

# Epworth NZ Alps to Ocean Cycle Challenge



## Trip Highlights

- ..... Cycle the full length of the spectacular Alps to Ocean Cycle Trail from Tekapo
- ..... Soak in the hot pools at Lake Tekapo (optional)
- ..... Hike in Aoraki/Mt Cook World Heritage National Park
- ..... Cycle the shoreline of surreal turquoise hydro lakes
- ..... Stargaze across world renown night skies
- ..... Enjoy good company, & eat delicious food
- ..... Meet the growers/producers of hazelnuts and wine
- ..... Explore Oamaru's charming Victorian Precinct and enjoy lunch at the iconic Riverstone Kitchen
- ..... Relax and enjoy the ride while your guides look after the logistics and drive the support vehicle



<b>Trip Duration</b>	7 days	<b>Trip Code:</b> EATO
<b>Grade</b>	moderate	
<b>Activities</b>	Cycling	
<b>Summary</b>	6 nights hotel/motel	

## Supporting Your Cause

Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth Health Care receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients. Epworth is a private, not-for-profit organisation. We receive very limited funding from government. Instead, we rely on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research.

By taking part in the Epworth Alps to Ocean Cycle Challenge, you will not only enjoy the adventure of a lifetime, you will also be helping to give vital support to hundreds of our patients.

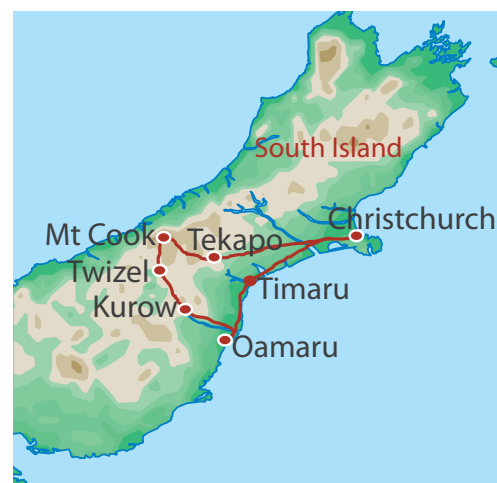
## Your Huma Challenge

Thank you for your interest in our Epworth NZ Alps to Ocean Cycle Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



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## Charity Challenge Payments

Joining Christchurch from:	\$3795
Non Refundable Registration Fee:	\$200
Single Supplement - Limited:	\$924

All prices are per person

If you are travelling alone, we will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room, however these are limited to 2 per departure on a first comes first served basis. We will notify you at the time of booking. Please refer to our website for the additional cost.

You will need to fly into Christchurch the day prior to the tour departure. Your guide will collect you from central Christchurch on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Christchurch domestic airport later than 7pm. You can get a taxi, shuttle or public bus to the airport from the city centre. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Christchurch on the final evening your guide will drop you in central Christchurch at the end of the tour.

## Trip Dates

**2025** 29 Mar - 04 Apr

## important notes

RF - Registration Fee

## What Impact Will My Fundraising Have?

Epworth Medical Foundation - The difference you make

When you donate to the Foundation, your generosity is used to directly benefit our patients. For example, more than half of all medical equipment at Epworth Health Care is funded by the Foundation, and 80 percent of our medical research.

Charitable funds are used to support:

- \*state-of-the-art medical equipment that ensures our patients receive the very best
- \*world-class facilities that maximise patient outcomes, safety and comfort
- \*groundbreaking medical research projects and trials, shared with our patients
- \*staff education and training opportunities to pass best-practice on to our patients
- \*support programs to care for our patients' emotional and financial needs

## Your Adventure

Explore some of the South Island's most spectacular landscapes by bike on our fully guided and supported Alps to Ocean Cycle Challenge.

From Tekapo, we head through the golden Mackenzie Country on canal paths to Lake Pukaki and the mountainous landscape around Aoraki/Mt Cook National Park.

From Twizel, the trail follows ancient pathways through the Waitaki Valley where you'll be wowed by stunning lakes, fascinating hydro dams and picturesque vineyards. Our journey through rolling countryside leads down to the historic port town of Oamaru on the Pacific Ocean.

Our expert guides will show you the best trailside highlights including wine-tasting, hot pools, Maori rock art and otherworldly limestone outcrops.

Experience warm, southern hospitality, heritage charm, fabulous local produce and producers, and support the Epworth Foundation.

## Online Fundraising Portal

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name.

The team at Epworth will be in touch with you upon registration to give you the details of the online fundraising page and permission to fundraise.

The minimum fundraising target is \$2,500 per person. You can do it!

## About Your Escort

Our guides are one of our biggest assets and we pride ourselves on their level of quality and high standards. We provide you with two of our expert guides to maximise your enjoyment and overall experience. You'll know you're in safe hands as all of our guides are certified in first aid and CPR and many of them are trained bike mechanics. They come from all walks of life but our guides have a common desire to give you the best possible experience, fun and lots of fond memories to take home with you.



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## Fast Facts

### Group Size Min:

12

### Group Size Max:

14

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

\*Ask our staff for more information

## Itinerary at a Glance

DAY 1	ARRIVE CHRISTCHURCH
DAY 2	TRAVEL CHRISTCHURCH TO TEKAPO - CYCLE 55KM TO TWIZEL
DAY 3	VISIT MT COOK VILLAGE - CYCLE 20KM
DAY 4	TWIZEL TO OMARAMA - 64 OR 83KM CYCLE
DAY 5	OMARAMA TO KUROW - 67KM
DAY 6	KUROW TO OAMARU - 71KM CYCLE
DAY 7	OAMARU TO CHRISTCHURCH

## What's Included

- Tasty cafe breakfasts (x5), gourmet picnic or cafe lunches (x6), two course restaurant dinners (x6) catered to all dietary requirements
- 5 nights comfortable motel/lodge ensuite accommodation on twin share basis
- 1 night hotel in Christchurch on twin share basis
- Experienced guides who handle all the hard bits and share epic stories
- Tasty nutritious snacks, drinks and treats plus our famous morning and afternoon teas
- Full vehicle support along the trail including trailer for luggage
- Transport from Christchurch (return)
- Pre departure information kit to help you plan and prepare
- Rider fees paid to the A20 Trail Trust for ongoing maintenance and improvements
- Hire of a bike (either standard bikes or e-bikes valued up to NZ\$600 for the duration of the tour)
- Celebratory end of ride lunch at Riverstone Kitchen
- Entrance fees, meet the growers produce tours, and wine tasting

## What's Not Included

- International flights to New Zealand
- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities (eg. Tekapo hot pools, Steampunk Gallery)
- Personal expenses (eg. internet, laundry, shopping etc)
- Travel insurance

## Detailed Itinerary

### DAY 1 Arrive Christchurch

After all the fundraising and preparation, the adventure finally begins!

On arrival at Christchurch Airport a shuttle bus has been arranged to transfer you to the Quest Hotel & Apartments on Worcester Street.

Later, we head out to a nearby restaurant for our first group dinner.

Accommodation: Quest Hotel & Apartments (or similar)

meals: D



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## Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## Trip grading moderate

The Alps to Ocean is graded moderate. You will need a reasonable level of fitness with an average daily distance of 60km and the longest day upto 80km. We suggest 90 minutes of cycling three to five times a week for the three months leading up to your trip. Some of the sections are on seal or hard packed gravel and are relatively easy to ride. Other sections are on looser gravel which can be rough and uneven in places.

The moderate sections over the Tarnbrae Saddle and from Sailors Cutting to the Benmore Dam include narrower tracks with some switchbacks and exposure in places.

There are also plenty of hills so cycling up hills and on gravel and rougher terrain before your tour will enable you to really enjoy the fantastic riding and diverse scenery. With the trip being fully supported, less confident riders can choose to miss the moderate sections with easier options available.

### DAY 2 Travel Christchurch to Tekapo - Cycle 55km to Twizel

Following an early start, our adventure begins with the drive across the picturesque Canterbury Plains. Note: breakfast is not included but we will stop enroute in the country town of Geraldine for coffee and a snack before continuing through rolling farmland to reach Burke's Pass the gateway to Mackenzie Country. Lake Tekapo soon appears as a bright blue jewel.

We'll have lunch and walk around the lakeside to see the iconic Church of the Good Shepherd, and after a briefing and group photos we'll set off on the start of the Alps to Ocean ride. We follow alongside the vivid hydro canals to reach a high terrace overlooking Lake Pukaki and the surrounding mountains. The trail then dips down to meet the lakeshore offering incredible views of Aoraki/Mt Cook and then across expansive tussockland to reach Twizel, where we will spend the next 2 nights. Tonight we have our first group dinner where we can learn more about the week's cycling ahead.

Cycling distance: up to 55km

Accommodation: The Alps in Twizel

meals: L,D

### DAY 3 Visit Mt Cook Village - Cycle 20km

After breakfast we will venture northward to Mt Cook Village, a drive of around 1 hour. Today is dedicated to immersing ourselves in the stunning alpine landscape of New Zealand's highest peaks. We start with the Hooker Valley walk, which takes us over impressive swing bridges and beneath towering summits including the majestic Aoraki/Mt Cook to a serene glacial lake. Here, we'll pause for lunch amidst the awe-inspiring scenery. Retracing our steps, we'll hop on our bikes and pedal towards the Tasman Glacier Viewpoint. A brief stroll to a lookout rewards us with vistas of NZ's longest glacier and the Tasman Lake. Back on our bikes we ride southwards towards the airport where this section of Alps to Ocean trail concludes. In unfavourable weather conditions, we will have the opportunity to explore the visitors centre and Edmund Hillary Museum which features a planetarium. In the late afternoon we return to Twizel for our second night's stay.

Cycling distance: approx 20km

Hiking Distance: Hooker Valley Walk 10km (mostly flat)

Accommodation: The Alps in Twizel

meals: B,L,D

### DAY 4 Twizel to Omarama - 64 or 83km Cycle

The stunning scenery keeps coming as we ride alongside the Pukaki and Ohau canals with a vast mountainous backdrop, then Lake Ohau where we stop for lunch.

Confident riders can continue on the trail to Tarnbrae Saddle (900m), the highpoint of the A20. The vast Mackenzie Country views are just reward for the climb.

Alternatively, riders can transfer to the historic woolshed at Quailburn for a much easier ride down to Omarama – our stop for the night.

Translating from Maori as 'place of light', Omarama is known for its extraordinarily clear skies, offering incredible star gazing opportunities at night.

Cycle distance: 38km (Twizel–Lake Ohau); 44km Lake Ohau–Omarama via Tarnbrae Saddle or 26km (Quailburn–Omarama (short option)

Accommodation: Sierra Motel, Omarama

meals: B,L,D



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## Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

## Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 5 Omarama to Kurow - 67km

Today's ride takes us down the Waitaki Valley, known for its hydro lakes and dams.

First, we follow the trail along the shores of Lake Benmore to Sailors Cutting. From there, we join the lakeshore to traverse around the shoreline of rocky outcrops, little beaches and even tree covered islands. The trail then drops us down from above the Benmore Dam to rejoin the quiet lakeside road. There is an easier option for less confident riders who would prefer to avoid this more technical section.

Regrouped, it's a fun downhill cycle towards Aviemore Dam, where we'll enjoy a picnic by the lake.

We'll arrive at Kurow with plenty of time to explore the town's surrounds. Highlights include beautifully restored St Albans Church and wine-tasting at the award winning Ostler Vineyards tasting rooms. We'll stay overnight at Waitaki Braids Lodge, an elegant lodge serving dinner showcasing local produce by one of the regions most esteemed chefs.

Cycle distance: 67km

Accommodation: Waitaki Braids Lodge, Kurow

meals: B,L,D

### DAY 6 Kurow to Oamaru - 71km Cycle

This morning the cycle trail takes us along the banks of the Waitaki River to a hazelnut farm then we ride past vineyards and a Maori rock art site to reach the small town of Duntroon. From there, we head inland into rolling country and wander around the unique Elephant Rocks, huge formations strewn across a field.

Picking up the old railway line, we'll ride through Raki's tunnel before rolling downhill to the settlement of Windsor and on to Oamaru where we will receive a warm welcome at our final accommodation at the reimagined Old School House. After being greeted by afternoon tea, there will be time to relax.

Tonight we will enjoy dinner served by our hosts and celebrate our week's cycling achievements.

Cycling Distance: 28km (Kurow-Duntroon) & 43km (Duntroon-Oamaru)

Accommodation: Old School House, Enfield

meals: B,L,D

### DAY 7 Oamaru to Christchurch

After breakfast you have the morning to explore Oamaru's Victorian Precinct and harbourside park with its arty shops and galleries, before heading north to our final foodie experience and celebratory lunch at the award winning Riverstone Kitchen, the perfect way to wrap up the cycle adventure! We head across the Canterbury Plains, and arrive in central Christchurch around 6-7pm.

meals: B,L

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.



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## Participant Kit

Your group will include riders covering a broad spectrum of ages and experience. We generally have a mix of men and women. We also have clients who come from a range of countries. Some participants are seasoned cycle tourists, while many are first-timers. Whatever the mix at the start of a tour, new friends and great stories are the end result. If you're a bit worried whether the pace is going to be a bit too fast or too slow, don't be. Our bike tours are designed so that there are opportunities to extend yourself if you wish and if you want to have a more relaxed ride, don't worry, our support van is never very far away.

## Fundraising Support

There are a number of ways you can approach your fundraising:

1. Simply pay the tax deductible \$2,500 donation yourself.
2. Fundraise some or all of the amount. When you do so, any donations that others make towards your challenge will be tax deductible. If you'd like to fundraise for your trip but don't know where to start, our professional fundraisers will provide you with the support and resources to make it easy and stress-free.

## Cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of dedicated cycle trails, and quiet secondary roads, both sealed and unsealed. Our cycleway tours travel through historic and scenic countryside. With easy gradient cycling, the occasional hill, a mix of character lodgings and motels, these tours are suitable for all level of cyclists. All of this so that you can enjoy the incredible scenery and landscapes, view the well-known sights and along the way eat delicious food, stay at unique accommodation and meet the locals.

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. The Avanti Discovery hybrid mountain bike allows a relaxed upright riding style and has wide ranging 10-speed Shimano gears, 29" wheels, front suspension, hydraulic disc brakes and comfortable saddles. These bikes are available in a low rise, also known as a step-through bike frame.

We are pleased to offer a new fleet of Sinch Ezy 3 e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple to operate, very comfortable to ride, and are more gentle on the body than a traditional bike. You still need to pedal, however our e-Bikes provide up to 80kms of pedal assistance before requiring a recharge. Please see our website for the cost of bike hire. All our rental bikes can be fitted with flat pedals or MTB SPD pedals, we can also fit your own pedals and seat if you have a favourite. Bike helmets will be supplied with your rental bike, along with a 15L saddle bag for any personal items you might need in the day. All equipment and luggage will be carried by the support vehicle.

These cycling journeys are not designed to be a marathon event and no one should feel under pressure to ride, everyone is able to ride at their own pace. If at any point you do not wish to ride, the vehicle is always available for you and your bike. Remember that cycling involves some physical exertion and pre-trip preparation will make your cycle tour a more enjoyable experience. Ask us for more details or advice. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times whilst cycling. We also recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.



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## Country Information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.0 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

## Climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must.

The temperature during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up to 30°C. Minimum temperatures expected in the Southern Alps in Summer time are around -5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.



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## Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## Accommodation on the Trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. Properties include:

Quest Hotel and Apartments, Christchurch (<https://www.questapartments.co.nz/properties/south-island/christchurch/quest-christchurch>)

The Alps in Twizel (same owners as the Sierra in Omarama) is currently is being built but expected to be ready by end 2024.

The Sierra, Omarama (<https://www.omarama.co.nz>)

Waitaki Braids Lodge, Kurow ([www.waitakibraids.com](http://www.waitakibraids.com))

Old School House, Enfield (<https://theoldschoolenfield.co.nz>)

The accommodation is on a twin share or double room basis with private facilities where possible. If you wish to reserve a room to yourself a single supplement is available at extra cost, however are limited to 2 per departure.

Please note:

Kurow is a small town with very limited accommodation. Depending on the group size, sometimes the group will be split between establishments and we cannot guarantee an ensuite bathroom.

Although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

## Pre and Post Tour Accommodation

Pre tour accommodation has been arranged. If you would like help booking post tour accommodation please speak to our reservations staff for suggestions.

## What You Carry

The tour is fully supported so you won't have to carry anything! If hiring one of our bikes it will have a small rear saddle bag. Enough space to put an extra layer, your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. If you have extra luggage you do not require for your holiday we can easily arrange to have it stored until the end of the trip.

## Equipment Required

A comprehensive gear list will be provided on confirmation of your trip.





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## Protecting the Environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.

## Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. Note that helmets and professional riding equipment are not available in all circumstances.

## How To Book

To register on this Charity Challenge please make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website [www.humacharitychallenge.com.au](http://www.humacharitychallenge.com.au) or complete the registration form and email to [megan@humacharitychallenge.com.au](mailto:megan@humacharitychallenge.com.au).

The Epworth Medical Foundation staff are able to answer any questions you may have as well as provide you with all the support you need as you fundraise for your challenge. Please contact Kathryn Johnston on telephone 03 9426 6359 or email [kathryn.johnston@epworth.org.au](mailto:kathryn.johnston@epworth.org.au) who will be happy to talk with you.

