Overseas challenges

If you want more of an adventure then why not sign up for one of our overseas challenges? An overseas adventure can be an adventure of a lifetime in some of the world’s most spectacular destinations.

• Cycle London to Paris
• Amsterdam 48 Hour Cycle Challenge
• Climb Kilimanjaro
• Trek the Great Wall of China

Some activities you may already know:

• Climbing
• Running
• Cycling
• Swimming
• Trekking

www.stelizabethhospice.org.uk

For more information about any Hospice event contact the fundraising team:
Visit: www.stelizabethhospice.org.uk
Call: 01473 723600
Email: fundraising@stelizabethhospice.org.uk

Why not follow us on Facebook and Twitter?

www.stelizabethhospice.org.uk

eventsbook
2012

Why not sign up?
It’s a great way to support us...

Some activities you may already know:
· **Skydive**  
  April, August or choose your own date  
  Experience the adrenaline rush of a lifetime as you jump from a plane strapped to an instructor.

· **Great Xscape: East Suffolk**  
  Saturday 14th April  
  Your mission is to recruit a team to be blindfolded, driven to a secret location and challenged to find your way back. No money, maps or mobiles!

· **Great Xscape: Waveney**  
  Saturday 21st April  
  Join us for the first ever Great Xscape in the Waveney area.

· **Corporate Golf Day**  
  Friday 4th May, Hintlesham Golf Club  
  Enjoy a day of golf networking with other local businesses.

· **Midnight Walk**  
  Saturday 19th May  
  Be part of this fantastic event which attracts around 2,000 women walking around Ipswich town centre at night for the Hospice.  
  Visit www.midnightwalkipswich.co.uk

· **East Anglian Dragon Boat Festival**  
  Sunday 27th May, Oulton Broad, Lowestoft  
  Dragons wanted! Crews of up to 15 are invited to enter this fun and challenging event.

· **Motorcycle Run**  
  Sunday 24th June  
  Calling all bikers! Join us and hundreds of other motorcyclists for a ride in support of the Hospice.

· **Ipswich Hospital Abseil**  
  Saturday 7th or Sunday 8th July  
  Take part in this popular annual event and experience the thrill of abseiling down the maternity block at Ipswich Hospital.

· **On Your Bike!**  
  Sunday 2nd September, Framlingham  
  A cycling event for everyone! With the choice of three different distances, all taking in beautiful Suffolk countryside.

· **Roses on the River – Remembrance cruise**  
  Saturday 8th September, River Orwell  
  Cruise along the River Orwell and remember a loved one in a unique and uplifting way.

· **Halloween Fire and Ice Walk**  
  Saturday 27th October, Kesgrave Conference and Community Centre  
  Fearless fundraisers, choose from walking over hot coals or shards of broken glass!

· **Christmas Day Dip**  
  Tuesday 25th December, Felixstowe  
  Are you brave enough to join us for an early morning dip in the North Sea on Christmas Day?