



HANDS ACROSS THE WATER

RIDE TO PROVIDE

NZ ALPS TO OCEAN

SAY YES TO NEW ADVENTURES

If you thought 2020 was an adventure then we challenge you to consider an exciting new adventure (of the good kind) in 2022 as we head to the world famous Alps to Ocean trail to cycle 300km and raise money and awareness for Hands Across the Water.

Alps to Ocean is arguably New Zealand's most picturesque cycle trail. Your adventure begins at Lake Tekapo and from there you will cycle through incredible countryside, past great lakes and rivers, and down to the ocean at Oamaru.

You will spend one night in Christchurch at the start of your experience where we will host a welcome dinner. This will allow you to meet your fellow riders - and room mate - before getting into the saddle the next day.

We don't want to just ride the trail from start to end; we want you to experience what it has to offer and for that reason we have selected Adventure South NZ touring company to host the ride. With inside knowledge and all of the best sightseeing tips, you will be in very good hands and guaranteed not to miss a thing on tour.

This is going to be an adventure; this is not a 5 star luxury experience. We'll be going off the beaten track, visiting small towns, and sharing the experience with another room mate. It's time to take the road less travelled and raise much needed funds for our kids. Will you join us?



DATE:

3RD APR - 9TH APR 2022



CYCLING LEVEL:

Moderate



FUNDRAISING:

NZD \$5,000



PACKAGE COST:

NZD \$3,750



ACCOMMODATION:

Twin-share in 2-3 star hotels and comfortable guesthouses





THE DIFFERENCE YOU'LL MAKE

There are 350 children in our care who haven't had the greatest start to life. Whether they were orphaned or abandoned, suffered abuse or neglect, or removed from their home because their carers are incapable of providing for them, Hands Across the Water has provided a second chance, an opportunity to live a life of choice regardless of the cards they have been dealt.

That is why we rely on amazing supporters like you to help us create this life of choice that the kids deserve. We provide food, a home and an education for the children; we provide them with the safety and security of a loving home. We believe and understand that, all things being equal, the best place for children is with their family. But when things aren't equal, or those opportunities don't exist, then we provide solutions.

By joining the New Zealand Ride you can be part of the solution. The last 18 months has been challenging for Hands Across the Water as 80% of our funding has been wiped due to the pandemic. We have a big gap to bridge, but with your help we can keep the wheels turning to ensure that our kids never have to live in fear again.

HOW THE HANDS STORY BEGAN

Hands was established in 2005 after our founder Peter Baines OAM was introduced to the kids of Takua Pa who had lost their parents in the 2004 Boxing Day Tsunami. Baines was working in Thailand as a forensic investigator leading the Australian and International teams in the identification of those who died. Instead of pulling out when his work ended, he decided to do something to help the children whose families and livelihoods had been destroyed. Hands was formed and lives began to transform. Starting with the kids of Baan Tharn Namchai, the focus was on building homes for the children that would not only sustain them, but enrich their lives.

15 years later we now operate in seven different locations across Thailand, supporting at-risk children - giving them a safe home and a valuable education. Each and every child who spends a month, year or their formative years growing up with us is valued and matters. Because every child matters.



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Travel Itinerary & Map



03 APRIL
SUNDAY

Travel to Christchurch **D**

Welcome Dinner
Overnight in Christchurch

04 APRIL
MONDAY

Travel Christchurch to Twizel **B L D**

Bike Distance: 54km

Your Alps to Ocean (A2O) adventure begins with the drive across the picturesque Canterbury Plains. We start our cycling part of the Alps to Ocean journey with a ride along the hydro canals to reach a high terrace overlooking Lake Pukaki and the surrounding mountains.

05 APRIL
TUESDAY

Twizel to Oamaru **B L D**

Bike Distance: 82km

The stunning scenery keeps coming as we ride alongside the Pukaki and Ohau canals. Translating as 'place of light', Oamaru is known for its extraordinarily clear skies. They are best appreciated at the local hot pools where you can soak in fresh, mountain water (own expense).

06 APRIL
WEDNESDAY

Rest Day - Mount Cook National Park **B L D**

After 2 long days on the bike it's time to give the legs a rest from the pedals so today we drive to Aoraki/Mt Cook National Park, a rugged, magical land of ice and rock, with 19 peaks over 3,000 metres including New Zealand's highest mountain, Aoraki/Mount Cook.

07 APRIL
THURSDAY

Oamaru to Kurow **B L D**

Bike Distance: 79km

Today's ride takes us down the Waitaki Valley, known for its hydro lakes and dams. We join the lakeshore to traverse around the shoreline of rocky outcrops, little beaches and even tree covered islands. It's a fun downhill cycle towards Aviemore Dam, where we'll enjoy a picnic by the lake.

08 APRIL
FRIDAY

Kurow to Oamaru **B L D**

Bike Distance: 81km

This morning the cycle trail takes us along the banks of the Waitaki River, past vineyards and a Maori rock art site to reach the small town of Duntroon. Picking up the old railway line, we'll ride through Raki's tunnel before rolling downhill to the settlement of Windsor. On our last stretch of riding, takes us into our finish at Oamaru.

09 APRIL
SATURDAY

Travel back to Christchurch **B**

At the end of the trip if you wish to fly home on the final day please ensure your flight departs Christchurch airport later than 3pm. We can drop you off at the airport on the way back into town.

Inclusions



5 NIGHTS TWIN SHARE ACCOMMODATION

3rd April 2022 to 8th April 2022 inclusive

Accommodation will be a mixture of hotels, guesthouses and lodges.

Please note, there is no single share accommodation on this trip due to limited availability and options in the smaller towns.



MEALS

All meals are covered in your registration from the welcome dinner through to the final celebration dinner in Christchurch. We will take care of breakfast, lunch and dinner on the ride and provide plenty of sustenance throughout the day at the water stops. You definitely won't go hungry.



HYBRID BIKE

Active Adventures will take care of all of your biking needs. You will be riding on a Specialized Roll-Elite or equivalent. These are excellent lightweight, cross-terrain touring bikes with great flexibility.



TRANSFERS

All transfers during the ride are included.



CUSTOM CYCLING KIT

Your registration includes a customised cycling jersey, shorts and gloves. You will have the opportunity to order additional kit if you choose. You will receive a sizing chart in coming months to help you order the right size kit for the tour. We always recommend to go a size up as you are unable to make changes when you receive your kit.



SUPPORT CREW & BIKE MECHANICS

We only work with the best and you will get to meet some of the nicest people and support crew that you will have ever met. Nothing is too much trouble as long as you bring your manners. Our bike mechanics keep everything running tip top during your tour.



INDIVIDUAL FUNDRAISING PROFILE

At the time of registration you will be prompted to set up your fundraising page. You can update this page with your story and share your unique link to start raising funds. The team at Hands are here to support you with ideas so don't be afraid to ask for help.



TRAINING PROGRAM

You will receive a training program that will help prep you for your journey. The key to your training will be time in the saddle as opposed to km's ridden so even if the weather turns poor, you can get to the local gym or spin class to clock up your hours on the bike. We also have a [great series of videos](#) if you are new to cycling or looking for some additional training tips.



DEDICATED RIDE COORDINATOR

We have a team of people to help you through your journey but importantly there is a dedicated ride coordinator who is there to answer any questions about the ride and arrange any additional activities you might need to organise for your experience. We're here to help so just ask!



RIDE COMMUNICATIONS

You will receive regular rider newsletters and invitations to a closed Facebook group where you will be able to support other riders and ask questions in a safe community.

* **Not Included**

- Travel to Christchurch
- Alcohol
- Travel Insurance
- Spending money for additional food/snacks/gifts

Timeline

DEPOSIT DUE:

\$1250 immediately
\$500 of the initial deposit is non refundable upon cancellation

2 ADDITIONAL MONTHLY INSTALMENTS

\$1250

1ST FUNDRAISING MILESTONE:

50% of fundraising completed by 1ST December

2ND FUNDRAISING MILESTONE:

75% of fundraising completed by 1ST February

FINAL FUNDRAISING MILESTONE:

100% of fundraising completed by 1ST April

FAQs

WHAT HAPPENS IF THE EXPERIENCE IS CANCELLED OR POSTPONED DUE TO COVID-19?

In the event of the ride being cancelled due to COVID-19, a full refund will be issued or the credit can be transferred to a future ride.

If the event is postponed due to COVID-19 any funds paid will be transferred to the new date or a different Hands experience.

In the event that a participant chooses not to participate in the ride experience that is still going ahead due to coronavirus concerns will be treated as a 'change of mind' therefore cancellation. The non refundable \$500 deposit will be forfeited and any balance funds will be carried over to a future ride or Hands Experience.

HOW FIT DO I NEED TO BE?

This experience is designed for people who are relatively fit and willing to get on the bike and do some training in the lead up. Our rides are inclusive which means we are not racing to the finish line, but it is certainly more enjoyable if you have some km in your legs and bum as 300km on a bike is a long time in the saddle. We provide some training tips in the guide on the resource centre to help you prepare.

WHAT IS THE MINIMUM AGE FOR PARTICIPANTS?

We allow children from 16+ to participate in our experiences however any minors will need to be accompanied by a participating adult.

CAN I BRING SUPPORT PEOPLE ON THE RIDE?

There are limited rooms in some of the towns that we visit therefore we will work to filling the rooms with the maximum number of riders. We will have a support team on the ride and we certainly encourage families to join you at the end of the ride to spend some more time exploring Christchurch.

