



USPCA

PROTECTING ALL ANIMALS ESTD 1836



TREK THE LAND OF FIRE AND ICE

Information Pack



NIC102755



Thank you for your interest in joining Team USPCA in Trekking the Land of Fire and Ice. This is your opportunity to make a difference for many animals across Northern Ireland.

Date: April 2023 **Difficulty:**  **Distance:** 50km
Duration: 5 days **Registration:** £275 **Sponsorship:** £2,750

Explore a landscape that resembles no other. Shaped by millennia of volcanic activity, extreme weather, and the workings of mighty glaciers, Iceland is as diverse as it is spectacular, offering hikers an abundance of opportunities for spectacular treks.

Thjórsárdalur is a beautiful valley located at the edge of the Icelandic Highlands, along Iceland's longest river, Thjórsá. The valley, boasting many beautiful natural sites, will be the group's basecamp for the duration of the trek. Team USPCA will trek through a striking mix of geothermal valleys, beautiful mountain scenery, rivers and waterfalls. As you will be in some of Iceland's greatest wilderness areas, animal lovers will have an opportunity to experience some of Iceland's unique and indigenous animals.

Short Itinerary

Day 1 – Travel Day and introductory night hike 5km

Day 2 – 15km Daily Hiking in the Thjórsárdalur valley

Day 3 – 20km Daily Hiking in the Thjórsárdalur valley

Day 4 – 10km Hike through the historical, cultural, and geologically significant Thingvellir National Park followed by a visit to The Golden Circle, including the “Golden Falls” Gullfoss (Iceland's most famous waterfall), and a Geyser geothermal area.

Farewell Celebration and Meal in Reykjavik

Day 5 – Return Travel Day

**Please note this is a guide and the final itinerary may vary slightly.*

WHAT'S INVOLVED?

Registration

To register your intent to participate you must complete the following.

- registration form
- medical form
- registration fee of £275 (non-refundable)

Please ensure you complete all the forms in BLOCK CAPITALS and fill in your details as they appear on your passport, as tickets need to match your passport.

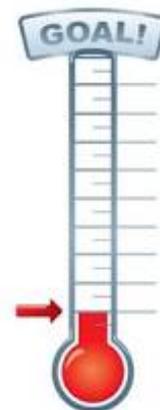
Fundraising

Fundraising can feel like the most daunting part of a challenge, especially if you haven't done much fundraising in the past or you are uncomfortable asking for support! **Remember, you are raising money to support vital USPCA services, and we will support you however we can, to help you reach and exceed your target!**

The minimum fundraising amount is **£2,750**. By registering to participate you are agreeing to raise at least this amount. When you break the fundraising down over 1 year it will equal £9 a day fundraising.

Planning is the most crucial part of any successful fundraising effort. 90% of funds must be with the USPCA 6 weeks prior to the trek, and the remaining 10% within 6 weeks of your return. We will provide you with ideas and suggestions for fundraising. There will be a fundraising pack, fundraising sessions scheduled, and additional one to one support throughout the year.

The more people you ask to support you, the more money you will raise, it is that simple!



A list to get you started:

- Family & Friends
- Work Contacts
- Previous Employees
- Colleagues
- Local Schools
- Neighbours
- Local Businesses

Some ideas for events:

- Street Collections
- Quiz Night
- Dog Walk in local park
- Collection Boxes in local shops
- Christmas Raffle
- Set up a JustGiving page
- Coffee Morning at work or with family
- Write to local businesses for support
- Non Uniform day in local school

There are plenty more ideas and we are here to help you!

Transferring Funds to the USPCA

Funds can be paid to the USPCA in stages in the following ways;

- In Person @ Head Office
USPCA // 5-6 Carnbane Industrial Estate // Newry // Co Down // BT35 6PQ
- Online Donation <https://www.uspca.co.uk/donate>
- By Phone via card payment: Call Reception on 028 3025 1000
- Online fundraising through platforms such as Just Giving
- By Bank Transfer to: IBAN: GBI I DABA 95025892795868
- By Cheque (payable to USPCA)
 - FAO Fundraising and events officer:
 - USPCA, 5-6 Carnbane Industrial Estate, Newry, Co Down /BT35 6PQ

Please ensure to advise the fundraising and events team when making a lodgment.



How Your Fundraising Will Make A Difference

The USPCA receives no government funding and relies on voluntary donations and the support of the public through events such as this.

You will be helping us in our mission to prevent cruelty to animals, relieve suffering in animals, and advance animal welfare in Northern Ireland. USPCA services include Animal Hospital, Wildlife Rescue, Social Rehoming, Pet Food Parcels, Campaigning, Special Investigations and Educational School Visits.

What our previous trekkers had to say...

Trek the Rockies June 2019

“I am so glad I decided to take part. I met some amazing people and seen some amazing things. I loved every single minute of it I'm so proud to say I was part of it.”

The fundraising was challenging, but the USPCA provide you with great support and it was very worthwhile for both the charity and myself. I got to enjoy the trip of a lifetime and would highly recommend going on a charity trek to anyone, you are guaranteed a unique experience you will never forget.”



Trek Sri Lanka March 2018

“Such an uplifting and memorable challenge. I loved visiting Sri Lanka and experiencing a different culture with an amazing group of people. I am the person I am today because of it, and I would recommend anyone to give it a go, raise funds, make friends and develop themselves as a person. You will not regret it.”

The USPCA provided support every step of the way which I thank them for and I'm proud to be involved with such an admirable charity.”

OTHER IMPORTANT INFORMATION

Accommodation

All accommodation is provided and will vary from bunk hut accommodation to basic hotel.

Food & Drinks

Local staff will provide you with three meals a day (unless otherwise stated) which will include breakfast, pack lunches and dinners. We can cater for vegetarians and other dietary requirements. Water is provided throughout but any other drinks will need to be purchased.

Insurance

You will be required to get suitable travel insurance to cover you for trekking.

Kit

You must have relevant kit including suitable footwear and clothing and personal sleeping bag (We will provide you with a full list).

Medical

You must complete the medical form correctly, and inform us of any changes that occur between doing this and the departure. Failure to do this could invalidate your insurance.

Passport

Your passport must be valid for 6 months from the date of RETURN.

Spending Money

It is recommended you bring approx. £300 worth of personal money to allow for optional activities, tips to local guides, souvenirs, additional drinks etc.

Training

This is a challenge and you will need to train to participate fully. We will provide you with a sample training schedule, and the group will be encouraged to join training walks here before we depart. With the right training anyone can complete this challenge. The fitter you are the more you will enjoy your adventure.

Travel

All travel is provided departing from and returning to the USPCA offices including International flights and all trek related in-country transport.

We can make arrangements for those who wish to extend their trip but please enquire at time of registration.

Visa

Most British and Irish passport holders will not require a visa to travel for tourism for a short period, however, you will be required to get an Electronic Travel Authorisation.

Vaccinations

There are no travel vaccinations required, however, visitors may need to display a Covid vaccine certificate to enter. This will be confirmed closer to the date of departure.

***Please note final itinerary, dates and travel is subject to any government guidelines and recommendations advised by Foreign, Commonwealth and Development Office.**

Register Now!

To register for this once in a lifetime experience and raise vital funds for the USPCA;

Fill in the registration form and post or email to:

Johnny Breen

Fundraising and Events Officer

USPCA Head Office

Unit 5 & 6 Carnbane Industrial Estate

Newry

Co Down

BT35 6PQ



If you have any questions please contact:

Johnny Breen, Fundraising and Events Officer Tel: 028 3025 1000 ext. 227 / jbreen@uspca.co.uk

Experience the opportunity of a lifetime!





Ulster Society for the Prevention of Cruelty to Animals

**Units 5/6 Carnbane Industrial Estate
Newry BT35 6PQ**

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