

Cycle 350km this Summer



Ready to take on Action Syria's Summer Challenge? Between June and August, we're challenging you to cycle 350km. You can go solo or run with friends and family, whatever works best for you. Join in, have fun, and go the distance to ensure Syrian communities have the education and medical care they need.

Use this tracker to log your kilometres, as you support Syrian communities to rebuild their lives with health, opportunity and hope.

Let's go!



35km

70km

105km

140km

You're halfway there!

175km

210km

245km

Nearly finished!



280km

315km

350km

You did it!

Share your achievement with your friends and family.

In aid of



Action
Syria

Action Syria is the operating name of the Hands Up Foundation. Charity no. 1156491



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