



TREK FOR CHANGE

JOIN US FOR AN ADVENTURE WITH A
CAUSE, AS WE RIDE ACROSS TANZANIA
CHALLENGING OURSELVES PHYSICALLY,
MENTALLY AND EMOTIONALLY



ARUSHA



MOSHI



MKOMAZI



LUSHOTO

You have never really lived until
you have done something for
someone who can never repay
you.

FOR FURTHER DETAILS CONTACT
TOBY GARDNER - INFO@TREKFORCHANGE.COM.AU
WWW.TREKFORCHANGE.COM.AU



TANGA



'The trip was one of the best things I have
ever done. It was eye-opening, challenging
and very rewarding' - Forest, Nepal Ride



TREK FOR CHANGE ADVENTURE FOR A CAUSE

Join the Trek For Change team as we challenge ourselves along the flat roads of Tanzania, riding 500 kms from Arusha to the Indian Ocean. Experience the beauty of Tanzania and meet the IBSH students the ride is supporting.

TRIP DURATION	8 Days
TRIP DATES	13 - 20 July, 2026
LEVEL	For intermediate riders
COST	\$3,990 per person
FUNDRAISING COMMITMENT	For The International Brothers and Sisters House Tanzania Projects (Tax Deductible)
INCLUSIONS	<ul style="list-style-type: none">• Pre-ride meetings and information• All accommodation twin share• All breakfasts, lunches & dinners• Snacks, water, fruits & cold drinks• Helmet and Bike• Safety vehicles and supports with bike mechanic including spare parts• All Entrance fees• Trek for Change riding kit• 2 x Australian based ride coordinators including the Founder of IBSH, Josh Porteous• English speaking Tanzania based guides and support• Dedicated fundraising support• Donations to IBSH programs in Tanzania
TO APPLY	Email info@trekforchange.com.au
EXCLUSIONS	<ul style="list-style-type: none">• Personal travel insurance• International flights

WHY JOIN THE TEAM?

After hugely successful rides in Nepal, we now venture onto the roads of Tanzania, immersing ourselves alongside the Tanzanian people and culture.

The terrain and the climate will physically challenge you but this life-changing journey will warm your heart and inspire you. This journey will be a fun, team orientated exploration through Tanzania experiencing all the country has to offer. Along the journey, our riders will experience first hand the challenges faced and overcome by the children the The International Brothers and Sisters House are supporting.

HOW TO APPLY

Expressions of interest open on the 1st December 2025. Once you pay your \$500 deposit, you will receive dedicated support from the Trek for Change team, with training schedules, and fundraising advice. We will have meetings and information sessions in the months leading up to the ride and will be here to answer any questions you may have. Registrations close 30th April 2026 with the final balance of payment due 26th June 2026.

YOUR COMMITMENT

Cyclist numbers are strictly limited to 15.

Every aspect of your ride is taken care of once you arrive in Tanzania.

Your participation in this riding adventure not only requires the fitness and ability to ride the distance, but also a fundraising component towards IBSH projects in Tanzania.

The Trek for Change team will assist you every step of the way to establish your dedicated fundraising page and provide you with assistance and support to meet your fundraising goals.

Mama Mary is one of our most at-risk families. Mama does some seasonal farm work when available to gain a small income. Her former house was built from mud and had 2 rooms with the family sleeping on the ground, we have since set the family up in a new house and have provided them with beds, mattresses and other furniture, and we hoping to set up a small business to start to have a regular income. IBSH is supporting 4 of Mama Mary's children through school.



As a charitable organisation, we are active in Tanzania and Nepal, focused heavily on helping children through school so that they may in turn build better communities in the future and bring about real, tangible, long-term change.

Visit www.ibsh.com.au for more information on IBSH.