

# 24 HOUR

# Ride for NEPAL CHALLENGE

In support of Nepal's specialist Ear Hospital

The **Ride for Nepal - 24 hour Challenge** is for everyone! Just choose the distance you want to cycle in the 24 hour period. The ride will take place on the longest day of the year, June the 21st/22nd, near Aldeburgh in Suffolk - a very pretty and most importantly, flattish part of the world! Money raised will go towards the building of the new Pokhara Ear Hospital, in Nepal.

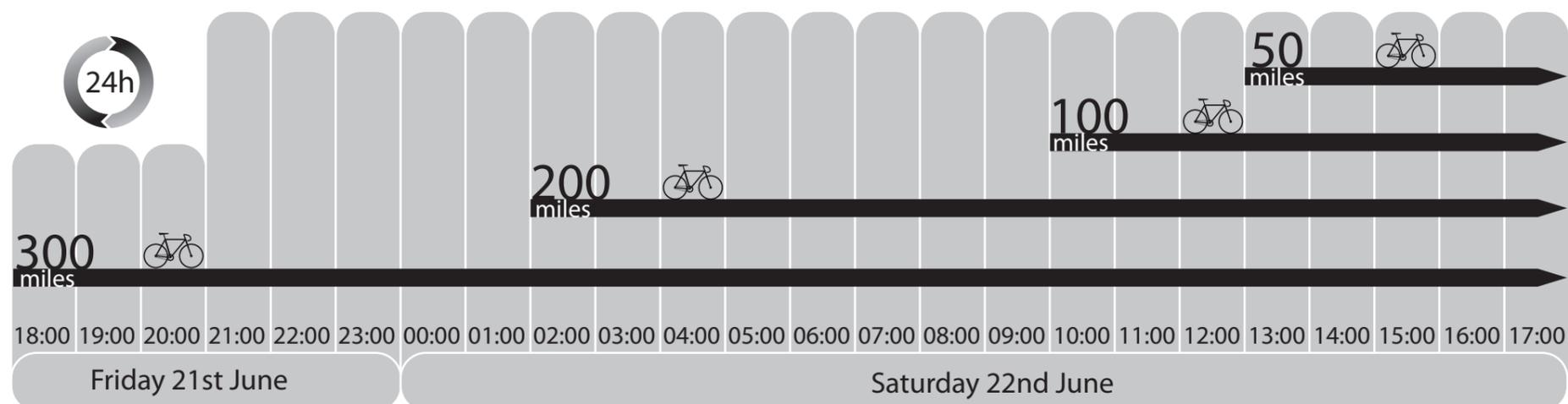


**EarAidNepal** has been supporting the work of International Nepal Fellowship with the running medical 'ear-camps' to remote areas of Nepal for nearly 20 years. In this time over 3500 ear operations have been performed on patients who have very limited access to medical care. This work has had a hugely beneficial impact on the lives of local people, especially children, who without good hearing never develop normal speech and language. Currently the hearing disabled are the largest group of people with disabilities in Nepal.

We now plan to build a **specialist ear hospital** in the city of Pokhara. The hospital will function as a base for the ear-camps as well as serving the local community through primary level ear care workers, work to improve the lot of the profoundly deaf and teach local medics about ear problems and treatment including surgery. Our vision is for a small but top class centre, using appropriate equipment, treatment and techniques for developing countries and further researching those areas.

We have a suitable plot of land and permission to start building, but we need to raise over **1 million pounds** to make it happen. If you would like to help, you can do so by joining in the ride or donating whatever you can to: [www.earaidnepal.org/donate.html](http://www.earaidnepal.org/donate.html)

Choose **your** challenge!



We will ride a figure of eight course around the start point so that we will never be more than 25 miles from our base.



For those requiring accommodation we have booked out the Blaxhall YHA, just let us know which nights you want to stay. There will also be a BBQ on the Saturday night.



If you would like to **take part**, riding any distance you like over the 24 hour period, please contact us at: [cyclechallenge@earaidnepal.org](mailto:cyclechallenge@earaidnepal.org)