

HOW FAR WOULD YOU GO FOR A GOOD CAUSE?

Since 2001, GULF FOR GOOD has raised almost US\$ 1.5 million for needy causes across the globe in 23 charity challenges. To continue the good work, we are proud to announce the following exciting adventures:



For more information,
contact Gulf for Good on +971 4 368 0222
or visit www.gulf4good.org

2009 CHALLENGES

GREAT ASIAN CYCLING CHALLENGE

March 26 - April 4 : Saigon, Vietnam to Cambodia.

Cycling 450km over 7 days through paddy fields and river deltas, on good rural back roads, to reach the ancient temples and fortresses of Angkor Wat.

HIMALAYAN PANORAMA ADVENTURE

May 15 - 23 : India and Nepal.

5 days of trekking 70km through terraced fields, tea gardens, orchards and forests, visiting ancient monasteries and meeting the local people - all with a stunning Himalayan backdrop.

ALTERNATIVE

THE INCA TRAIL

July 9 - 18 : Peru.

Avoid the crowds on this exceptional 5-day trail through the mountains above the Lares valley - quiet villages, hot springs, virtually deserted Inca ruins, as well as the lost city of the Incas, Machu Picchu.

ANNAPURNA CIRCUIT TREK

October 15 - 29 : Nepal.

The big one! 9 days of trekking, reaching an altitude of 5,415m over the stunning Thorung La Pass - tough, but an experience you will never forget.

CYCLE THE SEVEN EMIRATES

November 26 - December 2 : UAE.

A 7-day tour of all 7 Emirates. Find routes you never knew existed, meet other Gulf residents and help raise funds for children in UAE and Palestine.

CHALLENGE YOURSELF - HELP OTHERS

All challenges include a visit to the charity to spend time with the children and, where appropriate, do some work to help them.

**GULF
FOR
GOOD**
GIVING KIDS A CHANCE AROUND THE WORLD