

60 GLORIOUS YEARS

FREE WITH NEXT WEEK'S WEEKLY NEWS – A FANTASTIC ROYAL TRIP DOWN MEMORY LANE TO REMEMBER THE QUEEN'S VISITS TO THIS AREA

ARVONIA

Holidays, Short Breaks & Excursions

- BOURNEMOUTH**
 - 4★ Marriott Hotel •
 - Sunday 10 June •
 - 5 days • £319 •
- SOUTHPORT**
 - 4★ Ramada Plaza Hotel •
 - Monday 18 June •
 - 5 days • £289 •
- EASTBOURNE**
 - 4★ Cavendish Hotel •
 - Sunday 24 June •
 - 6 days • £409 •
- CARDIFF Luxury Break**
 - 5★ Cardiff Hilton Hotel •
 - Monday 02 July •
 - 5 days • £339 •

2012 FORMULA 1 BRITISH GRAND PRIX

Sunday 08 July • 1 day • £199
Price includes general admission ticket, fast track entry and return travel by luxury coach.

BRITISH & IRISH HOLIDAYS

MAY	
28 - 01 Oban Bay	£309
28 - 01 Cardiff City Break	£309
JUNE	
04 - 08 Lake District Delights	£269
04 - 08 Warner Cricket St. Thomas	£369
10 - 14 Isle of Man	£359
23 - 30 Jersey by Air	from £599
24 - 28 Waterways of Scotland	£349
25 - 29 Torquay	£259
JULY	
02 - 06 Cardiff City Break	£309
02 - 06 Scottish Highlands	£369
02 - 06 Cardigan Bay	£259
02 - 06 St. Annes on Sea	£279
08 - 12 Woburn Abbey & Duxford	£339
09 - 13 Northumbrian Coast	£309
09 - 13 Norwich & The Broads	£295
16 - 20 Bideford & North Devon	£269

CONTINENTAL HOLIDAYS

JUNE	
09 - 15 Saint Emilion & Medoc	£549
14 - 22 Norwegian Fjords	£899
20 - 28 Italian Dolomites	£599
JULY	
08 - 16 Highlights of East Germany	£665
AUGUST	
02 - 10 Bernina Express & Maggiore	£865
20 - 23 Disneyland Paris	from £319
13 - 24 Calella & Costa Maresme	£759

WEEKEND BREAKS

MAY	
26 - 27 Port Sunlight & Liverpool	£ 89
JUNE	
01 - 03 Cotswolds & Gloucester	£149
08 - 10 Blackpool	£129
09 - 10 Manchester Ship Canal	£119
15 - 17 Longleat Safari Park	£189
22 - 24 Harrogate & York	£129
29 - 01 Cardiff Luxury Break	£129
29 - 01 Waddington Air Show	£159

DAY EXCURSIONS

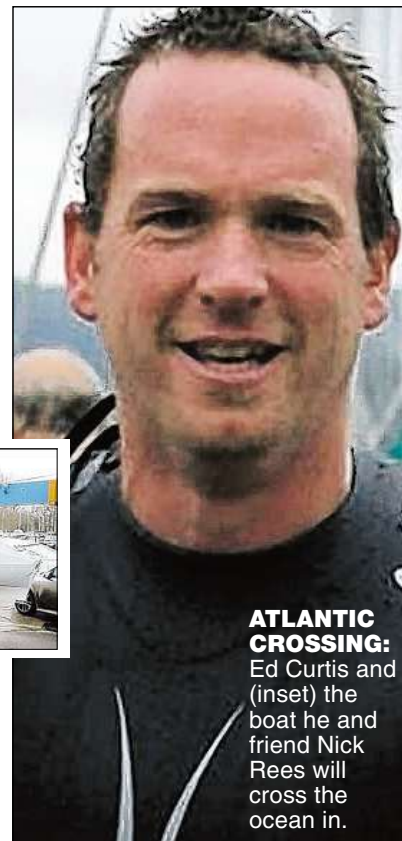
MAY	
26 Lake District Sail & Steam	£34
JUNE	
07 Antiques Roadshow at Port Sunlight	£22
09 Legoland Manchester Discovery Centre	£33
09 Manchester or Trafford Centre	£22
16 Southport	£22
17 Welsh Highland Railway & Snowdonia	£34
24 York	£28

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Reservations can also be made by telephone **01286-675175**

I'm going to row the Atlantic

2,600 miles, 40-foot waves – Ed's £250k cancer fundraiser



ATLANTIC CROSSING: Ed Curtis and (inset) the boat he and friend Nick Rees will cross the ocean in.

By **HANNAH PLAYDON**

A DAD-of-two will row across the Atlantic Ocean as part of a charity challenge of a lifetime.

Ed Curtis, 37, of Penmaenmawr, will row across the ocean in December 2013 with friend Nick Rees, 36, from Surrey, and is hoping to raise £250,000 for the charity Breakthrough Breast Cancer.

Ed and Nick decided to support the cause after Nick's wife was diagnosed, and recovered from, breast cancer.

They will be rowing across the Atlantic as part of the Talisker Whisky Atlantic Challenge, racing from La Gomera in the Canary Islands, to Port St Charles in Barbados.

Ed said: "If weather permits, we should be setting off on December 2, 2013. The trip takes up to 70 days to complete, covering almost 3,000 miles."

Ed has begun preparing for the immense challenge, and despite being faced with 40ft waves, his biggest anxiety is actually seasickness.

He said: "I have experienced a bit in terms of extreme environments, but nothing like this."

The pair are in the process of raising

corporate sponsorship, hoping to get local companies involved.

He hopes that any sponsorship will cover the costs of getting to the starting position.

He said: "It costs us £75,000 just to get the boat to the starting line. We're hoping sponsorship from companies will help."

Although it's early days, the pair are planning to organise fundraising events, such as a black tie ball and an auction.

He said: "Prizes could include a couple of hours rowing on the boat with Nick or myself, or a week's holiday in Pembrokeshire."

The boat they are using has a desalination system on board for converting sea water to fresh water.

Ed explained: "This will run for about five hours a day and we'll have a spare one if it breaks."

They also have 150 litres of fresh water on board, but will incur time penalties if it is used.

Ed joked: "That's a big motivation not to drink the water, even if we are thirsty!"

They will be burning 8,000 calories daily, so food will need to be available throughout the journey.

Ed said: "We will eat ration packs,

but will lose approximately 20% of our body fat."

As part of the competition, there is a yacht on hand to support participants. However, Ed stresses that if you take support, you are not given a finishing position.

He said: "It is a completely unsupported race, any assistance leads to disqualification."

Ed would like to update people on the journey via a live blog, and said

they will blog as often as possible.

However, they may be unable to update every day, especially if they are in stormy weather.

Although very supportive, Ed explains that his wife does have concerns for his safety, saying: "She just wants to ensure I'm well prepared."

■ **To donate £10 to Ed and Nick's challenge, text 'ROWA88 £10' to 70070. To find out more visit breakthroughatlantic.com**

Perry Higgins

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FUNDRAISING CHALLENGE: Nick Rees.