

CYCLE THE HIMALAYAS NEPAL

JOIN US FOR AN **ADVENTURE WITH A CAUSE** AS WE CYCLE THROUGH NEPAL'S STUNNING MOUNTAIN RANGE CHALLENGING OURSELVES PHYSICALLY, EMOTIONALLY, AND SPIRITUALLY.



THE DETAILS - LIMITED SPOTS

SEPTEMBER 2026

RIDE THE GOLDEN TRIANGLE
27TH SEPTEMBER - 6TH OCTOBER

- BUILD STRENGTH, ENDURANCE AND RESILIENCE.
- JOURNEY ALONGSIDE A SUPPORTIVE, LIKE-MINDED GROUP.
- FUNDRAISE FOR REAL IMPACT WITH EVERY KILOMETRE.
- NOURISH YOUR BODY & MIND WITH BREATHWORK, SOMATIC MOVEMENT AND ADVENTURE.

FIND MORE
INFORMATION AT

OUR WEBSITE
TREKFORCHANGE.COM.AU

OUR EMAIL
INFO@TREKFORCHANGE.COM.AU