



LESOTHO ULTRA TOUR 2020

Lesotho: 23rd November to 1st December

Travel, Run, Change Lives...

During this 9-day adventure to Lesotho you will have the chance to:

- Run the Lesotho Ultra Marathon through stunning mountain scenery
- Be trained to deliver life-saving running activities to children in local schools, with health education and life-skills messages built in.
- Stay at the Kick4Life Centre and see our work in action.
- Experience the culture of Lesotho and the friendly Basotho people.

As well as the Ultra (50km) there is a shorter 38km mountain run or the option to be part of the support crew. The trip is designed to offer something for everyone, from the seasoned ultra-runner to those more interested in the wider experience and using their love of running to make a difference for some of the world's most disadvantaged kids.

To take part in the tour you need to raise or donate £2750 to Kick4Life. This covers return flights, accommodation, catering, all trips and activities and race entry. One of the best value charity trips available with the majority of funds directly supporting our life-saving work.



About Lesotho

Lesotho is an incredibly beautiful country with rolling hills, dramatic mountains and some of the highest waterfalls in the world. The country is completely landlocked by South Africa and the friendly Basotho people have a proud history. The country is also one of the poorest in the world with an HIV prevalence of 23.2% and with more than 130,000 children orphaned by AIDS.



Why Kick4Life?

Kick4Life is a registered UK charity (number 1112133) and a registered 501c3 foundation in the USA. We use sport to transform the lives of some of the most disadvantaged children in the world. Kick4Life has received numerous awards in recognition of its life-saving work, including the Beyond Sport Award for Health and the Nelson Mandela Children's Foundation Best Practice Award.

Our programmes include

- The K4L Curriculum health education and life-skills development course delivered by local role models trained by K4L More than 100,000 children reached since 2007.
- Our award-winning Test Your Team campaign which combines a football tournament with HIV testing and counseling.
- The Kick4Life Academy – providing intensive and holistic support for disadvantaged young people towards sustainable livelihoods and academic scholarships.
- Fit4work, an employability programme to help young people gain and sustain employment

The Lesotho Ultra

Set in the heart of the Maluti Mountain Range of north-eastern Lesotho lies a unique ultra distance footrace, a new challenge awaiting those seeking to push their boundaries and exceed their expectations of what it's like to be a skyrunner.



Hosted by Maliba Lodge since 2013, the Lesotho Ultra is the epitome of high altitude trail racing in Southern Africa. Held on the rugged mountain foot paths and ancient herder trails of the Ts'ehlanyane National Park, this 50km course has been effortlessly integrated into the surrounding landscape by event organisers KZN Trail Running, which boasts almost 3000m of vertical gain and sweeping mountain vistas. There is also a 38km mountain run option. The allure of this inherently isolated and unknown part of the part of Africa is to many one of the main attractions, coupled with the immense natural beauty and world class mountain running to be experienced in this breath-taking event.

[Watch Lesotho Ultra in 5 minutes](#)

For further information on the event visit:

<https://www.lesothoultratrail.com>



Itinerary

Approximately 6 months before departing a preparation day will be held with the chance to meet fellow participants, share fundraising ideas and find out more about the tour.

Day 1: Monday 23rd November:

Fly out (overnight flight if flying from London, UK)

Day 2: Tuesday 24th November

Arrive in Johannesburg. Transfer to Maseru, Lesotho.

Arrive Kick4Life. Check-in, refresh and welcome dinner at No.7 Restaurant.

Day 3: Wednesday 25th November

AM: Early morning training run

Introduction to Kick4Life – meet the team and centre tour

Health education & life skills running activities training at the Kick4Life Centre.

PM: Trip to Thaba Bosiu – important historical site in Lesotho history.

Day 4: Thursday 26th November

AM: Visit to local school to deliver the activities – an incredible experience!

PM: Training session. Evening: Quiz Night!

Day 5: Friday 27th November

AM: Travel to Maliba Lodge, base camp for the Lesotho ultra

PM Relax, acclimatize, meet other runners and prepare

Stay overnight at Maliba Lodge based on event Three Star package.

Day 6: Saturday 28th November

The Lesotho Ultra!

Stay overnight at Maliba Lodge based on event Three Star package.

Day 7: Sunday 29th November

AM: Travel back to Kick4Life after breakfast

PM: Trip to market /shops

Evening: **Awards Night** and Cultural Performance from Kick4Life Theatre Group.

Day 8: Monday 30th November

Transfer to Johannesburg for return overnight flight to London.

Day 9: Tuesday 1st December:

Land early back in UK.

The Kick4Life Centre

During the tour you will spend much of your time at the Kick4Life Centre in the heart of Maseru, Lesotho's capital city. The Centre includes our restaurant No.7, the K4L Hotel & Conference Centre 12 twin bedrooms overlooking our 11-a-side grass and 5-a-side artificial pitches. The Centre is the heartbeat of Kick4Life and a hub of sport and social development activities. It is also the home ground of our football team Kick4Life F.C. and you might have a chance to cheer them on the Lesotho Premier League during your stay. During the tour you'll be staying at the K4L Hotel while in Maseru.

Check out our Trip Advisor reviews:

[No.7 Restaurant](#)

[K4L Hotel & Conference Centre](#)



What previous tour participants say...

“Being able to deliver crucial life-saving messages to hundreds of children was a humbling experience I will never forget” **Andy**

“This tour has changed my perspective of my life in the most positive way possible.” **Sarah**

“The overall experience of the tour has blown me away.” **Crystal**

“Without doubt the best experience of my life.” **James**



“I will remember the tour as one of the best experiences of my life” **Katie**

“Helping to make a real difference to the children and communities of Lesotho goes hand in hand with seeing the wonderful beauty of the people and landscapes.” **Dave**

“We played on some of the most picturesque pitches in the world” **Ben**

“The K4L tour is a fantastic way to have hands on experience and make a direct and tangible difference to HIV/AIDS awareness in Lesotho” **Emily**

Fundraising Ideas & Support

To take part in the tour you need to raise or donate at least £2750 for Kick4Life. A good plan and commitment make this very achievable, and many people thoroughly enjoy the fundraising experience. The following top tips will help you get there. These are just a few of many possible fundraising ideas and our team is on hand to provide dedicated advice and support to ensure you hit the target...

1. **Set up a Justgiving page** to manage your fundraising. It is much easier for people to donate, saves you the hassle of collecting money from people directly and the funds come straight to the charity. Visit <http://www.justgiving.com/kick4life> to set up your page. If you need assistance setting up your page please get in touch.
2. **Write personalized letters to friends, family and work colleagues** asking them to support your efforts. Tell them this is not just a charity challenge – you will be delivering life-saving health education to some of the world's most disadvantaged children.
3. **Organize a fundraising event** at work encouraging colleagues to support you. Raffles & quiz nights work well and you could ask local companies to donate prizes.
4. **Put aside a monthly donation** yourself. £50 every month for 16 months would contribute £800 towards your total. This trip is better than a holiday!
5. Instead of receiving **Birthday, Christmas presents** etc, ask people to make a donation towards your total.
6. If you have anything you no longer need around the house **sell it on ebay**.
7. **Take on a challenge** such as a marathon and write to friends, family and local companies asking them to sponsor you. Use social media to promote you page, but don't rely on it – personal messages are far the most effective means.
8. **Contact your local newspaper** and ask them to do a story about your challenge. Ask them to include your Justgiving web link.
9. **Encourage your friends to fundraise for you** e.g. organize a sponsored event (run, night walk) with each person raising £200 towards your total
10. **Organize a dinner party for friends and family**. Charge everyone £25 and cook them a meal. You could do an African themed night!
11. **Keep going, be innovative, stay focused and enjoy it!** It will be well worth it!



Frequently Asked Questions

Q. What will the weather be like and what clothes should I bring?

A. As well as your running gear, bring a good selection of clothes suitable for warm and cooler weather, and also something waterproof. It tends to be hot this time of year but can be cooler in the evenings and in the mountains. Something smart casual for the Awards Night is also advised.

Q. What injections and inoculations do I need?

A. We recommend that you speak to your GP at least six months before travelling for a full list of what inoculations you need.

Q. What kit is required for the Lesotho Ultra?

A: Essential items are:

- 2l hydration capacity
- Waterproof jacket
- Long sleeve thermal
- Space Blanket
- Whistle
- Basic first aid kit (min. bandages)
- Head Torch
- Hat/buff/beanie
- Gloves
- Trail Shoes

Suggested items (not mandatory)

- GPS
- Energy food
- Mobile phone
- Trekking poles
- Spare socks
- Sun cream

Q. What other things should I bring for the tour?

A. Other suggested items include: insect repellent, towel, sunglasses, lip balm, a hat and a plug adapter suitable for South Africa.

Q. How many people will attend?

A. The average tour size is between 14 and 20 people.

Q. Who will lead the group?

A. A group leader will travel with the group on the flight out and stay with the group for the duration of the tour ensuring you have an enjoyable time. The local activities will be coordinated by our Lesotho based team. Steve Fleming, K4L Co-founder will lead this trip from London.

Q. What medical procedures are in place?

A. A first-aider will travel with the group. For more serious incidents we will access private health clinics in Lesotho.

Q. How do I raise the money?

A. Please see the fundraising section. We are on hand to advise and support throughout.

Q. Does Gift Aid count towards my total?

A. No. Gift Aid is a tax benefit for the charity and does not constitute funds raised by you.

Q. When do Kick4Life need the money by?

A. To secure your place we need an initial £50 upon booking. We require £1000 six months before travelling and the full amount one month before travelling.

Q. What happens if I don't raise the money in time?

A. If you don't raise the money you won't be able to travel unless you pay for the outstanding balance yourself. Anything beyond the target figure is hugely appreciated.

Q. How is the money raised used?

A. Approximately £1000 of the money raised will go towards the cost of your flights, accommodation and full board while in Lesotho. The remaining £1,750 will support Kick4Life's ongoing work with disadvantaged children. Compared to most charity trips this is a great ratio as there is no travel agency involved.

Q. What will the health education entail?

Kick4Life delivers fun and interactive games and activities, based on running, that have underlying messages about health promotion and healthy-living. You will be trained to deliver a small number of these activities. You will be introduced to the games at the preparation day and will be fully trained by a local coach upon arrival in Lesotho. During delivery you will be supported throughout by a Kick4Life coach.

Q. What is not covered by the amount raised?

A. You need to arrange personal travel insurance for the duration of the trip and this should include cover for sports activities. The cost of necessary vaccinations and any personal expenditure during the trip such as gifts and extra food and drink are not covered. The first meal covered by the charity will be on the night of your arrival in Lesotho – food and drink at the airports is not covered by the charity but you will normally receive a meal on the flight.

Q. What will the accommodation and food be like?

A. The team will probably stay at the Kick4Life Hotel. The accommodation is of a good standard and is on a twin share basis. All rooms are en-suite with hot water. The food is great quality and provided by own in-house restaurant No7, run by a qualified chef.

Q. What money should I bring?

Lesotho Maloti and South African Rand are of the exact same value and you can use both here. Maloti cannot be used outside of Lesotho so you are better off changing your money into Rand. The average person spends approximately £100-£200 while on the tour, but it is possible to spend much less.

Q. What should I be aware of when working with the children?

A. When working with children be aware that they often suffer from feelings of loneliness and isolation which can affect their self esteem. Therefore it is important to make every effort to include all children and not show favouritism.

Q. What can I bring to donate?

A. If you'd like to bring something to donate, useful items include children's clothes, football boots, trainers and stationary. We ask you not to give items out to individuals. Instead we will collect everything in and donate it to our participants or to a local project to ensure the items are used properly.

Q. Can I drink the water?

Some people drink the tap water in Lesotho, others do not. It is your choice whether you want to drink it. If you have a particularly sensitive stomach you may also wish to steer clear of ice or salad. Bottled water is available to buy.

If you have any further questions please email steve@kick4life.org or call Steve on 07710999169.

Lesotho Ultra Tour 2020 Registration Form

<p>Personal Details: Name: Address: Phone number (preferably mobile): Email:</p>	<p>Do you have any running qualifications (not essential):</p>
<p>Passport Details (Alternatively attach a scan or photo of your passport) Name exactly as it appears in passport including middle names: Nationality: Date of Birth: Country of issue: Passport Number Date of issue: Date of expiry:</p>	<p>Fundraising commitment I have set up a fundraising page and made an online donation of £50. You can set up a page at: www.justgiving.com/kick4life Or I enclose a cheque for £50.</p>
<p>Next of Kin: Name: Relationship to you: Address Phone number: Email:</p>	<p>Conditions of Entry: I have read, understood and agree to the terms and condition of entry for the tour: Signature: Date:</p>
<p>Tell a Friend - Please send event details to my friend: Name: Address: Email:</p>	

Please send you completed form and medical questionnaire to Steve Fleming, Kick4Life. 16 Park Avenue, Little Paxton, Cambs, PE19 6PB or email to steve@kick4life.org

Medical Questionnaire

The purpose of this questionnaire is to ensure that in case of illness or injury during the tour that we are able to provide the best possible care. The information will be treated as confidential and only used in the context of the tour.

Name:	
Date of birth:	
List any medication you are currently taking:	

If you suffer from any of the following conditions please provide details including severity, frequency and aggravating factors where relevant:

Heart trouble or raised blood pressure:	Yes/No
Cancer:	Yes/No
Psychiatric or other disability:	Yes/No
Asthma, bronchitis or shortness of breath:	Yes/No
Epilepsy/fainting attacks:	Yes/No
Diabetes:	Yes/No
Digestive or bowel disorders:	Yes/No
Allergies:	Yes/No
Joint or back problems:	Yes/No
Migraines:	Yes/No
Fractures, tendon, ligament/cartilage damage:	Yes/No
Are you a carrier of any infectious diseases:	Yes/No
Sever head injury:	Yes/No
Are you registered disabled:	Yes/No
Any other condition:	Yes/No

Dietary requirements: Please list any specific dietary requirements or allergies:

Fitness Level:

Please rate you fitness level on a scale of one to ten (ten being very fit):

I confirm the following:

- To the best of my knowledge this is a true and accurate description of my medical history and current conditions.
- I give my permission for Kick4Life to administer first aid, to initiate third party medical treatment if required and to inform my next of kin in the event of hospitalisation.

Signature:

Date:

Terms & Conditions of Entry

1. In return for a secured place on the tour you are required to pay a deposit of £50 and pledge to raise or donate a further £2700. We require £1000 6 months before travelling and the full amount 1 month before travelling. If you are unable to raise the full amount you are liable to forfeit your place on the challenge, unless you choose to pay the balance yourself. You may be able to carry over you total to a future tour.
2. All funds raised in the name of Kick4Life must be paid to Kick4Life.
3. You must be at least 18 years old on the date of departure to join the tour. If you are 16 or 17 you can participate with a letter of consent from a parent or guardian.
4. Your passport must be valid for six months after the date of return. It is your responsibility to obtain any necessary vaccinations for the challenge and to do so well before the departure date.
5. You participate at your own risk. If you are refused passage and/or entry/exit to or from South Africa or Lesotho, any additional costs incurred are your responsibility.
6. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking. The policy must provide coverage for the payment of costs and expenses relating to medical treatment, repatriation costs, loss of, or damage to personal items and claims made by third parties.
7. The details you provide us with must be correct. This is especially important for the passport information as this will be used to book your flights. If you provide incorrect information you may not be able to travel.
8. Kick4Life may, at their sole discretion, withdraw places on the challenge if it is believed to be in theirs or the groups' best interest to do so.
9. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of Kick4Life.
10. Kick4Life reserve the right to cancel the tour should it be deemed necessary for any reasons outside of their control. In this instance, Kick4Life will use its best endeavors to recover the registration fee and tour costs and reimburse you with such sum as is recovered.
11. The Lesotho Ultra event is not organised by Kick4Life and while there is a close working relationship with the organisers, Kick4Life does not control any changes in dates or other specifics, and cannot be held liable for these.