

Epworth Medical Foundation Liz Camilleri 30 Year Anniversary Challenge



Trip Highlights

- Explore the adventure capital of the world in Queenstown
- Stay in hand picked, well located accommodation in single rooms
- Behind the scenes winery tastings and tours
- Cycle the full length of the Alps to Ocean trail from end to end
- Enjoy an optional breathtaking heli-flight over the Tasman River from Aoraki/Mt Cook Village
- Stay in premium backcountry accommodation with uninterrupted views of Lake Pukaki
- Cycle along the edges of Lakes Ohau, Benmore and Aviemore
- Soak in the hot tubs at Lake Ohau
- Spend a night in a luxurious Glamping tent
- Explore the Victorian Precinct in Oamaru
- Sample the stunning fresh local produce throughout the journey



Trip Duration	8 days	Trip Code: EPW
Grade	Moderate	
Activities	Charity Challenge, Cycling	
Summary	5 nights good hotel/motel, 1 night comfortable farmstay, 1 night glamping	

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.

Your Huma Challenge

Thank you for your interest in our Epworth Medical Foundation Liz Camilleri 30 Year Anniversary 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 and new landscapes..... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. They will 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.

Connect with us on social

FACEBOOK: @humacharitychallenge

Like our page at facebook.com/ humacharitychallenge

INSTAGRAM: @ humacharitychallenge

Follow us at instagram.com/ humacharitychallenge

Share the love - hashtag #Humacharitychallenge or #Adventureforacause on your best travel photos and videos to be featured.



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Charity Challenge Payments

Joining Queenstown from: \$9000

All prices are per person

Trip Dates

2021 25 Feb - 04 Mar

Countries Visited:

New Zealand

Visas:

Please check visa requirements with your reservations consultant*

Group Size Min:

14

Group Size Max:

20

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more information

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

This Epworth charity challenge provides a real opportunity to cycle the famous Alps to Ocean End to End journey with special winery visits and wonderful accommodation at the end of the night. All whilst helping raise funds for Epworth Medical Foundation. The fully supported cycle allows you time to fully appreciate the trail from the foot of Aoraki/Mt Cook to the Pacific Ocean. The itinerary has been designed so we cycle the entire length of the Alps to Ocean Cycle Trail, covering 320km of spectacular and diverse country from the official trail start at Aoraki/Mt Cook Village along with exploring some added highlights along the trail. A highlight of this trip is the hand picked accommodation where we stay at a mix of lodges, premium backcountry farmstays, motels and luxurious glamping tents. This is a great challenging journey to help raise funds for the Epworth Medical Foundation.

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.

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.



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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 End to End is graded moderate. An average day cycling distance on this trip is 60km, but you will need to be comfortable riding up to 80km per day if you are planning to cycle the entire trail. With that said, you can cycle at your own pace and any tired legs can be rested on the nearby support-vehicle. You will need a reasonable level of fitness and we suggest an hour of cycling 2-3 times a week for the three months leading up to your trip. On two of the days there will be up to 80km of riding although the support vehicle is always nearby. Much of the trail is on hard packed gravel therefore we recommend training on compacted gravel trails, and completing a multi-day ride prior to your trip to get used to being in the saddle for long periods of time.

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.

Itinerary at a Glance

DAY 1	MEET AND GREET IN QUEENSTOWN, BIKE FITTING AND SAFETY CHECK, WELCOME DINNER
DAY 2	CYCLE ARROW RIVER TRAIL, LUNCH AT CLOUDY BAY WINERY, TRAVEL TO AORAKI/ MT COOK VILLAGE
DAY 3	CYCLE AORAKI/MT COOK VILLAGE TO BRAEMAR STATION, INCLUDING OPTIONAL HELI-RIDE OVER THE TASMAN
DAY 4	CYCLE BRAEMAR STATION AROUND LAKE PUKAKI TO LAKE OHAU
DAY 5	CYCLE LAKE OHAU TO KUROW
DAY 6	CYCLE KUROW TO DUNTRON, VISIT ELEPHANT ROCKS, RIDE TO ENFIELD
DAY 7	COMPLETE THE ALPS TO OCEAN TRAIL CYCLING TO OAMARU, DRIVE TO CHRISTCHURCH
DAY 8	DEPART CHRISTCHURCH, FLY TO AUSTRALIA

What's Included

- Trip escorted by Epworth Medical Foundation representative
- Return international airfare from Australian gateway cities in economy class
- All meals as per itinerary
- 7 nights hotel/motel accommodation in single rooms
- 2 professional guides/drivers
- Heli-flight across the Tasman River with bikes to the official start point **Optional
- Private vehicle transport/support vehicle throughout
- Water and snacks while cycling
- Concession fees paid to the Department of Conservation
- All activities, winery visits and tastings
- Bike hire Avanti Discovery mountain bike with helmet

What's Not Included

- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)
- Tips
- **Ebikes are available on request- cost AUD\$400

Detailed Itinerary

DAY 1 Meet and greet in Queenstown, bike fitting and safety check, welcome dinner

On arrival in Queenstown you will be met (if arriving on day 1) and transferred to your centrally located hotel. Today we will meet our other travellers and your experienced guides who will be making sure your journey is one to remember! Depending on your arrival flight time we will be fitted up for our bikes, have a safety check and short cycle before heading out and exploring the surrounding points of interest by foot. Tonight we will enjoy some beautiful fresh local produce at a welcome dinner.

Overnight Kamana Lakehouse Queenstown

meals: D



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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 2 Cycle Arrow River Trail, lunch at Cloudy Bay winery, travel to Aoraki/Mt Cook Village

This morning we will head out on our first cycle on the stunning trails surrounding Queenstown. This is a great time to test all aspects of the bike and ensure all the fittings are adjusted to suit you. We head to Arrowtown to warm up on the Arrow River Bridges Ride – arguably the best of the Queenstown Trails. As we head into the vine-lined Gibbston Valley, we'll pass historic Kawarau Bridge, home to the world's original bungee jump. We swap our bikes for our private vehicle as we drive through the picturesque Kawarau Gorge to Cloudy Bay winery Cromwell. Here we can enjoy the fine produce and wine tasting along with lunch. After lunch we continue to head North towards Aoraki/Mt Cook Village, the official start to the Alps to Ocean Cycle Trail. We check into the stunningly located Hermitage Hotel in this beautiful UNESCO listed National Park area. This evening we have the chance to put your walking shoes on and walk up to Kea Point to take in the stunning glacier and mountain views before adjourning for dinner.

meals: B,L,D

DAY 3 Cycle Aoraki/Mt Cook Village to Braemar Station, including optional heli-ride over the Tasman

After breakfast this morning we have time to explore the village some more. We then hop on our bikes and cycle the first 7km to the airport where we take a short (but breath-taking) heli-flight with our bikes to meet up with the trail on the other side of the Tasman River. We then cycle along the edge of Lake Pukaki, taking in views of Aoraki/Mt Cook. After a picnic lunch we continue cycling to Braemar Road and on to the wonderful backcountry farmstay, Braemar Station. This is a trip highlight for many as we are rewarded with fantastic views over Lake Pukaki and treated to a delicious home cooked dinner.

Cycle Distance: Aoraki/Mt Cook Village to Braemar Station - 38km

**Please note if you did not want to take the helicopter flight over the Tasman we can arrange vehicle transport for this portion of the journey. Please let us know at time of booking if you do not want the flight.

meals: B,L,D

DAY 4 Cycle Braemar Station around Lake Pukaki to Lake Ohau

After a hearty breakfast, we leave Braemar Station and start our ride for the day. The trail winds around the edge of Lake Pukaki to the visitors centre before crossing the extensive tussock-lands of Pukaki flats to Twizel. After lunch we cycle past lakes Ruataniwha and Ohau to Lake Ohau Lodge, located right on the edge of the Lake, where we stay tonight. This evening there is time to unwind and soak in the onsite hot tubs while taking in the stunning lake vistas.

Overnight Lake Ohau Lodge

Cycle Distance: Braemar Station to Twizel - 42km, Twizel to Lake Ohau - 38km

meals: B,L,D

DAY 5 Cycle Lake Ohau to Kurow

After we've refuelled our bodies with a lovely breakfast, those who would like a challenge can continue on the trail, which starts as a steady climb up to the Tambahrae Saddle. At 900m this is the highpoint of the whole Alps to Ocean Cycle Trail and your efforts are rewarded with stunning views across the Mackenzie Basin. The rough shingle Tambahrae track is steep and narrow and is suited to the more confident and fitter riders. Alternatively for those who want a more steady ride we will cycle along the shores of Lake Aviemore and Lake Benmore. Lunch will be enjoyed as the group join together before we cycle into Kurow. Our cycle will take us along the banks of the Waitaki River and through the Kurow vineyard to tonight's accommodation.

meals: B,L,D



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challenge

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DAY 6 Cycle Kurow to Duntroon, visit Elephant Rocks, ride to Enfield

After breakfast, we hop back on the bike and head towards the Pacific Ocean. We pass by a Maori rock art site before reaching Duntroon where we turn inland to cycle on a mixture of trail and quiet rural roads. A walk among the unusual rock formations known locally as Elephant Rocks is a must-do on the way past. We follow a short section of an old branch railway line we cycle through Raki's tunnel before riding into our accommodation at the Burnside Homestead and the Old School House in Enfield. Tonight we will have dinner at the famous local tavern offering superb local produce and hospitality.

meals: B,L,D

DAY 7 Complete the Alps to Ocean trail cycling to Oamaru, drive to Christchurch

This morning we rise for the last section of our bike ride into Oamaru. We start off through picturesque rolling rural countryside, passing through the Oamaru stone quarry to Friendly Bay and then onto the end of the Alps to Ocean Cycle Trail. We celebrate our cycling achievements with a group photo at the famous picture frame and a celebratory lunch. After lunch we board our vehicle for the drive back to Christchurch, passing through some of the rich agricultural regions of the Canterbury Plains. On arrival we check into our hotel and prepare for a farewell dinner.

meals: B,L,D

DAY 8 Depart Christchurch, fly to Australia

Today is at leisure until your transfer to the airport for your departure flight. You may extend your stay if you wish, please contact World Expeditions for further details.

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.

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 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 through 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. Please 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.



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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.

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.



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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.

Accommodation on the Trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. We include two nights in feature properties which often become trip highlights for our guests:

Braemar Station (<https://braemarstation.co.nz/>)

Valley Views Glamping (<http://www.valleyviews.co.nz/>)

The accommodation is on a SINGLE room basis with private facilities.

Please note: 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

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 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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How To Book

To register on this Charity Challenge please complete the registration form and return to Kathryn Johnston at Epworth Medical Foundation kathryn.johnston@epworth.org.au phone 03 94266359 or to HUMA CHALLENGES Attention Scott Pinnegar

Email: scott@worldexpeditions.com.au

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

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.

