

Gulf4Good continues to do a world of good with their adventure challenges. The next trek in particular sounds super. Suit up for a 320km cycle through Cuba's picturesque landscapes. This is more than just a fun trip to Havana before five fitness centred days of cycling from the Bay of Pigs straight through to the historic city of Cienfuegos. This is also a chance to raise funds to help the many disadvantaged youth in Cuba and Haiti.

And due to an overwhelming response by potential participants, you still have a chance to get involved. G4G has opened up a second group for the November ride (4th-13th), but spaces are seriously limited – only 25 per group - so if you think you have what it takes, register now on their new website www.gulf4good.org