

Ladakh with the Australian Himalayan Foundation



Trip Highlights

- Dramatic trek into the heart of Zaskar
- Traverse high windswept passes that afford stunning views of the Himalaya and Zaskar range
- Tackle some of the most remote and isolated trails in the stunning gorge country of Ladakh
- Visit tiny settlements and remote Buddhist monasteries
- Witness the colourful masked dancers at the Karsha Gustor Festival
- Experience traditional hospitality at our hotel in Leh
- Optional extension to the Nubra Valley
- Travelling in the company of traveller, author and AHF ambassador, Heather McNeice
- Raise funds for the Australian Himalayan Foundation



Trip Duration	16 days	Trip Code: LHN
Grade	Moderate to Challenging	
Activities	Trekking	
Summary	16 day trip, 5 nights hotels, 10 nights camping	

Supporting Your Cause

The Australian Himalayan Foundation (AHF), now recognised as one of the leading aid and development organisations dedicated to supporting the people of the Himalaya, was formed in 2001 by a group of Himalayan adventurers to support the work of Sir Edmund Hillary and give something back to the region. The AHF is extremely proud that with very low overheads it implements cost effective, practical projects, in the poorest, most under-resourced and disadvantaged areas of Nepal, Bhutan and Northern India.

The AHF programs include the flagship Teacher Training and Quality Inclusive Education (TTQIE) program in some of the poorest areas in Nepal; a life-saving Women's Health Project in the Solu Khumbu; a life-changing education program in remote Bhutan and a practical environmental conservation program that protects precious livestock and the elusive Snow Leopard in the Indian Himalaya.

All these programs provide, particularly for girls and women, improved life and work opportunities through better education, training and improved health services.

The AHF is a registered Australian NGO with tax-deductibility status and is a member of the Australian Council for International Development. AHF has Accreditation status with the Australian Government overseas aid program.

Join us and be part of the movement!

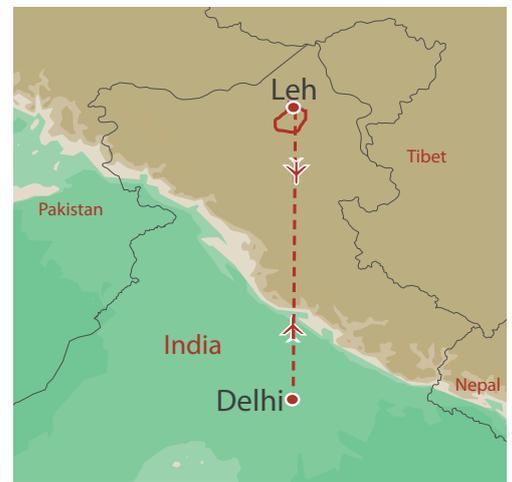
Your Huma Challenge

Thank you for your interest in our Ladakh with the Australian Himalayan Foundation trek. 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 Delhi from: \$4295

Non refundable registration fee: \$200

All prices are per person

World Expeditions 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. Please refer to our website for the additional cost.

Trip Dates

2023 03 Jul - 18 Jul

important notes

RF - Registration Fee

Your Adventure

On this unrivalled moderate to challenging trek we head along remote trails and over high and windswept passes to the secluded kingdom of Zaskar in the most remote region of Ladakh. The Zaskar Valley is enclosed by high snow-capped peaks and rugged gorges that lead to tiny whitewashed settlements where the turn of the prayer wheel is still in harmony with the change of seasons. Our trek is timed with the annual masked dance festival at Karsha Monastery – the largest in the Zaskar region – before we complete a spectacular two day drive back to the Indus Valley and Leh.

We are also offering an optional 3 day extension to the remote Nubra Valley.

We hope you can join the Australian Himalayan Foundation on this incredible adventure!

Cause Supported by this Huma Challenge

This trip will be a major fundraiser for the Australian Himalayan Foundation.

For many years the AHF has been working to help the people of the Himalaya through improvements in health, education and conservation. The AHF works in partnership with local communities in Nepal, Ladakh and Bhutan in a long term, sustainable way.

By joining us in Ladakh, you will have an opportunity to understand some of the challenges facing the people who live in remote communities in the Himalaya.

Everyone joining the trip is asked to contribute towards a group fundraising target of \$20,000 either through a personal donation or fundraising activities. That money will go directly to the AHF's programs in Nepal, Ladakh and Bhutan. The AHF will set up a fundraising page on Raisely for the group and you can add any donations or funds raised to it. Heather is planning to organise some fundraising events in Noosa before next June and would be delighted to support you with any fundraising initiatives of your own. She can also help with photographs and other materials.

You can read more about the work of the AHF by following this link.<http://www.australianhimalayanfoundation.org.au>

About Your Escort

AHF Ambassador, Heather McNeice, has been a volunteer representative of the AHF for many years and is the author of *Yak on Track*, a travel memoir about her 240 km trek through the Lunana region of Bhutan. She has been organising and leading AHF fundraising treks in Bhutan since 2011 and has trekked in many corners of the globe, including South America, Nepal, Morocco, Mongolia and closer to home in Australia.

Heather can share insights into the AHF program in Ladakh and loves the beauty of the Himalayan region, its unique culture and traditional way of life. She has many stories to share of her previous AHF journeys and looks forward to welcoming you on this very special trip to Ladakh.



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Fast Facts

Countries Visited:

India

Visas:

Please check visa requirements with your reservations consultant*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

8

Group Size Max:

13

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.

Brochure Reference:

Himalaya and Indian Subcontinent

Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

Trip grading

Itinerary at a Glance

DAY 1	FLY TO LEH
DAY 2	IN LEH (3510M) - VISIT SHEY PALACE, THIKSE MONASTERY & SNOW LEOPARD CONSERVANCY
DAY 3	IN LEH - VISIT TO MATHO & HEMIS MONASTERY
DAY 4	DRIVE TO KANJI VIA LAMAYURU (6.5 HOURS)
DAY 5	COMMENCE TREK TO SHILA KONG (6 HOURS)
DAY 6	SHILA KONG TO DOKSA (9 HOURS)
DAY 7	TREK TO PHOTAKSAR (6 HOURS)
DAY 8	TO BASE SINGGE LA TREK 4 TO 5 HOURS
DAY 9	CROSS SINGGE LA TO NYERAK TREK 6 TO 7 HOURS
DAY 10	CROSS TAKTI LA TO HIGH CAMP 6 TO 7 HOURS.
DAY 11	CROSS OSI LA TO NAMTSE SUMDO CAMP TREK 6 TO 7 HOURS.
DAY 12	TREK NAMTSE SUMDO OVER NAMTSE LA TO HONIA TREK 6 TO 7 HOURS
DAY 13	KARSHA GUSTOR FESTIVAL
DAY 14	DRIVE TO LAMAYURU (7 TO 8 HOUR'S DRIVE)
DAY 15	DRIVE TO LEH (APPROX 5-6 HOURS)
DAY 16	TRIP CONCLUDES, OR CONTINUE ON YOUR JOURNEY WITH AN OPTIONAL EXTENSION TO THE NUBRA VALLEY

What's Included

- 15 breakfasts, 14 lunches and 15 dinners
- airport transfers in Leh on Day 1 and Day 16
- expert bilingual guide
- group medical kit
- good quality accommodation in Leh
- souvenir World Expeditions kit bag
- private transportation
- all park entrance fees and trekking permits
- horses to carry all personal and group equipment
- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- Trip escorted by Heather McNeice

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

What's Not Included

- International flights
- Flights Delhi/Leh/Delhi
- Bottled water, aerated & alcoholic drinks
- Accommodation in Delhi
- Items of a personal nature such as phone calls, laundry etc
- Airport departure taxes
- Tips
- Visa
- Travel insurance



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Moderate to Challenging

The Zaskar Trek is graded moderate to challenging. This is due to a combination of the altitude and also the number of passes crossed. While the stages are not always unduly demanding the trail is ill defined in places and the pass crossing including the Sengge La (5100m) and the Hanamu La (4710m) will test your resolve – and even in summer they may be under snow. In order to complete a moderate-challenging trek we advise you undertake regular exercise – swimming, cycling or jogging three or four times a week for at least three months prior to your departure. Multi day bushwalks are particularly effective in gauging your fitness levels, as a general guide you should be comfortable walking 6 - 8 hours per day.

Adventure Travel

By its very nature adventure travel involves 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 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 consultant of travel agent.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

Detailed Itinerary

DAY 1 Fly to Leh

Our trip commences with Go Air flight departing Delhi at 0830 and arriving into Leh at 1000. (NOTE: Flight cost at own expense. Flight times subject to change. If your international flight does not arrive into Delhi with plenty of connection time, we suggest coming into Delhi a day earlier). During the flight, if the conditions are clear you will be rewarded with magnificent views of the Great Himalaya and Zaskar ranges before landing at the capital of Ladakh. Our schedule today will be flexible and depend on how everyone is adjusting to the altitude. In the afternoon we will have the opportunity to climb to the Victory Fort (above the Palace) built in the 15th century to commemorate Ladakh's independence from the invading armies from Baltistan and Kashmir. From the Palace we can also appreciate the alleyways that comprise the old town of Leh, located to the east of the main bazaar and appreciate the wonderful panoramic view back over the Indus Valley to the south. You're sure to fall in love with Ladakh from this great vantage point! Overnight Omasila or Lotus Hotel, Leh

meals: L,D

DAY 2 In Leh (3510m) - Visit Shey Palace, Thikse Monastery & Snow Leopard Conservancy

Today we visit Shey Palace along with Tikse monasteries. Shey Palace originally housed the Ladakh royal family before they moved to Leh in the 17th century. We also visit the nearby Tikse Monastery perched on the summit of a sugarloaf mountain overlooking the Indus Valley. Tikse was founded in the 14th century after the Dalai Lama sent monks to Ladakh and the outlying regions of West Tibet. The monastery is situated in a commanding position in the Indus Valley with the monks' chambers spreading down the hillside below the main Assembly Hall. Note the presence here of the new multi - denominational chapel that was completed a decade ago. It was built with the assistance of tourist funds and is proof of the continuing vitality of Buddhism in Ladakh. We return to Leh and in the afternoon have an opportunity to meet with representatives of the AHF's partner organisation in Ladakh, the Snow Leopard Conservancy.

Overnight Omasila or Lotus Hotel, Leh

meals: B,L,D

DAY 3 In Leh - Visit to Matho & Hemis Monastery

Today we travel to Hemis Monastery, situated around 45 kms to the south of Leh on the western banks of the Indus River. We'll also visit the lesser known Matho Monastery. Our guides will show you around these ancient monasteries and provide you with insights as to how the monks conduct their daily life.

Overnight Hotel Omasila or Lotus Hotel

meals: B,L,D

DAY 4 Drive to Kanji via Lamayuru (6.5 hours)

From Leh we head west and drive down the Indus Valley to Khalse before ascending to Lamayuru monastery. After visiting the monastery we drive another hour and a half up to the spectacular Kanji gorge to the outlying fields of Kanji village (3790 m). It is from here that our trek will begin the following morning. Overnight camping.

meals: B,L,D

DAY 5 Commence trek to Shila Kong (6 hours)

From Kanji village we slowly ascend across open meadows before a short steep climb to the Yoma La (4650 metres). From the pass we gain our first dramatic views of the Zaskar Range before a long gradual descent to the camp at Shila Kong (4030 metres).

meals: B,L,D



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DAY 6 Shila Kong to Doksa (9 Hours)

We ascend Nagutse La (5080m) and then gradually descend to our secluded camp (4550 metres). On our trek today, we will pass many “doksar,” an area where local villages bring their sheep and goats to graze on the lush green meadows throughout the summer months.

meals: B,L,D

DAY 7 Trek to Photaksar (6 hours)

We ascend a minor pass before completing a gradual ascent to the Sisir La (4720 metres). The pass affords dramatic views of the Zaskar Range and the trail which heads down to the substantial village of Photaksar (4100 metres). Evidence of road construction is also apparent, as a road is planned that will eventually extend to Lingshet.

meals: B,L,D

DAY 8 To base Singge La Trek 4 to 5 hours

The trail winds across open grazing land with ever changing views back to Honuptta as we slowly ascend to the base of the Singge La.

meals: B,L,D

DAY 9 Cross Singge La to Nyerak Trek 6 to 7 hours

An early start to complete the ascent to the Singge la (5090m) that affords unrivalled views of the rugged Zaskar range. From the pass the trail descends steeply before we leave the main trail to reach the village of Yulchung (4600m) before continuing our descent to the Zaskar River. After crossing a wooden bridge we ascend to Nyerak (3680m) with its ancient monastery and fine campsite just beyond the village.

meals: B,L,D

DAY 10 Cross Takti La to high camp 6 to 7 hours.

Ascending trail past ancient mani walls and chortens to Takti La (4955m). From the pass there are dramatic views across to the Singge La. The descend to a spectacular campsite (4530m) affords more unrivalled views of the rugged Zaskar Range and the Zaskar gorge where the river forges its way north towards the Indus.

meals: B,L,D

DAY 11 Cross Osi La to Namtse Sumdo Camp Trek 6 to 7hours.

An exhilarating stage. From our high camp we continue across a series of windswept ridges to reach the base of the perplexingly named Osi La at (4580m). From the pass we again savour unrivalled views towards the Zaskar Range before we descend to a verdant valley leading to Namtse Sumdo (3500m) and our overnight camp.

meals: B,L,D

DAY 12 Trek Namtse Sumdo over Namtse La to Honia Trek 6 to 7 hours

We enter a series of awesome gorges (that necessitates a few stream crossings) before we ascend (steeply in places) to the Namtse La (4405m). After taking in the views that extend south to the snow-capped summits of the Great Himalaya Range we descend to Honia and the well-marked trail following the course of the Zaskar river to Zangla (3900m). From Zangla we drive to Karsha and overnight camp (3500m) beneath the impressive monastery.

meals: B,L,D



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DAY 13 Karsha Gustor Festival

Karsha is the largest monastery in Zaskar. The site was established in the 11th century while the main Assembly Hall and the labyrinth of monks' quarters spreading down to the valley floor were built later in the 15th century when the Gelugs pa order (often referred to as the Yellow Hat sect) was established in Ladakh and Zaskar. From the monastery we savour views across the Zaskar Valley to the snow-capped peaks of the Great Himalaya Range.

The annual Karsha festival attracts villagers from throughout the Zaskar. While the villages witness the Cham or masked dances there is also an opportunity to catch up with acquaintances and wander the stalls leading up the entrance to the monastery rather like an Old English fair, albeit in the midst of the Trans Himalaya.

meals: B,L,D

DAY 14 Drive to Lamayuru (7 to 8 hour's drive)

We drive along the newly constructed road to Lingshet before reaching familiar ground as we cross the Singge La before continuing through Photaksar and onto the monastery at Lamayuru.

meals: B,L,D

DAY 15 Drive to Leh (approx 5-6 hours)

We commence the final leg of our journey descending to the Indus Valley before continuing along the course of the Indus River to Leh. We enjoy a farewell dinner in Leh, this evening.

meals: B,L,D

DAY 16 Trip Concludes, or continue on your journey with an optional extension to the Nubra Valley

You will be transferred to the airport after breakfast this morning.

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.

Fundraising Support

Everyone joining the trip is asked to contribute towards a group fundraising target of \$20,000 either through a personal donation or fundraising activities. That money will go directly to the AHF's programs in Nepal, Ladakh and Bhutan. The AHF will set up a fundraising page on Raisely for the group and you can add any donations or funds raised to it.

Suggested Extensions

Nubra Valley Optional Extension

Take the opportunity, while you are in Ladakh, to visit the Nubra Valley, once part of the ancient trading route linking Leh to the markets of Kashgar and Yarkand (in China). Sandwiched between the Karakoram and Ladakh Ranges, and usually referred to as the 'Nubra Valley' this little-visited region comprises two river valleys: the Shyok and the Nubra, which both rise among the glaciers of the Karakoram.

Day 16



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We set out from Leh this morning to drive over the Kardung La. A sign at the pass proclaims it to be 5602 metres, and it has long been described as the highest motorable road in the world. Recent measurements suggest it might only be 5359 metres and therefore not quite, but still close to being, the world's highest stretch of road. From the pass, we continue on to Khalsar, where the road splits among a patchwork of fields of wheat and barley. We will follow the Western branch to Diskit, the main village in the area, where we'll visit Diskit Gumpa, an important monastery perched on a spur above the village. A series of trails weave from the village up to the monastery between mani walls and sacred chortens. From Diskit, another 10 kms brings us to Hunder village, where Bactrian camels graze among the dunes that stretch from the mountains to the banks of the Shyok River. We will visit the small Chamba monastery at Hunder. Overnight Lotus Eco Resort. B,L,D

Day 17

Turtok, our destination today, is the last village on a recently opened road alongside the Shyok River, towards Pakistan. The road follows the river with the towering peaks of the Karakoram high above us. As we progress towards Turtok, the small settlements change from mainly Buddhist to predominantly Muslim. Turtok is a pretty village, known locally for its apricots, located above the main road. Complex irrigation channels, built from stone, deliver water to the village and surrounding fields. The people here speak Balti, the language of the neighbouring Baltistan region of Pakistan. We will return to Hunder for the night. Overnight Lotus Eco Resort. B,L,D

Day 18

Today, we make the return journey along the valley back to Leh.

Overnight Omasila or Lotus Hotel, Leh. B,L,D

Day 19

Depart B

After leaving Ladakh, you might also consider a visit to India's Golden Triangle, including the Taj Mahal, Agra Fort and Fatehpur Sikri, all easily accessible from Delhi.

Country Information

India has fascinated travelers for thousands of years. It's exotic, romantic and diverse – from the Himalayan mountains in the north, to the barren deserts in the west, to lush rainforests and sandy beaches in the south. India's population of around 1.3 billion people are predominantly Hindu, however many cultures have greatly influenced modern India, including Islam. Some of the most impressive temples, particularly in the north, have been built by the smaller Jain and Buddhist communities. While many regional languages are spoken in India, Hindi is the national language. English is the second language and is widely taught and spoken throughout India. Ladakh is often referred to as 'Little Tibet' on account of its close cultural and geographic ties with Tibet. It is a spectacular landscape of high mountain passes, remote villages, ancient Buddhist monasteries and lush valleys fed by glacial streams contrasted against the otherwise rugged and barren high Himalayan landscape.

Climate

The climate of the West Himalaya region is quite complex. Ladakh and Zaskar are located to the north of the main Himalaya Range and are not subject to the monsoon rains that affect most of the Indian subcontinent in the summer months. During the trek expect daytime temperatures to be warm, on average about 25 degrees Celsius, however at night, the temperatures will occasionally drop below freezing. To combat these conditions we provide good quality tents, sleeping bags, sleeping mats and down jackets.



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A Typical Day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

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.

What You Carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

Equipment Required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

Acute Mountain Sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough



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- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

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.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

