CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

SUMATRA JUNGLE CHALLENGE INDONESIA

Fri 12 Jun - Sun 21 Jun 2020

In aid of your choice of charity

12 Jun - 21 Jun 2020

10 DAYS | INDONESIA | TOUGH

This challenge takes place in the mountainous Gunung Leuser National Park, one of the only places in the world where you can still see Sumatran orang-utans in the wild. Gibbons, elephants, hornbills, Thomas leaf monkeys, macaques, sun bears and the elusive Sumatran tiger are just a handful of the many species found in this unique World Heritage ecosystem.

- Trek and camp in the beautiful Gunung Leuser National Park
- Fall asleep to the sounds of the rainforest
- Spot wildlife as it swings through the trees
- Learn about the forest and nature's supermarket
- Relax in the eco-lodge amongst the trees

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 12 Jun*

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International departure from London

The countdown is over and it's finally time to wave farewell to family and friends and board your flight to Medan. Embrace the nerves, it's time to go!

DAY 2 *Sat 13 Jun*

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Arrive Medan and transfer to Bukit Lawang

A Charity Challenge representative will meet the group at Kuala Namu Airport for the transfer (approximately 4-5 hours drive) to Bukit Lawang, which literally translates as 'door to the hills'. Once there, we can enjoy the rest of the day acclimatising and relaxing before our evening dinner and a full challenge briefing from the group guide. Overnight in the Ecolodge.

DAY 3 *Sun 14 Jun*

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Practice trek (approximately 4-5 hours)

Practice trek around the old orangutan feeding platform. This morning you will trek through the jungle along a path to the old feeding platform area. If luck is on your side you may see orangutans in their natural habitat. The trek also provides a good opportunity to adjust to the terrain and the climate and get used to your kit. Overnight in the Ecolodge.

DAY 4 *Mon 15 Jun*

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Trek to Camp 1, Adi Black (approximately 5-6 hours)

If necessary your team will split into groups for the jungle trek. Over the next five days, experience steep climbs and ascents with the aid of ropes and local guides who will teach you about the rainforest and its secrets. There are plenty of stops along the way to acclimatise and wipe the sweat from your brow. Tonight spend the night in a jungle camp at Adi Black, the first taste of wild camping.

DAY 5 *Tue 16 Jun*

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Trek to Jamur Batu Atas waterfall (approximately 5-6 hours)

As you trek deeper into the jungle the forest becomes denser and overgrown, a little more off the beaten track. Listen to the sound of the gibbons in the morning or the hornbills overhead, and prepare for steep climbs and descents on this full day trekking to the impressive Jamur Batu Atas waterfall. Now more attune to the surroundings, keep a lookout for wildlife as at camp overnight.

DAY 6 *Wed 17 Jun*

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Trek to Camp 3, Tapak Begu (approximately 5-6 hours)

It's time to test those all-important tracking skills, keep eyes peeled for wildlife. Explore the jungle like a natural as the guides point out the variety of wildlife and plant species along the way. The trekking route ultimately heads for our jungle camp at Tapak Begu.

DAY 7 *Thu 18 Jun*

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Trek to Limau Hantu (approximately 5-6 hours)

This is the final full day in the Sumatran jungle and we are heading for the Landak River. Be sure to take every opportunity to spot interesting sights along the way, as we make our way to our final jungle camp at Limau Hantu.

DAY 8 *Fri 19 Jun*

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Jamur Batu Atas waterfall to tree replanting project (approximately 4-5 hours)

Rise and shine early on the last day of trekking, starting with a short walk upstream to the tree replanting project along the Landak River. There's time for a refreshing swim before we head for back to the ecolodge for dinner and well-deserved shower.

DAY 9 *Sat 20 Jun*

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Return transfer to Medan for international departure

There's time for one last team breakfast before we pack up. The group will then be driven to Medan, from where we board our international flight home.

DAY 10 *Sun 21 Jun*

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Arrive in UK

Be sure to swap contact with new-found friends and trekking partners before we touchdown early in the UK.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £425.00 when you book
Then a balance of £1874.00
(10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £425.00 when you book
Raise a minimum of £3825.00 for your charity.

FLEXI

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Registration fee of £425.00 when you book
Then £425.00 towards challenge costs
(10 weeks before your challenge)
Raise a minimum of £2960.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules
- Access to your own password protected account including support materials and training schedules
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)

On your challenge

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- Three meals a day (unless otherwise stated in the itinerary)
- Entrance fees to national parks or other places of interest visited on the itinerary
- All internal transfers
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Accommodation during the challenge (usually in twin share)
- A Charity Challenge T-Shirt
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- International flights to and from the UK (excluding air taxes)

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

On your challenge

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- Tips
- Departure Tax (if applicable)

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 12 weeks before departure (by 20/03/2020), and the remaining 20% within 4 weeks of completing the challenge (by 19/07/2020). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Prices include all known air taxes	We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.
Typical group size	The typical group size is 8 - 14 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 8 participants. We can run this trip with 5-7 people, but there will be a small group supplement of £95. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.
Optional extras	Business class upgrades* Extensions at end of trip* Single room supplements* (*subject to availability)

Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at http://www.campbellirvinedirect.com/charitychallenge.

Level of Difficulty

Tough: A "tough" trip should be undertaken by someone with previous experience and interest in the activity – whether cycling or trekking. It will usually involve camping, and will certainly be in a remote environment, where facilities are not what you would expect at home. A tough challenge will test you both physically and mentally. The trek will be hilly, and training is essential to ensure you are well prepared.

You will need a very resilient and adventurous nature to take on this challenge, and you should train regularly in a period of at least 5 months leading up to the trek. You can tell your supporters that on your Sumatra Jungle Challenge you will be:

- Trekking for around 5-7 hours per day, covering approximately 45kms over 5 days.
- Carrying all of your jungle gear on your back throughout each day
- Battling the heat and humidity of the jungle
- Sleeping in a shelter with the rest of the group, in the jungle environment
- Attempting steep climbs and descents on muddy slopes, with the help of the occasional tree branch and ropes

Typical day

While in the jungle, you will wake at around 7.30, have breakfast and pack up your belongings for the next section of the walk, including your sleeping bag. Your porters and chef team will fully strike the camp after you start trekking at around 9 am, and they will catch you up before running on to set up the next camp. You will be given enough water for the day's trek. You will be walking for 4-7 hours each day, stopping for a lunch break in the middle of the day. Specific hours of activity for each day are given in the itinerary. The climbs and descents are steep, slippery and should not be underestimated. You will be using ropes in several places to assist your climbs and descents.

Swimming Abilty

We will not be expecting you to swim as part of the challenge. However, there maybe some river crossings in the jungle for you to navigate, and although Charity Challenge has put safety measures in place to ensure a safe crossing, in the event of an accident or emergency, confidence with swimming and water based activities is essential. Ideally, we would expect you to be able to swim 50m fully clothed.

Safety

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, an advanced and thorough safety management system. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount.

In terms of your Sumatran Jungle challenge, there are a couple of important points that you should be aware of:

- You may need to undertake a river crossing which may be up to the knee. Your leader will show you the best practice in crossing rivers, and you will have assistance from the leader and guides. However, for safety reasons you should be able to swim 50m fully clothed.
- Most of this trek is very remote, with no vehicle access, and emergency evacuation could take several hours to a road, with the nearest hospital being 4 hours away from the road in Medan.
- The Guardia bacterium is present in Sumatra. You should not drink from rivers or streams without boiling the water first. All water given to you on the challenge will be boiled.
- You will be in a jungle environment, and sharing the environment with wild animals. There is the chance that you will see snakes, and definitely insects and primates.

Emergencies

The event is not a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency, your leader will take control, and the procedure will depend on the nature of the emergency and the distance from the eco-lodge.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, a shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Flights

Your flight will depart from London Heathrow and arrive in Kuala Namu Airport (Medan) via either Singapore or Kuala Lumpur. Your flight tickets will be emailed to you before your departure. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise, you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main FAQs page.

Visa

You don't need a visa to enter Indonesia for visits of up to 30 days, calculated to include your date of arrival and date of departure. Visa-free visits can't be extended or transferred to another type of visa. For a list of airports,

seaports and land border crossings for entering/exiting Indonesia under this visa waiver scheme, and more information about entry requirements, visit the website of the Indonesian Embassy in London or your nearest Indonesian embassy.

If you're travelling to Indonesia for more than 30 days, you should apply for a visa before you travel, or get a visa on arrival at a cost of US$35, or the equivalent in Indonesian rupiah. This type of visa is valid for 30 days, and can be extended once (for a maximum of 30 days) by applying to an immigration office within Indonesia.

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge.

If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you must complete and return to Charity Challenge prior to travel.

For more general travel insurance questions, please refer to our main FAQs page.

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:
http://www.fitfortravel.nhs.uk/home.aspx

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting, and as such, it may be useful to take a copy of your itinerary with you.

Extension

Sumatra Elephant Extension in Tangkahan (Day 9 – Day 11)

Day 9
After filling up on a delicious breakfast and waving farewell to the rest of your trekking group, you will transfer 2 hours to Tangkahan Village. Upon arrival, you will check into your guesthouse accommodation for the next two nights. (Breakfast, lunch and dinner included)

Day 10
This morning you will begin your day as a mahout, assisting with washing the elephants in the river. Once the elephants are cooled and refreshed, it will be time to take them for a two hour walk through the jungle. The afternoon will be free for you to relax and take some time to reflect on your Sumatran experience, surrounded by

your very own jungle paradise. (Breakfast, lunch and dinner included)

Day 11
It's time to leave the jungle behind you as you make your trip back to Medan this morning to connect to your international flight home. (Breakfast included)

Day 12
Today you will land back in the UK with plenty of stories to share with friends and family.

Included:

- 2 nights accommodation in a guesthous
- Transport from Bukit Lawang to Tangkahan and from Tangkahan back to Medan in a private car
- 2 hour elephant walk (please note, this is not riding the elephants)
- Licensed guide
- Park permit
- All meals mentioned in the itinerary above

Please note that this extension is subject to a minimum of 2 people and flight availability and should be booked no later than 10 weeks prior to departure. Occasionally, a surcharge may need to be applied in which case we will inform you prior to confirming your booking. Full payment must be received no later than 8 weeks prior to departure or your place on the extension may be cancelled. All bookings will be confirmed no later than 6 weeks prior to departure.

Please note that we reserve the right to change accommodation. Where this is necessary, alternative accommodation will be of an equal or better standard.

Climate & Terrain

Climate

Indonesia has a tropical climate and is very hot and humid all year round. Many participants find this a shock and quite oppressive at first, and trekking in this type of jungle environment is not to be taken lightly. It is a rainforest environment so you should be prepared with wet weather clothes as well as cool, light layers.

Terrain

You will be trekking in the Gunung Leuser National Park, where you will experience the lush rainforest. You will encounter very steep slippery ascents and descents, for which you will need a lot of core strength as well as the assistance, in some circumstances, of ropes that our guides will attach. The trails can vary from well-worn paths to barely visible breaks in the undergrowth, and you will be battling all of this in the humidity of the jungle! You will also be undertaking many river crossings throughout your journey. See below for information about swimming and water.

Training

Training and fitness are definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. You will be trekking up and down thousands of steps so climb stairs as often and wherever you can! The trek takes place in a mountainous environment, so the best training advice is to get outdoors into some of the mountains of the UK to familiarise yourself with walking on rugged terrain while carrying weight in your daypack. You need to be able to sustain around 4-7 hours of trekking for 5 continuous days, so if you can then replicating this over a weekend would be fantastic training. You can also look to join one of our training weekends.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

Luggage allowance & valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general, it will be one piece of checked baggage at around 23kg. However, the baggage situation is quite specific for Sumatra so please read carefully!
You will be carrying all of your trekking gear for 5 days with you throughout the trek, including your sleeping bag/liner but not including any 'group' equipment like food and tents, so you need a suitable rucksack for this kit. We suggest about 40-45L for the trekking section, which you can also use as your hand luggage bag. You can leave your 'main' bag at the Ecolodge, containing any casual clothes, extra toiletries etc that you won't need during the trek. This should be the bigger bag that you will use for your hold luggage on the plane.

We would suggest that for the trek you are only carrying about 5-7kg of gear and that you train with this weight. More details are available on our comprehensive kit list. As for valuables, the general rule is that if you don't need it, don't bring it. Your passport and any documents should be kept in a plastic bag to protect it from damp or water damage.

Finally, occasionally bags are delayed for 12-24 hours in transit before coming on the next flight out to Medan, Sumatra. Please ensure that you wear your walking boots on the plane, and pack a spare change of trekking clothes into your main bag as well as overnight clothes, in case your bag is delayed in transit.

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them, as well as an expedition medic. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

To minimise the impact of trekking and camping on the environment the group sizes are kept between 10-14 trekkers. If the group reaches 14 people it will then be split into 2 different groups.

The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 6-9 people, but there will be a small group supplement of £75.00. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Clothing & equipment

Good quality durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You will also need river shoes for your river crossings, and a very comfortable rucksack of approximately 40-45L to be used while trekking. Make sure you train with your rucksack to get used to the weight of carrying your belongings. Other essentials are a high quality gore-tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts.

Please check the kit list provided for recommended equipment.

Accommodation & Toilets

Accommodation

When in Bukit Lawang, you will be staying at an eco-lodge, which is basic but very lovely and typical of the area, in twin-rooms with en-suite bathroom facilities. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

While in the jungle, you will be staying in a shelter alongside all the rest of your fellow trekkers. The sleeping mats will be lined up along the tarpaulin floor, and you will sleep side by side. Toilets will be a dug-out long-drop, surrounded by a toilet tent that the porters will erect and filled in completely every morning. Mosquito nets are not provided, for the reason that they are not generally necessary for your camping locations. If you feel that you would like one please do bring one.

Toilets

These range from very basic ('communing with nature' on the trek itself) to normal western standards in the accommodation. While in camp there will be a long-drop toilet, around which the porters will erect a tent, and there is always hand-washing facilities in camp. You should bring anti-bacterial gels to use frequently, particularly

around lunchtime when there is not always access to a water source. It is difficult to stay hygienic in the jungle so anti-bac gels are absolutely essential.

Food & Drink

Food is delicious and very plentiful. When in the eco-lodge you will have a set breakfast and a buffet evening meal, with a variety of meat and vegetable dishes. Food in Indonesia is based on the staples of rice or noodles but is not as spicy as in the neighbouring South East Asian countries. Food during the trek will be pancakes or toast, cheese and eggs for breakfast, fruit and a rice or noodle dish for lunch and various dishes for dinner. Your guides will also be able to show you their techniques for cooking in banana leaves! If you have any dietary requirements please note this on your booking, or email challenges@charitychallenge.com. We would recommend that you also bring plenty of snacks for your trekking days, and particularly something comforting that you will like to eat at the end of a hard day.

Tea, coffee and water will be provided for you throughout the trek. The water is boiled rather than bottled which cuts down on the amount of plastic used. You may want to take a small bottle of cordial with you to flavour the water. You may also wish to take water purification tablets with you.

Money

Currency: The currency in Sumatra is the Rupiah (IDR). For up to date currency exchange, go to www.xe.com. There are ATM's and currency exchanges available at Medan airport however, these are closed in the evenings and on Sundays. Therefore, we advise changing your money before you leave the UK.

Credit/Debit Cards: Once you have transferred to Bukit Lawang you will have no access to money withdrawal, so you should ensure that you have withdrawn or exchanged all of the money that you need prior to leaving Medan airport. However, a credit card in case of emergencies is a good idea.

Cash: All accommodation and meals are included within the price of the trip, as well as water during the days of your trek. You will not have any opportunities to spend money while actually trekking in the jungle, however at the Ecolodge there are opportunities to buy small gifts, souvenirs, softs drinks or alcohol, so ensure that you have a small amount of cash for those eventualities, as well as money for tips. There is also a small departure tax payable at the airport, of approximately 75,000 IDR (£5). £150-£200 would be a sensible amount, plus a credit card in case of emergencies.

Tipping: Tipping is at your sole discretion and all staff are paid a fair wage. However, tourism is a tipping culture, and our Sumatran guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of £10 per day that you are with the guides (6 days with the full team), which can be given to the challenge leader at the end of the trekking part of the challenge. They will distribute it among the support teams in a tipping ceremony.

Phone & WiFi

In the eco-lodge you will have access to WiFi and phone signal, if your phone provider has service in Sumatra. However, in the jungle you will be away from all connectivity throughout.

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This trek was the most amazing experience of my life. The people were exceptionally friendly and accommodating, and the wildlife and terrain is breath-taking and has left me with so many wonderful memories and friendships. It has been a life changing experience.

Shona Williams

"

A great challenge with extreme rewards! To see orang-utans close up in the wild – phenomenal!

Nigel Topliss

"

Everyone from guides to leaders were amazing and made sure that we were safe and comfortable. Nothing was too much effort. This is my 4th challenge and by far the most amazing.

Stephanie Brown

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall