

cambodia cycle challenge for skin & cancer foundation inc



trip highlights

Cycling remote roads in Cambodia
Phnom Penh city tour

Cycling through the Angkor archaeological park
Exploring the temples of the Angkor complex
Battambang cycle day

Immersing ourselves in the warmth and
hospitality of Cambodian culture

Raising funds for Skin and Cancer Foundation Inc



Trip Duration	9 days	Trip Code: SCF
Grade	Introductory to Moderate	
Activities	Cycle Charity Challenge	
Summary	7 nights hotel	

supporting your cause

The Skin & Cancer Foundation Inc is a not-for-profit charity that delivers highly-specialised treatment, education and research for skin diseases, skin cancers and melanoma.

We are a highly specialised day hospital that cares for nearly 30,000 patients each year in our fully accredited, world-class clinical facilities.

The Foundation conducts clinical trials and world-class research projects that are published and presented internationally. We continue to lead and contribute to significant advancements in the treatment of skin diseases, skin cancer and melanoma.

Headquartered in Melbourne, the Skin & Cancer Foundation Inc has become Australia's centre of excellence in skin health, and home for dermatology.

your Huma Challenge

Thank you for your interest in our Cambodia 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.

cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



trip dates

2017 04 Oct - 12 Oct

charity challenge payments

Joining Australia Travel Cost Twin Share:	\$3750
Non refundable registration fee:	\$200
Optional Single Supplement:	\$480
Minimum Charity Donation/fundraising:	\$3000

All prices are per person

Refer to the charity challenge calendar at the end of this document for specific payment dates.

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.

what impact will my fundraising have?

Diseases of the skin are one of Australia's major public health problems and skin health is significant to each and every one of us. This is why the Skin & Cancer Foundation Inc's clinical care, research and education programs are essential.

The Skin & Cancer Foundation Inc has three core activities:

- To provide patient-focused, world-class dermatological care
- To lead the promotion of skin health in the community through education in dermatology including dermatologists, registrars, GPs and other health care professionals; and
- To achieve global outcomes by conducting and contributing to world-class dermatology research

Over 29,000 patient services are provided each year by Foundation members, supported by plastic surgeons, an oral mucosal specialist, a psychiatrist, a psychologist, specialist nurses and other allied health care professionals. Much of the work by Foundation members is provided on a pro-bono basis.

fundraising impact?



Our ground-breaking research is just one area of the Foundation that will benefit from your participation in this remarkable cycling adventure.

Dr Victoria Mar and Dr Alvin Chong are leading our melanoma research, which is making a big impact on how experts from around the world understand this disease.

Dr Mar is investigating the early detection and management of cutaneous melanoma. She is currently working to assist in improving diagnosis of lentigo maligna (a melanoma that consists of malignant cells but does not show invasive growth). Dr Mar's research involves using a hand-held confocal machine to map the extent of the melanoma more accurately and improve patient outcomes.

Dr Chong is an internationally-renowned dermatologist, who is currently conducting studies on melanoma transplant patients. His research has the potential to change the lives of melanoma patients throughout the world.

Your support of, and participation in, the Cambodia Cycle Challenge will allow our research teams to continue their crucial work, so that one day melanoma will no longer be regarded as Australia's national cancer.



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



your adventure

This amazing itinerary is the perfect charity challenge. To begin, we will absorb and appreciate the exquisite palaces, pagodas and French inspired architecture of Phnom Penh, before cycling through untouched Cambodian villages to the world renowned temple complex of Angkor Wat. The flat roads around the temple sites make exploration of the area ideal by bike. We delight in the lush green countryside, where the locals will amaze us with their warmth and hospitality. Without a doubt, cycling is one of the finest ways to discover a country where hospitality comes as second nature. Our complete service includes geared mountain bikes, a support crew and backup vehicle, and nights spent in comfortable hotels where the local cuisine will be sure to delight. Pedalling at a steady pace, we explore an ever-changing landscape of local villages, rice paddies, rural farms, country roads and dirt paths. ool program

* Please remember, there will be a back up vehicle whilst cycling; so if you need a break, then you are very welcome to ride in the vehicle.

fundraising options

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

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

online fundraising portal

The Huma team will be in touch once you register to give you the details of the your personal Cambodia Cycle Challenge online fundraising page. The minimum fundraising target is \$3,000 per person.

Consider this as a \$100 donation from 30 people. You can do it!

itinerary at a glance

DAY 1	DEPART AUSTRALIA
DAY 2	PHNOM PENH CYCLE SILK ISLAND - APPROX 15KMS
DAY 3	CYCLE TO KAMPONG CHHNANG - DRIVE TO BATTAMBANG - APPROX 70KMS
DAY 4	SANGKE RIVER CYCLE - APPROX 50KMS
DAY 5	KAMPING PUOY LAKE CYCLE - APPROX 35KMS
DAY 6	DRIVE TO SIEM REAP
DAY 7	ANGKOR WAT CYCLE - APPROX 40KMS
DAY 8	DEPART SIEM REAP
DAY 9	ARRIVE AUSTRALIA



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



fast facts

Countries Visited:
Cambodia

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Group Size Min:
10

Group Size Max:
20

Singles:
A single supplement is available for this trip*

Leader:
Expert Local Leader & Escort

*Ask our staff for more information.

what's included

- Representative from Skin and Cancer Foundation Inc
- Return International flights from your Australia capital city
- Expert local guide with excellent English and first aid training
- 7 nights comfortable 3-star hotel accommodation on a twin share basis
- 7 breakfasts 6 lunches 4 dinners
- Airport transfers
- Mountain bikes for cycling days
- Support vehicle and bike mechanic on cycling days (you can ride on the support vehicle if you can't cycle)
- Private air conditioned vehicles
- Sightseeing and entry fees as listed in the itinerary
- Snacks, fruit and drinking water on cycling days
- Group medical kit
- Cold towels and water during sightseeing

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.

detailed itinerary

DAY 1 Depart Australia

After all the fundraising and preparation, the wait is finally over! You will make your way to your Australian gateway airport for your flights to Phnom Penh. Flight details will be sent once you register.

On arrival in Phnom Penh you will be meet and transferred to the group hotel, followed by briefing. We then head to our welcome dinner at local cuisine restaurant.

meals: D

DAY 2 Phnom Penh Cycle Silk Island - approx 15kms

Today we start with sightseeing of Phnom Penh, the capital city of Cambodia. The city is regarded by many as the most beautiful of all the French-built cities in Indochina. On today's tour we visit the most important sites in the city. The Royal Palace and the adjoining Silver Pagoda are very impressive. Next stop is the Tuol Sleng Genocide Museum, or Museum of Genocide. This place is testament to a more recent and bloody past.

After lunch we jump on our bikes and stretch the legs for a ride across the Mekong (by Ferry) to Silk Island. Home to scores of artisans who make their living hand weaving beautiful silk wares, where the pace of life is leisurely and the locals are welcoming, providing a fascinating insight into village life.

meals: B,L



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



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.humacharitychallenge.com

trip grading Introductory to Moderate

To determine the grade of a particular challenge, we consider a number of factors. These include the distances cycled, the condition of the terrain, the altitude, and the length of the trip. The Cambodia Cycle Challenge is graded introductory to moderate. Most cycling surfaces are well paved roads, however some days cycling are over rough un-graded surfaces, and the climate in Cambodia is very hot and humid.

* Suggested preparation: 30 minutes of aerobic type exercise (either cycling or jogging), three times a week for three months, leading up to your trip. As this is a cycling challenge, road cycling twice a week for three months prior to departure is also recommended, for fitness and getting used to being in the saddle. Remember the fitter you are, the more enjoyable your experience will be.

DAY 3 Cycle to Kampong Chhnang - drive to Battambang - approx 70kms

We start the day on board our support vehicle with a transfer out of Phnom Penh. We cycle on quiet, roughly paved roads passing Kompong Chhnang known for its traditional pottery. Witness the creation of typical arts and crafts and also the production of local rice wine. En route we'll visit the 17th Century capital city of Cambodia, Udong which was the ancient capital during the later stages of the Khmer Empire. It offers spectacular views of the surrounding countryside with lots of sugar palm trees, as well as 18 ancient stupas.

In the afternoon we will be transferred by vehicle to Battambang, a province of Cambodia that is nestled in the northwest of the country and bordered with Thailand. It is an elegant riverside town with well-preserved French architecture

meals: B,L,D

DAY 4 Sangke River Cycle - approx 50kms

This morning we will ride along the Sangke River to Phnom Banan, where you can climb to the top to reach the 12th Century Prasat Bannan Temple. Enjoy the breathtaking view over the surrounding plains.

meals: B,L

DAY 5 Kamping Puoy Lake Cycle - approx 35kms

This morning we travel west on board our support vehicle to Kamping Puoy Lake. We make our way back by cycle to Battambang via the remote floating village on Tonlé Sap Lake. Locals here live permanently afloat on the lake in raised stilted houses.

meals: B,L,D

DAY 6 Drive to Siem Reap

After breakfast we board the support vehicle and travel on to Siem Reap. Siem Reap is the gateway to the temples of Angkor and is a bustling tourist town with shady tree lined boulevards and night markets on the Stung Siem Reap River.

meals: B,L

DAY 7 Angkor Wat Cycle - approx 40kms

Early morning we will have an unforgettable experience by seeing sunrise at Angkor Wat before heading back to our hotel for breakfast.

Day Cycling Angkor Wat

The temples are set amongst a large forest with shaded roads, which are relatively quiet and suitable for cycling. On arrival at the temple, we will drop off the bikes and stroll through the intricately carved hallways, that still show hundreds of fine carvings of Apsara and Hindu mythology. After lunch, we will continue cycling to the entrance of Angkor Thom, to explore this ancient royal city of the Khmer Empire with its centrepiece; the Bayon temple. Although it may look like a shapeless mass of stone, further scrutiny of this ancient ruin reveals towers with enigmatic faces of former King Jayavarman VII. Continue to the Terrace of the Elephants, which served as a platform from where the King could welcome back his victorious army.

In the evening we will enjoy a farewell dinner party at one of the most renowned cultural restaurants in Siem Reap, where we will sample the food and drink and enjoy traditional dance.

meals: B,L,D

DAY 8 Depart Siem Reap

This morning is free to self explorer or last minute shopping or a visit to the day spa to sooth those cycling legs. We have organised late check as we will be transferred to airport late afternoon for flight home.

meals: B



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



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 9 Arrive Australia

This morning we arrive home. Congratulations on the challenge and raising awareness and funds for the Skin and Cancer Foundation Inc.

meals: NIL

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

places of interest

Angkor

Angkor Wat, one of the great wonders of the world, is not one temple but an expanse covering several square miles near Siem Reap, containing the remains of an early civilisation as well as many temples. Angkor was an early Cambodian civilisation that flourished and prospered from about 800 to 1400 AD. The majority of the temples were built between the 6th and 13th Centuries. Many of the temples are in excellent condition, however a large amount, are in poor repair and in need of extensive restoration. The surrounding forest has grown into and destroyed several of these magnificent works of art. Cambodian Kings of this period built many cities near Siem Reap and from Angkor the Khmer empire ruled over a vast territory that extended from the tip of what is now southern Vietnam northward to Yunnan in China, and from Vietnam westward to the Bay of Bengal. In the 9th Century, the royal palace of the Khmer had been built on a mountain named Phnom Kulen. Later the capital was moved to what is now known as Angkor Thom. In its heyday it is believed that it was home to a population exceeding 1 million, making it the largest populated city of the time. Many temples were built in Angkor Thom. These temples rank as some of the most artistic architectural wonders of the world. On the walls of these temples, there are sacred scenes of Cambodian life and mythology. So far, there is no satisfying reason why there was a dramatic decline of the Angkor Empire. In the centre of Angkor Thom is the Bayon. It has numerous towers, each with four faces looking into the directions of the four winds. Nearby there are two large areas that were once lakes and were used to store water for drinking and irrigation. Each covers an area of 17 square kms. Today, only the western lake still carries water, although only about half the original size. The temple of Angkor Wat is probably the finest monument in Cambodia. It covers an area of about 2.6 square kilometres and it is the largest religious temple in the world. It was built in the 1100's to honour the Hindu god Vishnu. Angkor Wat later became the tomb of the Cambodian King who ordered its construction. The features found in and around the site of Angkor Wat are too numerous to list but it is guaranteed that your first sightings will leave you feeling completely overwhelmed!

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 tarmac and dirt roads, the odd main road but generally smaller secondary roads. And sometimes even the occasional hill! All of this so that you can see the incredible scenery and landscapes, view the main sights and along the way eat delicious food, stay at unique accommodation and discover the incredible people.

Generally we supply you with geared (21-27) mountain or touring bikes and support vehicle which will follow the group on almost all sections of the ride. All equipment and luggage will be carried by the support vehicle. You will need to carry a small day pack with your camera, sunscreen and water. It is important to remember that these cycling journeys are not designed to be a marathon event. No one needs to feel under pressure to ride. If at any point you do not wish to ride the vehicle is always available for you and your bike to be transported. Usually we stop every 10 to 20kms for a rest. This will be the time to recover your breath and replenish your fluids and energy with water and snacks.



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



Remember that cycling involves some physical exertion, so you cannot expect that you will not feel tired. A little bit of preparation will go a long way. 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.

country information

Once one of the great empires of South East Asia, Cambodia now occupies only a small portion of its previous area. The Angkor period of Cambodian history lasted approximately from AD 802 to AD 1431, and represents the greatest period of Khmer architectural, artistic and cultural achievement. Bombed during the war in Vietnam, Cambodia was soon after ruled by the Khmer Rouge, led by Pol Pot. This period was extremely violent, and resulted in many Cambodians fleeing to Western countries via border camps established in Thailand. In 1992, the United Nations assisted Cambodia in conducting democratic elections. A visit to Cambodia is a truly unique and rewarding experience. There is a rich and proud culture and impressive natural scenery, and the spirit and warmth of the people make this an exceptional destination to visit. Cambodia covers a land area of 181,035 sq km, and is about the size of England and Wales combined. It is geographically unique, with the large Tonle Sap Lake covering the central part of the country. Neighbouring Cambodia to the north is Laos, to the east Vietnam, and to the west Thailand.

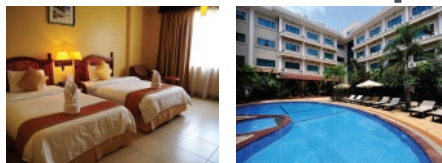
climate

The monsoons determine rainfall and temperature patterns in Cambodia. The Northwest monsoon blows from October to April, and ushers in the dry season. The temperature is generally hot, although there are transitional periods. The average temperature between October and January is approximately 28 degrees, and between February and June 33 degrees, and humidity is high. There is a high chance of rain at some point during your trip. These down pours usually only last a little while, before the sun comes out again.

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



Group will be accommodated in 3 star hotels, that are generally well located, atmospheric and reliable and where we have seen a good track record with traveller satisfaction over many years.



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



what you carry

In your daypack you will need to carry a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, insect repellent, lip balm etc.

equipment required

Specialist gear required includes a cycling helmet and comfortable cycling shorts. You can bring a gel seat cover for cycling if you wish (a comprehensive gear list is provided in the pre-departure information provided on booking).

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.

what's not included

- Meals and beverages not mentioned in the itinerary
- Cycling helmets (compulsory)
- Tips and gratuities
- Visa
- Travel insurance (compulsory)
- Items of a personal nature such as laundry, phone calls, bottled water, aerated drinks, alcohol etc
- Optional activities or sightseeing during free time

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 Fiona Windon.

Email: fiona@humacharitychallenge.com.au

Post: Huma Charity Challenge, Level 5, 71 York Street, Sydney 2000

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

FAQs

Q. Am I getting a free holiday?

A. No. Be ready to work hard to fundraise for a worthy cause, commit to a training schedule months out from your challenge to ensure you are physically fit for the adventure and step out of your comfort zone in order to earn this unique experience.



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



Q. Am I suited to group travel?

A. We recognise that many of our participants have not been on a 'group trip' before. You can rest assured that our trips are flexible and allow you to do your thing within the framework of the itinerary. We do not attempt to instil a 'group ethos' and fully recognise your needs as an individual. But you will be travelling with like-minded people that have also fundraised for a very worthy cause.

Q. How fit do I have to be?

A. Our adventures are first and foremost challenges but can be undertaken by anyone in a reasonable state of health and fitness. All our trips are graded, allowing you to evaluate if you are suited for the adventure challenge. We recommend that you familiarize yourself with our grading system, read the detailed trip notes and to speak with our expert staff on the physical requirements of your trip.

Q. What level of comfort can I expect?

A. On all our trekking adventures we camp in style and comfort, using the best equipment. All your gear is carried (except where specified) and meals are cooked for you while our staff set up camp. As you would expect we provide the same level of comfort on our cycling adventures. On our journeys our accompanying leader and staff take care of your day to day needs while you stay in local hotels and travel in comfortable private vehicles

Q. How safe is it?

A. On all our trips your well-being is our first priority. Our staff constantly reviews every aspect of your adventure and our expert guides are fully conversant with the demands of travelling in remote regions.

Q. Where do we stay?

A. To capture the essence of your journey we have wherever possible selected accommodation with local character. In the cities our hotel rooms are on a twin share basis with private facilities. In remote localities you can expect simple, clean but more basic facilities. When in the field we provide the best possible camping service complete with comfortable two person tents, a mess tent and toilet tent.

Q. What about environmental impact?

A. We believe that adventure travel revolves around establishing a sound working relationship with the people and environments in which we operate. We believe that you can also make a positive contribution and we urge you to familiarise yourself with our 'Responsible Tourism Guide' before you depart. Every participant receives a copy of this booklet upon registering.

Q. Can I organise my own group?

A. You certainly can! We would love to custom-make an itinerary to suit your business, school, family club or special interest group. Choose your charity, adventure challenge and departure date and leave us to create a Charity Challenge just for you. Please visit our website under Types of Challenges to find out about our Corporate Challenges, School Challenges, Family Challenges and Private Challenges. Or contact your nearest Huma Charity Challenge office.

Q. What about the food?

A. We are fully aware of the healthy appetites that build up when trekking or cycling and provide tasty and varied meals with plenty of fresh ingredients. Our excellent cooks serve a sensible combination of local and European dishes while at the same time ensuring high standards of hygiene. On all our trips your good health is our highest priority. We also cater for vegetarians. Please let us know if you have any special dietary requirements at time of booking.

Q. What is included in my trip?

A. It is our aim to ensure that we incorporate as many inclusions as possible in your trip to minimise any out of pocket expenses while you are away. It is important that you refer to our trips notes for the exact inclusions, as they do vary from challenge to challenge.



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



Q. Are there any hidden extras or surcharges?

A. We own most of the operations, which allow us to include all land transport, most meals, accommodation and much of the equipment you will need for your challenge. Consult your detailed trip notes to know if your international flight is included, if not, please contact your nearest Huma Charity Challenge office for preferential rates. Please note that generally the following items are not included - visas, passport, vaccinations, personal travel insurance, airport and departure taxes, tips and personal expenses.

Q. What if the minimum number of participants is not met?

A. Most of the adventure challenges require a minimum of 8 to 10 participants. If this amount is not reached, Huma Charity Challenge will consult with the charity and decide either to postpone the trip or to charge a small group surcharge if need be.

Q. Who takes part in a Huma Charity Challenge?

A. All of our challenges are available for anyone over the age of 18 yrs old up to 70 yrs old, unless otherwise decided by the charity. If the challenge allows participants under 18, they will need to be accompanied by a parent or legal guardian.

Q. How can I get more information?

A. Once you have registered on the Challenge you will be sent a comprehensive confirmation kit that contains all the pre departure information and fundraising booklet. Of course please feel free to contact our staff by phone or email.



cambodia cycle challenge for skin & cancer foundation inc

Challenge yourself to cycle Cambodia and raise funds for Skin & Cancer Foundation Inc



Charity Challenge Calendar

Item	Date	What's on	Achieved
Registration Fee	NOW	Complete the registration form and pay your \$200 registration fee for the Cambodia Cycle Challenge	<input type="checkbox"/>
Set up your on line fundraising	NOW	Set up your fundraising page where all your supporters can contribute tax deductible donations toward your charity donation target	<input type="checkbox"/>
Fundraising Milestone 1	4 July 2017	Reach your first target \$1000 for Skin and Cancer Foundation Inc	<input type="checkbox"/>
Travel Arrangements Payment	4 August 2017	Deposit your travel cost payment to Huma Charity Challenge	<input type="checkbox"/>
Fundraising Balance	4 September 2017	Deposit your fundraising balance payment to Skin and Cancer Foundation Inc	<input type="checkbox"/>
The Challenge	4 October 2017	Bags packed, you're on your way to Cambodia Cycle Challenge in support of the Skin and Cancer Foundation Inc	<input type="checkbox"/>

