerable, women-led families with fresh fruit, veg and meat on a weekly basis.



2. Empowering Palestinian Farmers to Grow their Businesses

Olive Trees are culturally and economically significant in Palestine. They provide the main source of income for around 8,000 Palestinian families and contribute to approximately 14% of the Palestinian economy. Over 1 million Olive Trees have been destroyed by the on-going conflict. We are empowering Palestinian farmers by supporting and expanding their Olive farms. We provide the seedlings, the protection fencing, and irrigation so that the seedlings can grow in to trees and provide a sustainable income for families in Palestine for generations to come.



3. Rooftop Garden's to provide Women with a Sustainable Source of Income and Crops

In Palestinian refugee camps, food security is declining while unemployment and dependency on external aid are rising. Women and young people in particular have limited opportunities under the military and social constraints. The rising prices of food also has an impact on the fresh produce households have access to. By constructing rooftop gardens, we are able to support women led households by providing them with training to grow their own home crops, as well as being able to raise income through selling their produce.



4. Emergency Response in Gaza

At least 1.9 million Palestinians experience, or are at risk of, conflict, violence and displacement. The most vulnerable Gazans are currently denied or restricted in their access to essential services such as water and health care. One in two Palestinians, or roughly two and a half million people, need some form of humanitarian assistance.

- **Improving the Health of School Students through Clean Drinking Water**

The water situation in Gaza is alarming, 90–95% of the territory's water contaminated by sewage, chemicals and seawater. The water supplies at many of the schools in Gaza are also contaminated; and drinking dirty water has caused many health issues for students. Penny Appeal has procured and supported many water tankers to supply schools in Gaza with clean drinking water, to improve the lives of the students.

- **Emergency Food Parcels for Orphan Families**

We provide fresh food parcels in Gaza, working in close collaboration with local farmers, supplying vulnerable families with fresh fruit, veg and meat on a weekly basis.

- **Medical Aid**

During times of intensified violence, we support local medical centres with medical supplies, training on new techniques to treat patients and running local ambulances.

- **Fuel Aid**

Gaza's chronic emergency crisis has left essential services barely able to function, and approximately two million inhabitants with power cuts up to 20 hours per day. Our projects relieves the electricity crisis by providing emergency fuel to local municipalities to run water pumps, garbage collection trucks, sewage pumps and insect sprayers.



Fundraising Tips

If you allow yourself plenty of time you'll easily reach your target. You are doing something quite amazing, so make sure you tell everyone you know, including your employer! Many companies operate schemes that match pound for pound! 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!



Challenges team Taksima Ferdous and Haroon Mota

Fundraising

Fundraising £1,000 is really achievable if you put your mind to it – 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. Here are some ideas to start you off and we're more than happy to help 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.
- Host a dinner night at home or a coffee morning at your work place, charge your guests, we guarantee that you can make a few hundred pounds in just a couple of hours.
- Dig out your unwanted treasures and organise a car boot sale or jumble sale.
- You can raise money by selling Fundraising Donuts from Krispy Kreme or Lola's cupcakes!
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.

Penny Appeal will provide you with a fundraising pack and plenty of useful hints and tips to help you hit your target.



SIGN UP TODAY

PENNYAPPEAL.ORG/CHALLENGES

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The Itinerary

Thursday 12th March

Day 1

The journey begins as we fly out from London Heathrow Airport Terminal 3 on Royal Jordanian Airlines at 16:05. The team will meet at noon in Terminal 3 to check in for our flight and get acquainted with each other. Whilst at the airport, the brothers in the group will prepare for changeover to their Ihram clothes for Umrah. Our flight will land in Amman at 23:00 local time and we will have a very quick changeover to our connecting flight to Jeddah. We will all make intention and enter into our Ihram before we land in Jeddah airport.



Friday 13th March

Day 2

We will land into Jeddah airport at 3:00 in the morning. Fajr will be prayed at the airport, thereafter we board the buses that will be waiting to take us to our hotel in Makkah. Upon arrival in Makkah, we will check into our rooms, eat breakfast and then leave to visit the Haram to perform Umrah. At first sight of the Kaaba, you will be overwhelmed by such awe and emotions; this is a truly unforgettable experience whether this is your very first time or a returning visit. Our aim is to complete the Umrah by 10am and return to the hotel to freshen up, and then travel back to the sacred masjid for Jumma prayers. The remaining part of the day is to pray in the Haram, perform Tawaf and rest.

Saturday 14th March

Day 3

You will wake up to pray Fajr in the Haram. After breakfast, buses will be ready and waiting to take the team to Mount Noor. It will be a two-hour round trip to trek up the mountain of light and see the cave where Prophet Muhammed (saw) received his first revelation. After completing the trek, we continue our travel by bus to Mount Thawr and begin our second ascent to the summit of a mountain that protected the Messenger (saw) and his companion Abu Bakr (ra) as they fled from the Quraysh, for a new life in Madinah. We will pray Zuhr at Mount Thawr and then return to the buses to spend the rest of our day at the Haram and enjoy our free time.

Sunday 15th March

Day 4

Our day starts with Fajr prayer in the Haram; we will perform our farewell tawaf after prayers and return to the hotel for breakfast. You will have some free time before it is time to check out. Buses will be ready and waiting to take us to Medina. Upon arrival in Medina, we will check into our hotel rooms and then travel onwards to pray in the Prophet's Masjid and offer our salaams and greetings to the Holy Prophet (saw) after prayer. In the evening, we will all get together for a gala dinner at the hotel.



Monday 16th

Day 5

This will be your free day to spend in Medina, spend the day in the Prophet's Masjid, travel and visit some of the local sites as well as shop for those special Medina dates.

Tuesday 17th March

Day 6

We will check out of our hotel in the early hours in the morning where buses will be waiting to take us to Medina airport for our return flight at 06:40 to Amman, Jordan. We will have a stopover at Amman airport where we can get some breakfast as well as have a short rest. Our flight from Amman to London Heathrow is at 11:20, and we will land into Heathrow airport terminal 3 at 14:45 in the afternoon.

Additional Information

- five nights' accommodation is based on 4 people sharing
- Accommodation is bed and breakfast only
- lunch and dinner not included in package with the exception for the Gala Dinner.
- Anyone who wishes to upgrade can pay an additional fee to change the number of people sharing a hotel room. Cost per person are:

Triple (3 people sharing)	£70
Double (two people sharing)	£90
Single	£220

Deadline for registration fees - 31st January 2020

Participants Testimonial

We have always wanted to do something as a couple. A challenge, an event, something that would bring us closer and allow us to look back with a sense of achievement. When we saw the advert for the Penny Appeal Palestine Marathon, we knew this was it.

We had to leave our kids behind, but looking at the cause we were going for, it was a worthy sacrifice. We truly believe that without sacrifice, there is no progress.

The journey and experiences we had in one week, not many people can achieve in a lifetime. From running half a marathon, giving aid personally to the Palestinian refugees, visiting Al Aqsa, walking through the streets of Jericho, Ramallah, Bethlehem and Jerusalem to visiting the amazing farmers in the Jordan valley, where we planted olive trees by hand. Every aspect of this trip was jaw dropping, awe inspiring and life changing. We can honestly say that this would not have been possible without the friends, team leaders, organizers, Palestinian people and Penny Appeal; all of whom we now call family.

Asma and Suhail Ghani



Alhamdulillah the Makkah Twin Peaks Challenge is back and the Ops team at Ebrahim College are excited to team up with Penny Appeal to welcome and support everyone joining the March 2020 trip.

We are here to help you with how to prepare for your blessed journey as well as the challenge. We will be with you to provide guidance, support and assistance throughout the trip. We will also provide training on how to perform Umrah and prepare for the challenge before you fly out to Saudi Arabia as well as answer questions you may have. Go ahead and register and we look forward to seeing you on the challenge.

Mushfique Uddin – Lead Scholar and guide Ebrahim College



FAQS

I DON'T KNOW HOW TO PERFORM UMRAH; CAN YOU HELP ME?

Of course! You will attend a Seminar at Ebrahim College where we will go through the Umrah procedure with you. We will also go through trip details at the seminar.

I DON'T KNOW HOW TO WEAR THE IHRAM; CAN SOMEONE SHOW ME HOW TO PUT IT ON?

Yes. At the seminar we will show you how to wear the Ihram as well as go through the conditions of being in a state of Ihram.

OTHER THAN THE UMRAH, WHAT OTHER ACTIVITIES WILL WE DO?

We will have the opportunity to pray in the Haram, perform nafl tawaaf and spend time in the most amazing places on earth. Check out our trip itinerary for more details.

DO I NEED A VISA TO TRAVEL TO SAUDI ARABIA?

Yes, we will guide and advise on you on how to obtain your visa. The cost of the Makkah Twin Peaks Challenge includes the visa fee. Check out our trip itinerary for more details.

DO I NEED ANY VACCINATIONS?

Yes, you need to take the Meningitis ACWY vaccine and obtain a vaccination certificate for travel to Saudi Arabia. Most practitioners recommend that you be vaccinated at least 10 days before travel.

I'M A WOMAN, CAN I GO?

Yes, you can! The Saudi Authorities recently changed their visa ruling so women can travel without a male guardian. We will have a large group of women travelling together, so from a Sharia point it is also permissible for you travel with the group without a mahram. We recommend that if possible, you should travel with a mahram, a friend, relative or guardian in case of any unforeseen emergencies whilst in Saudi. Please get in touch with us if you require more information on this.

CAN I TAKE MY FAMILY, INCLUDING MY KIDS?

Yes, families are definitely welcome on this trip. Only those who are 18 and over can participate in this event.

WHERE SHOULD I EXCHANGE CURRENCY?

The exchange rate is better in Saudi Arabia so we recommend that you take cash and exchange it there. You can also take your bankcards but please remember to inform the card issuer prior to travel so that they do not block your card.

HOW MUCH LUGGAGE CAN I TAKE?

This depends on the airline. On the March 2020 trip, you are allowed a maximum of 2 x 23kgs of luggage.

WHAT WILL I NEED TO BUY PRIOR TO TRAVEL?

We will provide you with a checklist in your registration pack.

DO I HAVE TO MEMORISE A LOT OF DUAS?

It is advisable that you do memorise some duas, however we will provide you with compact dua list and you can recite the duas from the list.

CAN MY FAMILY STAY IN TOUCH WITH ME WHILE I AM THERE?

Yes, check with your mobile phone provider to see rates for international calling, there will be Wi-Fi at the hotel which you can connect to or you can take an unlocked phone and buy a Saudi SIM.

HOW WILL WE BE GETTING AROUND SAUDI ARABIA?

We will be travelling in modern air-conditioned coaches.

DO I NEED SPECIAL GEAR FOR THE MOUNTAIN CLIMB?

All you need are comfortable clothing for the hot climate and suitable footwear.

IS IT TRUE THAT I HAVE TO SHAVE MY HEAD?

It is Sunnah and more rewardable for men to shave their heads to complete the Umrah but it is not mandatory. You can at the minimum cut a quarter length of your hair (so if your hair is 4cm long you cut 1cm off).

Ladies can cut a minimum of one lock of hair. We will cover this and other fiqhi issues in the seminar.

I DON'T WANT TO TREK OR FUNDRAISE, CAN I STILL JOIN THE TRIP?

Only those participating in the challenge and will fundraise are eligible to attend this trip.

WHAT IF I DON'T RAISE THE MINIMUM £1000?

We're sure you will raise the full amount, if you're struggling please speak to us as soon as possible – we have tons of tips and ideas to help you out. If you miss the target you may not be allowed to participate, so please do get in touch if you are finding it difficult.

WHAT IF I HAVE MORE QUESTIONS?

By all means, please get in touch with us for any other queries you may have!



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