

Epworth South Island Otago Cycle Challenge



Trip Highlights

Raising money for Epworth Medical Foundation

Three cycle trails, one challenge!

Cycle alongside the emerald green lakes of Tekapo, Pukaki and Benmore following the Alps to Ocean Cycle Trail

Admire majestic views of Aoraki/Mt Cook, NZ's highest mountain in the World Heritage National Park

Ride the length of NZ's famous Otago Central Rail Trail, following the route of a historic rail road

Admire the hand-built viaducts and tunnels along the trail

Take a journey on the famous Taieri Gorge Railway

Experience an exhilarating jet boat ride along the stunning Lake Roxburgh



Trip Duration

8 days

Trip Code: EA7

Grade

Introductory to Moderate

Activities

Cycling, Charity Challenge

Summary

8 day NZ challenge

Supporting Your Cause

Epworth Medical Foundation

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 EMF Hike for Health, you will not only enjoy the adventure of a lifetime: you will also be helping to give vital support to hundreds of patients.

Your Huma Challenge

Thank you for your interest in our Epworth South Island Otago 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 Melbourne from Travel Cost Twin Share:	\$4490
Non Refundable Registration Fee:	\$200
Minimum Fundraising/Donation:	\$1500

All prices are per person

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not 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. The cost of the single supplement is listed above.

Trip Dates

2020 14 Mar - 21 Mar

important notes

RF - Non Refundable 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 HealthCare 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

Majestic rugged mountains, spectacular glaciers, wild coastlines, emerald blue lakes - it's all here and within reach. New Zealand boasts an amazing variety of landscapes and equally amazing biking. This ultimate 8 day adventure offers the perfect opportunity to ride along 3 of the famous cycle trails of the South Island. Our cycle tour leaves the garden city of Christchurch, heads south towards the Southern Alps and Central Otago before arriving in the beautiful lake district town of Queenstown.

We begin with the Alps to Ocean trail near Aoraki/Mount Cook, New Zealand's highest peak. We cycle past the snowcapped peaks of the Southern Alps, turquoise glacier-fed lakes and lush green pasture. We then join the second of the great rides, the Otago Central Rail Trail following the old Central Otago branch railway line from Clyde to Middlemarch. Our route takes us through many historic towns, crossing viaducts, bridges and through railway tunnels dating back to the gold mining era of the 1880's.

We travel to the Scottish settlement of Dunedin on the Taieri Gorge Railway, reputedly one of the world's greatest train journeys before embarking on our third and final trail, the Clutha Gold and Roxburgh Gorge. Our final day sees us cycling through the fabulous Roxborough Gorge and enjoying a scenic jet boat ride before transferring to Queenstown and the end of this amazing adventure.

Fundraising Options

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

1. Simply pay for it yourself, as you would any other holiday (although this will be a LOT more memorable than any other holiday!).
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.

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 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

Countries Visited:

New Zealand

Group Size Min:

10

Group Size Max:

16

Singles:

A single supplement is available for this trip*

Leader:

Expert Local Leader & Escort

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more information

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.

Itinerary at a Glance

DAY 1	DEPART MELBOURNE TO CHRISTCHURCH
DAY 2	ALPS TO OCEAN TO LAKE OHAU
DAY 3	ALPS TO OCEAN TO CLYDE
DAY 4	OTAGO CENTRAL RAIL TRAIL TO LAUDER
DAY 5	OTAGO CENTRAL RAIL TRAIL TO RANFURLY
DAY 6	OTAGO CENTRAL RAIL TRAIL TO DUNEDIN
DAY 7	ROXBURGH GORGE TRAIL TO QUEENSTOWN, SCENIC JET BOAT RIDE
DAY 8	DEPART QUEENSTOWN TO MELBOURNE

What's Included

- Travel with Epworth Foundation ambassador
- 7 breakfasts, 6 lunches and 7 dinners
- 7 nights accommodation on twin share basis, in a mix of 4 star hotels and some historic character lodgings
- Bike hire (including helmet)
- International flights and taxes
- Professional qualified driver/guides
- Private vehicle transport (except for Taieri Gorge train)
- Airport pick up in Christchurch and drop off in Queenstown
- Taieri Gorge Train Journey from Middlemarch to Dunedin
- Jet boat ride through the Roxburgh Gorge
- Otago Rail Trail passport
- Wine tasting in boutique Central Otago vineyard
- Water, fruit and snacks while cycling
- Access and concession fees paid to the Department of Conservation

What's Not Included

- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities (eg. Curling in Naseby)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)
- Tips



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A DIVISION OF WORLD EXPEDITIONS

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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 Introductory to Moderate

This tour is graded introductory to moderate. You will need a reasonable level of fitness and we suggest 90 minutes of cycling three to five times a week for the three months leading up to your trip. Some of the trail is on hard packed gravel, some is loose gravel which can be rough and uneven in places and there are plenty of hills. We recommend practise cycling up hills and on gravel before your tour, and to get used to being in the saddle for long periods of time, day after day. The tour is fully supported and if at any stage you feel like having a rest from cycling you will be able to ride in the support vehicle.

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.

Detailed Itinerary

DAY 1 Depart Melbourne to Christchurch

After all the planning and preparation the wait is finally over! Please make your way to your Australian gateway airport for your flight to Christchurch. Flight details will be sent once you register.

On arrival into Christchurch we will be met by our guides at the international airport. We will be taken to their depot for a bike fitting and tour briefing. We will enjoy a short warm up ride through Hagley Park and the central city and then the rest of the afternoon will be free to explore. In the early evening we have our first group dinner together where we will learn more about the exciting itinerary in the week ahead.

Cycling Distance: up to 15km

meals: D

DAY 2 Alps to Ocean to Lake Ohau

After an early breakfast we depart Christchurch and drive across the Canterbury Plains towards Geraldine for a refreshment break before heading into the arid Mackenzie Country. We drive to Lake Tekapo Village for lunch and visit the famous Church of the Good Shepherd and nearby statue standing as a tribute to the sheepdogs that make farming the Mackenzie Basin possible.

This afternoon we set away on the first of the three famous cycle trails we are to conquer this tour - the Alps to Ocean Cycle Trail, following quiet roads that follow the turquoise blue waters of the canal system. We cycle past a salmon farm and enjoy a fast down hill to the edge of Lake Pukaki. We cycle round the shores of the lake on cycle trail to the visitor centre at the very southern edge of the lake and admire the views of majestic Aoraki/Mt Cook across its cerulean waters.

Here we load up our bikes and transfer to Lake Ohau Lodge, we will be rewarded with fantastic views over Lake Ohau and treated to a delicious home cooked dinner.

Cycling Distance: Tekapo to Lake Pukaki Visitor Centre - up to 45km

meals: B,L,D

DAY 3 Alps to Ocean to Clyde

Today we have 2 options to continue along the Alps to Ocean trail. The first will take us alongside Lake Ohau and the Pukaki Canals towards Twizel and the second option for those who would like a challenge can follow the trail which climbs up to the Tarnbrae Saddle. At 900m this is the highpoint of the whole Alps to Ocean Cycle and your efforts are rewarded with stunning views across the Mackenzie Basin. The rough shingle track is steep and narrow and is suited to the more confident and fitter riders.

In the afternoon we transfer to Clyde, a quaint historic gold mining town once a wild and rollicking "canvas" town bustling with gold miners, shop keepers and ever-present dancing girls. There will be time to explore the historic precinct with its stone buildings, gift shops, art galleries and numerous cafes. Those keen for more cycling can ride alongside the Clutha River. Then we enjoy sampling some local boutique wines at a vineyard in Clyde before heading to dinner.

Cycling Distance: Lake Ohau Lodge to Twizel - 35 km

or Lake Ohau Lodge to Omarama via Tarnbrae Saddle - 41 km

Optional Clutha River Ride - 12km one way

meals: B,L,D

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DAY 4 Otago Central Rail Trail to Lauder

Today we embark on the second of our cycle trails - the Otago Central Rail Trail, a beautiful 150km historic journey into the Central Otago heartland. As one of the historic gold mining locations of New Zealand, the Central Otago region is full of colonial history.

We set off from the trail head in Clyde and head towards Chatto Creek, with views of the Dunstan Mountains and Raggedy Range in the distance. The trail starts to rise before levelling off to Omakau where we stop for lunch. We then take a drive to visit the quaint township of Ophir and the iconic road bridge. After lunch the remaining 9kms flow under the wheels until we arrive at Lauder. Late afternoon we will visit another historic gold mining village, St. Bathans, for a walk around the incredible man-made Blue Lake, with sluicings and gold mining remains. This evening it is time for a relaxing beer and a game of pool at the local pub before dinner.

Cycling Distance: Clyde to Lauder - 44km

meals: B,L,D

DAY 5 Otago Central Rail Trail to Ranfurly

Our cycle ride today takes us onto the most dramatic part of the trail following the rocky and willow tree-edged Pooleburn Gorge, crossing the 37m high Poolburn Viaduct, and through 2 long tunnels before we emerge into the scenic Idaburn valley. Here we stop for a visit to the Hayes Engineering works, where some of New Zealand's first industrial farm equipment was invented. The stop is also perfectly located to fuel up with a hearty lunch at their cafe before our afternoon ride.

One last short easy climb takes us to the highest point of the rail trail and the beginning of the downhill descent that take us to the art deco township of Ranfurly. We'll have some free time in the afternoon to relax, stroll around Ranfurly or catch up on some washing. Around 4:30pm we drive out to Naseby, a small foresting township, just off the trail. Here we have the option of trying our skills at curling: bowls on ice. This is a lot of fun and is the only dedicated curling rink in the Southern Hemisphere. If curling doesn't appeal, a relaxing pint at the iconic Royal Hotel, or a walk around the village or in the forest plantation are alternatives. After these activities we head back to Ranfurly for dinner and overnight.

Cycling Distance: Lauder to Ranfurly - 47km

meals: B,L,D

DAY 6 Otago Central Rail Trail to Dunedin

Today we complete the Otago Central Rail Trail. From Waipiata the trail follows the edge of an old lake before entering the Taieri Gorge. The trail crosses through further tunnels and bridges before a fast downhill to the old hotel at Hyde. From here a final 27kms takes us past the scene of the famous Hyde rail disaster of 1943 and then out onto Strath Taieri valley under the Rock and Pillar mountain range, slowly descending into Middlemarch. This is the end of the trail and time for a celebratory drink at a local cafe. However the day is not yet finished and we board the famous Taieri Express for a spectacular train ride through the gorge to Dunedin, the Edinburgh of New Zealand. Our dinner tonight is a group celebration to acknowledge the 150kms and completion of the Otago Central Rail Trail.

Cycling Distance: Ranfurly to Middlemarch - 59km

meals: B,L,D

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DAY 7 Roxburgh Gorge Trail to Queenstown, scenic jet boat ride

After breakfast we visit Baldwin Street, reputedly the “steepest street in the world”, for a short but challenging early morning stroll! We then head towards Roxburgh and the Clutha Gold Cycle Trail linking towns established during the Gold Rush of the 1860’s. From Dunedin we drive to Millers Flat where we start our final riding day.

Today sees us squeezing past Dumbarton Rock, which once stretched all the way across the river, before riding past the network of orchards and rural farmland alongside the Clutha River back to Lake Roxburgh Village. We continue our journey onto Roxburgh Dam, the oldest Hydro Dam in the South Island, from where we connect with the final section of our ride, known as the Roxburgh Gorge Trail.

The Roxburgh Gorge is a stunning landscape of steep hillsides strewn with giant boulders leading down to a willow-lined river and lake. Our final ride is split up with a scenic jet boat ride on the Clutha River before arriving in the town of Alexandra.

Here we load up the bikes and transfer to the adrenalin capital of NZ; Queenstown, making a fitting end to our tour. Tonight we enjoy a final group dinner to celebrate our week’s cycling achievements.

Cycling Distance: Millers Flat to Alexandra - up to 50km

meals: B,L,D

DAY 8 Depart Queenstown to Melbourne

This morning after breakfast we say a sad farewell to our guides and cycling companions. We will be delivered to Queenstown Airport in the morning in time for our flights. Flight details will be sent once you register.

meals: B

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

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.

Train Travel

The 58kms of rail travel into Dunedin is rated as one of the world’s great rail trips. The 2-hour route traverses the Taieri Gorge travelling across high iron viaducts and tunnels. All trains feature heritage carriages and you may have a viewing carriage on your trip, which provides even better panoramas. The train arrives at the historic Dunedin railway station at 7.30pm in time for a transfer to our accommodation. A ride on the Taieri Gorge railway is included on your trip cost.

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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. This usually means a combination of tarmac and gravel roads, using quiet secondary roads wherever possible, and sometimes even the occasional hill! 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. Our recreational tours follow the philosophy of "Cycling the Best and Driving the Rest". On some days it is just not possible to cycle the whole route between lodgings. Our guides will adapt the tour to allow the strong riders to cover more ground while more relaxed cyclists get to average from 50-70kms plus (30-45miles) daily using the support vehicle.

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 27-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 though bike frame.

We are pleased to offer a new fleet of Avanti Discovery e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple to operate, and more gentle on the knees and joints than using a traditional bike, but do note that you still need to pedal and an e-Bike is a much heavier bike overall than a regular bike, if needing to push it. Most 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, toe clips 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 needs to 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 some pre trip preparation will help towards making your cycle tour a more enjoyable experience. 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 highly recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.

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.

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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.

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.

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Accommodation on the Trip



The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. During the tour we stay at historic character accommodation for 2 nights where some rooms have shared facilities, but usually only with one other room. All other nights all rooms have en-suite facilities.

Rooms are provided on a twin/double share basis, if you wish to reserve a room to yourself a single supplement is available at extra cost.

Pre and Post Tour Accommodation

If you would like some help booking pre/post tour accommodation speak to our staff as they can help with different suggestions.

What You Carry

The tour is fully supported so you wont have to carry anything. If hiring one of our bikes it will have a rear saddle bag with 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.

Equipment Required

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

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. While game viewing within a national park could be one example. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

Info Nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether your registered or still deciding whether to take the challenge you'll find this evenings informative and inspiring and are hosted by our most experienced and passionate travel experts and representatives from the relevant charity. Register at www.humacharitychallenge.com

How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Scott Pinnegar

Email: scott@worldexpeditions.com.au

Post: Huma Charity Challenge, Level 1 - 393 Little Bourke Street, Melbourne Victoria 3000

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Otherwise you can 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

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 Kathleen Lambrick on telephone 03 9426 8170 or email Kathleen.lambrick@epworth.org.au who will be happy to talk with you.