



ms

Multiple Sclerosis
New Zealand

**RIDE FOR
MS 2025**



MULTIPLE SCLEROSIS NEW ZEALAND

MSNZ is a not-for-profit, for-purpose organisation delivering advocacy, information, awareness and education to improve the lives of people affected by MS.

Funds raised from Ride for MS will help fuel MSNZ's advocacy for improved access to services, treatments, and policies that truly make a difference for people affected by MS, ensuring everyone receives the support they deserve.

THANK YOU for considering supporting our ongoing work.

BY FUNDRAISING, YOU BECOME PART OF THE CHANGE

Your efforts **help break down barriers** to essential healthcare, life-changing treatments, and critical support services.

Every dollar raised **amplifies MSNZ's voice** advocating for better access to treatments, improved services, and a brighter future for those affected by MS.

MSNZ work closely with 18 member organisations across Aotearoa and alliance partners to **tackle the challenges** that impact physical, mental, and financial well-being.

Together, we can drive real change and ensuring no one faces MS alone.

YOUR FUNDRAISING WILL ENABLE MSNZ TO:

- Ensure nationally consistent, evidence-based MS information.
- Promote global best-practice standards for long-term brain health.
- Fight for equitable access to timely diagnosis, treatment, and MS specialists.
- Advocate for access to all proven disease-modifying therapies.
- Breakdown barriers to funding and support for people with MS and their carers.
- Highlight the economic impact of MS to influence better funding decisions.
- Amplify the voice of the MS community on key national issues.

WHAT ARE YOU WAITING FOR?

Rally your friends, challenge yourself, and **register today** - because **together**, we can create a future where everyone affected by MS gets the care and support they deserve.

FAST FACTS



**3-10 November
2025**



**\$2,999 + \$390
Exciting offer
to follow**



3 / 5



\$3,000

WHAT TO EXPECT

- Explore the tree-lined boulevards of Siem Reap and witness the magnificent spires of historic Angkor Wat.
- Experience a whirlwind of sensations, soaking up the sights, sounds and smells of Cambodia's vibrant capital city as you cycle.
- Discover a World Heritage Site of ruined temples swallowed by nature.
- Cooking Class At Lum Orng Organic Farm on your rest day. Check out their stunning website here: [Lum Orng Restaurant – Farm to Table Cuisine, Siem Reap](#)



WHAT TO EXPECT

- Professional guides to look after you on the ground and cheer you on - keep in mind that they will assess the team and constantly check in with you!
- Twin-share accommodation in 4-star hotel.
- Full fundraising and training support and help preparing for travel from Inspired Adventures and MSNZ.
- Cycling with a passionate group of fellow MSNZ supporters, fundraising for a cause close to your heart.
- The chance to make new friends, make a real difference and explore bustling Cambodia!



INCLUSIONS



- Transfers as per itinerary (attached)
- Accommodation in 4-star hotels based on twin-share
- Meals as per itinerary
- Water on cycling days
- Local English-speaking guide
- Bicycle and helmet
- Support vehicle
- Bike mechanic for cycling days
- Activities and entrance fees as per itinerary

EXCLUSIONS

- Airfares
- Airport transfers
- Travel insurance (compulsory)
- Visas (if applicable)
- Soft drinks and alcoholic beverages
- Personal expenses
- Tips and gratuities (optional)
- E-Bike hire (optional and at an additional cost of NZD\$920)



NOT SURE WHERE TO START WITH FUNDRAISING?

We're here to help!

Inspired Adventures and MSNZ will help you along the way. We have resources, tool and lots of ideas to get you going and keep you motivated!

STILL NEED CONVINCING?

Check out the new video set in Siem Reap, showing you many of the amazing sights you'll see on the way.

<https://inspiredadventures.com.au/event/msnz-cambodia-2025/>



5 S'S OF FUNDRAISING

1. **Schedule and plan** - What is your goal?
Consider your availability and time -
what do you have time to do in the next
month?
2. **Start strong** - Photo, bio, self donations!
3. **Share your story** - What is your
connection?
4. **Spread the word** - Share, share, share!
5. **Say thank you (LOTS)!**



ONLINE FUNDRAISING PAGE

It all starts with your fundraising page. Make it stand out by:

- Setting yourself a goal (high!)
- Add a photo
- Write a detailed bio - why are you taking this challenge and raising funds for MSNZ
- Use blog features and give regular updates to your donors
- Share, share, share!
- Thank your donors
- Reach out to us for resources - e.g. QR Codes, event posters,

HOW TO BUILD A CASE FOR SUPPORT

- Why are you doing this challenge?
- Who is MSNZ and what do they do?
- Why have you chosen to raise funds for MSNZ?
- How will the money raised make a difference?
- What are you doing and what sacrifices will you be making to raise money for MSNZ?



EXCITING OFFER!

Ready to register?

We're offering registration for just
\$1 (save \$389)

Use discount code **"MS-RIDE25"**
when you register!

Offer expires **30 June 2025** so
DON'T DELAY!!

More Information

\$389 OFF!

INSPIRED
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