



# Macular Disease Foundation Australia - Larapinta Challenge



## Trip Highlights

- Make a difference and raise money for the Macular Disease Foundation Australia
- Trek the ancient landscape of the West MacDonnell Ranges
- Stay in multi award-winning, exclusive eco-campsites
- Trek the best sections of the Larapinta Trail including Standley Chasm and Serpentine Gorge
- Gain a deeper understanding of the ancient Indigenous culture and Traditional Owners of the land
- Relax in the evenings around a campfire as the guides prepare delicious 3 course meals
- View spectacular and abundant endemic bird-life along the whole trail



<b>Trip Duration</b>	7 days	<b>Trip Code:</b> MD1
<b>Grade</b>	Moderate	
<b>Activities</b>	Trekking, Charity Challenge	
<b>Summary</b>	5 nights camping, 1 nights Alice Springs Hotel	

## Supporting Your Cause

The sense of sight is a precious one – something none of us would want to lose. That is why we continue to fight against macular disease, Australia’s leading cause of vision loss and blindness.

Macular Disease Foundation Australia is the leading, national not-for-profit organisation supporting the macular disease community in Australia. By trekking or fundraising in support of someone trekking the Larapinta Trail, your generous contribution enables us to work on five key areas of support - awareness, research, client support, education and advocacy. Each area is as essential as the next to ensure a future without sight loss.

## Your Huma Challenge

Thank you for your interest in our Macular Disease Foundation Australia - Larapinta 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.



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## Charity Challenge Payments

Joining Alice Springs Travel Cost Twin Share:	\$2550
Optional Single Supplement - Hotel Only:	\$150
Non Refundable Registration Fee:	\$200
Minimum Charity Donation/fundraising:	\$500

All prices are per person

Once your challenge is confirmed, we recommend you jump online and book/secure your flights to Alice Springs.

## Trip Dates

**2018** 26 Jul - 01 Aug

## important notes

RF - Registration Fee

## What Impact Will My Fundraising Have?

Your fundraising efforts will support our five key areas of work including:

1. Awareness - Awareness is key to protecting and saving the sight of Australians with macular disease. Your support helps us reach more people with sight-saving information and advice.
2. Research - Research is an ongoing journey, towards a place where no one loses their sight to macular disease. Your donations fund much needed research into treatments or even cures for macular disease.
3. Support - We understand that information, guidance, and advice are urgently needed by those with macular disease. Your fundraising will ensure we can provide this crucial support to those in need.
4. Education - Your fundraising will help MDFA to provide free public education sessions to Australians. Education about risk factors and lifestyle changes can prevent sight loss and improve quality of life for patients, their families and carers.
5. Advocacy - Advocacy is an important part of the fight against sight loss. Your valuable fundraising supports our ability to collaborate with government and industry which leads to better outcomes for the macular disease community.

## Fundraising Impact?



In July 2017, Jeff Barber (Grumpy) and his daughters Jenny, Cathy and Siobhan (the Girl Guides) trekked the Larapinta Trail and raised vital donations for the Foundation. What was most remarkable about this trek is that Grumpy lives with vision loss from macular degeneration.

Jeff has lived with dry age-related macular degeneration since 2004. More recently, the loss of vision had affected his confidence, so his daughters took charge and together they walked the Larapinta Trail with the support of World Expeditions.

Completing the trek was an achievement Jeff is very proud of, "The trek proved to me that there are still many things out there that can be achieved and enjoyed. A new wave of optimism has washed over me thanks to my three daughters and wife".



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## Fast Facts

**Countries Visited:**  
Australia

**Group Size Min:**  
8

**Group Size Max:**  
16

**Leader:**  
Expert Local Leader & Escort

## 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](http://www.humacharitychallenge.com)

## Trip grading Moderate

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of passes crossings and the length of the trek. The Larapinta Challenge is graded moderate. This trek involves 6 – 8 hours walking each day over rugged terrain with some steep ascents and descents. In order to complete this trek we advise that you undertake regular exercise three or four times a week for at least three months prior to your departure. Hill walking with a day pack is recommended.

## Your Adventure

The Larapinta Trail is one of the finest walks in Australia. Walking the high ridgelines of the West MacDonnell Ranges we gain a rare perspective of vast flood plains, the razorback rocky outcrops and sheer scale of this ancient land. We follow an itinerary that will appeal to the active walker. You will need to carry only a light pack as a support vehicle will meet us at our campsites with bush tucker that will exceed expectations. There will also be plenty of time to reflect on the variety of walking from trails that descends from the ridgeline into narrow canyons where sheltered pockets of delicate fern and twisted gum trees grow from the dry rivers of sand.

## Fundraising Options

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

1. You pay for the travel costs yourself and fundraise the charity donation.
2. 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.
3. 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.

## Online Fundraising Portal

You will have your own fundraising page which will chart your fundraising targets and your journey to Larapinta. You will also receive a Huma Charity Challenge comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support. The recommended minimum fundraising target is \$500 per person.

## Itinerary at a Glance

DAY 1	ARRIVE ALICE SPRINGS
DAY 2	TELEGRAPH STATION TO WALLABY GAP (13.5KM) AND WALK TO NICKS CAMPSITE (8.5 KM)
DAY 3	NICKS CAMP TO SIMPSON'S GAP (10 KM) PLUS STANDLEY CHASM AND LOOKOUT WALK (5KM)
DAY 4	SERPENTINE GORGE TO COUNTS POINT, THEN TO CHARLIE'S CAMP-SITE. (15KM)
DAY 5	CHARLIE'S EXCLUSIVE CAMP-SITE TO THE OCHRE PITS (8KM).
DAY 6	MOUNT SONDER 16KM,(1380M) EARLY MORNING SUNRISE WALK (3AM-11AM)
DAY 7	DEPART ALICE SPRINGS

## What's Included

- 5 nights exclusive semi-permanent campsites
- 1 nights twin share Hotel Alice Springs
- 6 breakfasts, 5 lunches and 6 dinners
- Professional wilderness guide and support staff
- swags for sleeping (but not sleeping bags)
- catering & dining utensils
- off-road transport from Alice Springs
- All National Park and camping fees
- Comprehensive group first aid kit
- emergency radio/sat phone



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## Adventure Travel

By its very nature a charity challenge 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 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 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.

## Detailed Itinerary

### DAY 1 Arrive Alice Springs

After all the fundraising and preparation, the wait is finally over! You will make your way to your Australian gateway airport for your booked flight to Alice Spring. On arrival please make your own way to Aurora Hotel. As supporters are arriving at different times, we recommend you take the airport shuttle which meets all scheduled flights - cost \$16.50 one way (\$30 return - prices subject to change).

Standard twin rooms have been booked at the Aurora Hotel. We will gather at 3pm for a meeting with your guide for a brief about the trek. Later a group dinner has been organised at a local restaurant with your fellow trekkers.

**meals: D**

### DAY 2 Telegraph Station to Wallaby Gap (13.5km) and walk to Nicks Campsite (8.5 km)

We will pick you up from your accommodation between 7am and 7.30am.

Our walking commences from the eastern terminal of the trail next to the Alice Springs Telegraph Station. The trail passes through witchetty bush and mulga scrub, and over exposed hills and shady woodlands. We wave goodbye to Alice at the top of Euro ridge before we trek through the deep narrow passage of Wallaby Gap. You have the option to head to camp from here or continue on (8km) to our exclusive Semi-permanent wilderness site, Nick's Camp, with stunning views across the Heavitree Range and Alice Valley. Nicks Camp is named to remember its original architect Nick Murcutt.

**meals: B,L,D**

### DAY 3 Nicks Camp to Simpson's Gap (10 km) Plus Standley Chasm and lookout Walk (5km)

From Nick's Campsite, we follow the trail west through magnificent, shady Bloodwoods and tall Ironwoods, the dominant trees on this narrow alluvial flat. We may catch sight of a shy Echidna or Black-footed Rock Wallaby as we approach Simpson's Gap. A short transfer takes us to the stunning Standley Chasm where we undertake a walk to the top of the lookout and visit the Chasm that is still run by the traditional owners. We transfer to Charlie's campsite in an exclusive wilderness location nestled in the foothills below Counts Point. Charlie's camp is named in honour of pioneering Larapinta Guide Charlie Holmes.

**meals: B,L,D**

### DAY 4 Serpentine Gorge to Counts Point, then to Charlie's camp-site. (15km)

The highlight of this day is the 5 km walk along the crest of the high ridge leading to Counts Point. From the summit we have views west to Mount Sonder, and where for the first time we can see the comet impact crater, Gosse Bluff, a feature of the landscape for the next few days. The descent from the high ridgetop takes us down through a surprising forest of old Hill Mulga Trees. At the base of the ridge we trek along the dolomite limestones toward camp. Keep your eye out for fossil stromatolites, one of the most ancient forms of life. We trek in to our exclusive Charlie's Camp and a relaxing afternoon amongst the hills. An optional walk (2 km return) to Serpentine Chalet Dam reveals some early history and the chance for a swim in the dam, if you're game to chance the cold water. We camp at Charlie's Camp, our exclusive semi-permanent campsite.

**meals: B,L,D**



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## DAY 5 Charlie's exclusive camp-site to the Ochre pits (8km).

We start the day (if we didn't do it the day before) with an optional walk to Serpentine Chalet Dam. We then trek to Inarlanga (Echidna) Pass to take in the quietness and marvel at the ancient Cycads and continue to the vibrant colour of the Aboriginal quarry at the Ochre Pits. We then break for an early afternoon finish at the Finke river (Oldest in the world) or relax at Glen Helen Resort in preparation for our big day tomorrow. We do have an option to continue for the afternoon though with a 10km walk from Ormiston Gorge to the Finke River which takes us through the diverse lowlands and Creek country. We transfer west to our exclusive camp at the foot of Mount Sonder. This camp is named Camp Fearless in honour of trekking guide Sue Fear.

**meals: B,L,D**

## DAY 6 Mount Sonder 16km,(1380m) early morning sunrise walk (3am-11am)

Today the group will get up early (3am) for a pre-dawn walk for our ascent of Mount Sonder. We aim to be at the summit for sunrise to see views as the sun spreads across this vast country. We descend to Redbank Gorge and can enjoy a great brunch on the Finke river and if time permits in the afternoon we may visit the Glen Helen Resort at the base of the range. We can relax with a drink or even take an optional helicopter flight over the West MacDonnell Ranges. A short transfer returns us to Camp Fearless looking back up toward Mt Sonder.

**meals: B,L,D**

## DAY 7 Depart Alice Springs

This morning we return to Alice Springs and say goodbye to our amazing adventure. Depending on flights booked, please make your own way to the airport for a safe flight home.

**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.

## Climate

In the Centre, the four traditional seasons are more distinct and temperatures are extreme, plummeting below freezing on winter nights (June to August) and soaring to the high 40s (105 F plus!) on summer days (December to January). Trekking on winter days is often pleasant with mild daytime temperatures (15-25C, or 60-80 F) and light winds. Please make sure that you prepare for the cold evenings on winter treks, there can be frosts most evenings from June – August. The shoulder seasons of April-May and September are mild with some warmer days. Night frosts are unlikely and daytimes are warm and occasional hot days may require an adjustment to the itinerary (ie: less walking, more swimming!) Rain is not common in the desert but it does rain on occasion, please be prepared for wet and windy conditions on all trips.

## A Typical Day

The detailed itinerary indicates the walking distances for each day. Some days are easier than others. We move from gorges to ridgelines, and as such there is a reasonable degree of uphill and downhill climbing and the rocky ground can be rugged at times.

This adventure is operated solely by World Expeditions. The vehicles we use for transport are Toyota Landcruisers or Coaster minibuses. We take a maximum of either eight (Landcruiser) or sixteen (Coaster) passengers plus a driver per vehicle. Our vehicles are registered as commercial tourist (passenger carrying) vehicles. We have well equipped camping trailers and large water tanks.



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Mental preparation for your 5-day trek can not be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety.

Each day will start with a hot drink call from your guides. They will then prepare breakfast, whilst you prepare for the day and pack up all your equipment. After breakfast the guides finish their last minute packing and you set off for the day's walk. Each day is different but usually the morning walk is 3-4 hours with numerous snack, photo and water breaks along the way.

A leisurely picnic style lunch is served and a chance to put your feet up and simply take in the magnificent scenery. The afternoon walk is usually shorter than the morning walk getting us to camp with plenty of daylight and time for exploring, relaxing or just enjoying a welcome hot drink and a chat. A hot dinner and dessert is served around 7pm with time to tell a few stories and hear a brief on the following day's activities.

## Private Eco Campsites

Since 1995 World Expeditions has led the way in this outstanding trekking destination and our new stylish semi-permanent campsites continue to set the standard on the Larapinta Trail.

We have worked with Neeson-Murcutt Architects to design innovative, stylish and sustainable semi-permanent campsite facilities that will enhance the experience of trekkers while at the same time minimising environmental impacts. The design won the 2014 NT Architecture Award for Small Project Architecture.

Our innovative new campsites give trekkers a relaxing base to enjoy the outback solitude between walks while enjoying the pristine desert scenery. The kitchen, lounge and dining shelter are set on a raised platform out of the dust. The comfortable lounge is a great place to relax in a cool and shady open sided haven on warm afternoons, while also offering a heated shelter during the cool nights. The dining wing offers stylish table setting for the entire group while the campfire circle is an informal area to relax around the fireplace

The composting toilets are in a clean and airy amenities shelter and use a special compost system that breaks down waste without using water or chemicals. The hot showers give trekkers a welcome way to wash away the dust of a good days walk on the Larapinta Trail.

The tents are a custom built safari tent, each 2.4m x 2.4m x 2.1m, offering plenty of room for two people, swags and gear. A stretcher bed provides a comfortable bed base off the ground. The inner tent has mesh walls so it is easy to remove the fly and sleep under the stars. The sturdy canvas tents also offer great protection if bad weather threatens.

There are 3 semi-permanent campsites in private wilderness locations spread along the trail and you will camp one or two nights in each.

1. Nick Murcutt's Camp near Simpsons Gap, named in honour of the architect, approximately 30 km west of Alice Springs
2. Charlie Holmes Camp near Serpentine Chalet Dam, approximately 130 km west of Alice Springs
3. Rocky Bar Gap Campsite, at the base of Mt Sonder and approximately 210 km west of Alice Springs

These campsites would not be possible without a strong partnership with Aboriginal Traditional Owners and the NT Parks and Wildlife who jointly manage the land. This partnership ensures that the benefits of trekking tourism are shared equitably with the Aboriginal Traditional Owners whose land we walk and camp upon.



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## Meals During the Trek

World Expeditions aims to provide high quality, interesting and nutritional meals for all our guests. Wherever possible we use fresh produce sourced from local providores and carefully selected, stored and transported so as to maintain freshness and quality. There is often plenty of fresh fish, meat or other protein based main dishes and fresh salads. On most trips we re-supply with fresh food every few days however on some more remote trips we may go longer before we can stock up on fresh food.

Our guides have remarkable wilderness culinary skills and pride themselves on the variety and standard of their meals, and ability to cater to a wide range of dietary requirements. Please ensure you let us know if you have a birthday or special occasion during the trip so we can help you commemorate the occasion! The following is a general guide:

-Breakfasts: Ranges from cooked eggs and bacon on toast, to continental (fruit, cereal, yoghurt). Always accompanied by fresh coffee and hot drinks.

-Lunches: Depending on the trip, you may prepare your lunch such as wraps or sandwiches in camp before the day's trek. Most often we have a picnic style lunch on the track with a wide selection of bread rolls, wraps, deli-meats, salads and spreads to prepare a tasty lunch how you like it.

-Dinners: 2-3 courses. The main meal is usually a classic outback style meal such as grilled barramundi, camp-oven roast, or perhaps a tasty stirfry or pasta dish.

-Snacks: Your guides will always have plenty of trail snacks available such as muesli bars and fruit. In the evenings we often serve hors d'oeuvres around the campfire while dinner is being prepared.

## 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



During the trip you camp in exclusive semi-permanent wilderness campsites. Nestled amongst the hills these campsites offer a relaxing and comfortable stay in remote locations. There are two campsites, the Ti Tree Camp is near Simpsons Gap and Charlies Camp is in an idyllic spot near Serpentine Chalet.



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On some days we may walk off the Larapinta Trail and in to camp, or out of camp on to the next stage of the trail. On other days we may have a short transfer to the trail head in off road support vehicles - allowing us to select the best sections of the trail.

The semi permanent campsites are fully set up, so there is no need to worry about setting up or packing up tents. Each site offers a large kitchen - dining tent that provides warm shelter for the whole group during bad weather, or a shady spot to relax on a sunny afternoon.

Individual tents are 2.4m x 2.4m x 2.1m, offering plenty of room for two people, swags and gear. The inner tent has mesh walls so it is easy to remove the fly sleep under the stars. The sturdy canvas tents also offer great protection if bad weather threatens. You should keep your luggage in the tent and zipped up at all times, preventing dingos from taking shoes and other items.

The toilet facilities are clean and comfortable. All toilet waste goes in to a composting tank, ensuring the environment is protected.

There will be basic shower facilities available. Hot water will be provided in strictly limited quantities due to the lack of available water sources.

You will be sleeping in a swag, its is a 5cm (3 inch) thick foam mattress inside a canvas cover. You will be provided with a cotton fitted sheet, pillow and pillowcase. You roll you sleeping bag out on the swag. You can drag the swag outside the tent and sleep under the stars if you are looking for that real outback experience. You will keep the same swag for the entire trip, rolling it up with your bedding inside for transport when we move camp. You should leave your swag secured inside the tent during the day.

You will be experiencing the Territorian style of camping, so your participation will be appreciated. The guides will prepare all the meals and run the camp, however you will be asked to contribute by rolling your own swags. Participation around the camp will make for a more enjoyable experience for everybody.

Sleeping bags are essential for warmth. You can bring your own or hire. They are available for hire for \$20, so please contact WE reservations staff if you require one. We ask that you provide your own inner sheet if you hire a sleeping bag.

Most groups are made up of a mixture of single participants and couples. If you are travelling alone you will share a tent with someone of the same sex. This usually sorts itself out naturally.

## What You Carry

The Larapinta Challenge is a fully supported trek. You will need to carry just a day-pack with your water bottles, jacket, camera and other personal items. You should plan on carrying at least 3 litres of water each and every day.

## 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).

## 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

→ Airfares



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- Items of a personal nature, such as laundry and postage
- Backpacks
- Sleeping Bag hire
- Alcoholic beverages
- Travel insurance

## Info Nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether you're registered or still deciding whether to take the challenge you'll find these 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](http://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](mailto: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](http://www.humacharitychallenge.com)

