

Trekking for the greater good!

Variety, the Children's Charity are offering the ultimate feel good adventure packages with three treks to spectacular destinations that will also benefit Australian kids in need. The Trek Your Heart Out for Variety 2010 Challenges offer three uniquely different treks, exploring diverse yet stunning parts of the world – The Great Wall of China, Machu Picchu and Kilimanjaro.

The Variety treks are designed to satisfy adventurous spirits wanting to experience new cultures. Participants are required to meet a fundraising target which covers the cost of the trip and donation to Variety which goes directly towards helping transform the lives of sick, disadvantaged and special needs children. Variety NSW Chairman, Bruce Newey, explains, "By taking part in one of our treks, people from all walks of life, throughout Australia, can contribute and experience the joy of helping children in need. These charity challenges will not only raise vital funds for Variety but will also provide an unforgettable experience that participants will take away for many years to come."

While each trek is completely different and designed for different skill levels, all three are set to showcase the magic and beauty of these remarkable places:

Great Wall of China (September 18th – 27th): An impressive 10 day adventure, covering some of China's most superb sites including the Forbidden City, the Temple of Heaven, Summer Palace and Tiananmen in Beijing, Eastern Qing Tombs, the largest and most complete of their kind in China, all while hiking the Great Wall. Travellers will also marvel at some of the wonders of the Great Wall including, a temple dedicated to Yang Ye, a famous Great Wall garrison general of the Song Dynasty and the breathtaking Jinshan Mountains, which dates back from the Ming Dynasty. Visitors will also mingle with the locals as they visit some of the local markets and shopping malls in Beijing.



Machu Picchu (October 16th – 31st): A breathtaking 16 day adventure through Machu Picchu and the Sacred Valley, exploring the superbly constructed Inca walls and the extravagant colonial churches and palaces. Trip highlights include the splendour of Cusco, with its churches, cathedrals, plazas, markets and heritage, walking in the beautiful Sacred Valley to view ancient Inca salt pans and exploring the stunning Andean wilderness.

Kilimanjaro (December 2nd – 13th): A challenging 12 day trek of Mount Kilimanjaro, including a walk through the forest to catch a glimpse of the Kilimanjaro Colobus monkeys, exploring Mawenzi Tarn and a climb to the summit of Uhuru Peak.

Participants must fundraise \$6,500 to take part in the Great Wall of China trek, \$8,500 for Machu Picchu and



\$9,500 for the Mount Kilimanjaro trek, of which at least half will go to Variety while the remainder covers the cost of the trip including return airfares (based on a Sydney, Brisbane or Melbourne departure). It's the ultimate adventure holiday, while giving back to Australian kids in need.

If the lure of experiencing countries from their truly local perspective, meeting like-minded people and helping raise funds for kids in need, aren't incentive enough, the Trek Your Heart Out for Variety 2010 challenges are also a great substitute for a health resort, with kilometres of trekking from light to challenging every day.

To register for the Variety Treks please call Inspired Adventures on: 02 9262 7882 or visit: www.inspiredadventures.com.au/variety2010

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