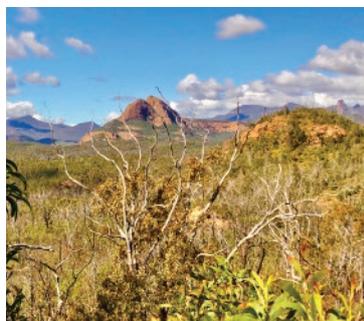




can too warrumbungle summits challenge



trip highlights

Raising vital funds for cancer research

Undertake a multitude of walks that explore the Warrumbungle National Park's iconic scenery and unique flora and fauna

Enjoy stargazing and camping under the stars in Australia's only Dark Sky National Park

Delicious evening meals cooked by our wilderness guides

Summits of Mt Bluff, Mt Exmouth, Lugh's Throne and Beloungery Split Rock

Hike into the exquisite Pilliga Sandstone Caves



Trip Duration	6 days	Trip Code: CA8
Grade	Moderate	
Activities	Trekking with a daypack	
Summary	6 day trip, 5 nights camping	

supporting your cause

The Can Too Foundation is an independent health promotion charity committed to funding cancer research and prevention.

Can Too has raised over \$23M since 2005, to fund 180 Australian cancer research projects and trained over 17,000 participants to be fitter and healthier.

We offer professionally coached training programs across NSW and Queensland using qualified and experienced Coaches plus caring Mentors and Team Captains. In return, the participants raise money for cancer research and prevention.

Can Too trains all levels, from beginners to more experienced athletes, in structured training programs tailored to specific physical challenges such as running races, ocean swims, trail walking, destination events and adventure challenges and you can even choose your own event as a Can Too Beyond program.

The health promotion charity is fighting cancer on two fronts - reducing cancer by getting people moving through goal-specific fitness programs and improving patient outcomes through funding lifesaving Australian cancer research projects.

At Can Too, we believe everyone can achieve goals they once thought impossible. We believe life is what you make of it, that anything is possible, and if you're willing to take that first step, you CAN TOO! Programs range from entry level distances such as 10km run programs, trail walking and running, and 1km ocean swims, to 5km swim programs and half marathons, through to advanced programs such as marathons, 10km swims and adventure challenges.

your Huma Challenge

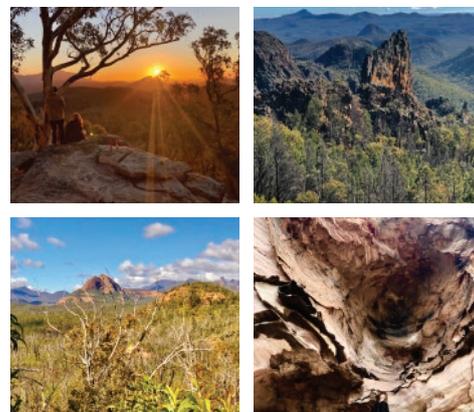
Thank you for your interest in our Can Too Warrumbungle Summits Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money 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.



A DIVISION OF WORLD EXPEDITIONS

can too warrumbungle summits challenge

A remote and challenging hike through the Warrumbungle National Park to raise funds for the Can Too Foundation and cancer research



charity challenge payments

Joining Sydney or Warrumbungle National Park from:	\$2095
Non refundable registration fee:	\$200
DO - Donation:	\$2500

All prices are per person

what impact will my fundraising have?

- Our Vision - Transforming lives through improving health and well being in the community and supporting the research, prevention, care and control of cancer.
- Our Mission - Engaging and inspiring individuals and the community to achieve personal health, well being and altruistic goals. Enabling and assisting fundraising to support innovation in the prevention, care and control of cancer.
- Our Values - We are about fun, fitness, friends and fundraising! Our goals are to inspire, motivate, support, empower, and include others.

your adventure

Join this special trip in support of the Can Too Foundation and cancer research.

The name 'Warrumbungle' is a Gamilaroi word meaning crooked mountains. Created over millions of years from an extinct shield volcano, the jagged volcanic silhouette of the Warrumbungles rises sharply from eucalypt-dotted ridges amid surrounding plains. Free from artificial light, the Warrumbungle National Park, is Australia's first Dark Sky Park and on clear nights you will encounter the starriest of skies. This is the backdrop of our exclusive new adventure.

On this trip we take in all the Park has to offer including hikes to the summit of Mt Bluff, Mt Exmouth, Lugh's Throne, Beloungery Split Rock and famous Breadknife Gap which offer close up views of the park's iconic rock formations. Our trip concludes at the lesser known Pilliga National Park where we undertake a stunning short walk on the Sandstone Cave walking track.

This trip is not to be missed. We hope you can join us.

fundraising options

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

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. 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.
4. 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.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

online fundraising portal

You will have your own fundraising page which will chart your fundraising targets and your trek through the Warrumbungles. The team at Can Too will be in touch with you upon registration and provide you with a link to create direct fundraising on Can Too website.

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.

trip dates

2021 26 Jun - 01 Jul

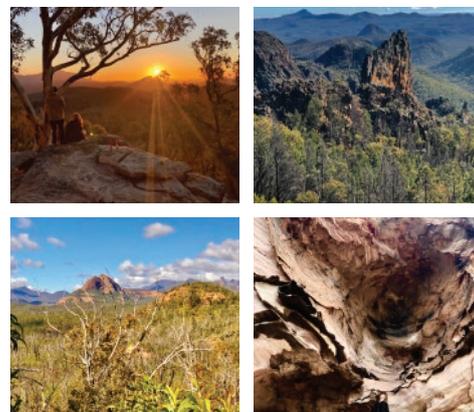
important notes

RF - Registration Fee
DO - Donation



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fast facts

Countries Visited:

Australia

Group Size Min:

8

Group Size Max:

16

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

responsible travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Moderate

We believe our walking adventures are heaps of fun, and we want to ensure you have the best experience possible. It's important to us that you have the fitness and skills to enjoy your time with us so please read on. For our full day bush walking experiences, participants require a good level of fitness and must be willing and able to walk over rugged terrain with some steep ascents and descents. In order to complete this walk you should already have a good level of fitness and ideally undertake regular exercise three or four times a week. Experience hill walking with a day pack is recommended. Participants will get the most out of their walk if they feel comfortable walking up and down stairs and on uneven ground.

itinerary at a glance

DAY 1	SELF DRIVE OR GROUP TRANSFER TO WARRUMBUNGE NATIONAL PARK, COMMENCE TRIP
DAY 2	BURBIE CANYON WALK AND BELOUGERY SPLIT ROCK CIRCUIT
DAY 3	WALK TO LUGH'S THRONE VIA BALOR HUT, FEBAR TOR (714M) AND BREADKNIFE GAP
DAY 4	SUMMIT BLUFF MOUNTAIN
DAY 5	SUMMIT MT EXMOUTH VIA CATHEDRAL ARCH
DAY 6	PILLIGA NATIONAL PARK AND TRIP CONCLUDES

what's included

- Professional wilderness guide/s
- 5 nights camping
- 5 breakfasts, 4 lunches, 5 dinners, and hot drinks
- National Park fees
- Emergency communications and group first aid kit
- Transfers to/from the start of walks within the Warrumbungle National Park

what's not included

- Accommodation before or after the trip
- Backpack/s
- Items of a personal nature: alcoholic beverages, car parking etc
- Travel insurance
- Personal COVID-Safe face masks and hand sanitiser
- Transfer from Sydney to/from Warrumbungle National Park. Note: a group transfer can be arranged at additional expense

detailed itinerary

DAY 1 Self drive or group transfer to Warrumbungle National Park, commence trip

After all the fundraising and preparation, the wait is finally over!

Make your way to the Warrumbungle National Park. Note: National Park fees are \$8 per day per vehicle.

Early arrivals will take a short walk on the Wambelong Nature Trail where we will enjoy great views of our walk for tomorrow.

A short transfer will bring us White Gum Lookout for pre-dinner snacks and sunset views of the Warrumbungles National Park.

Return to our camp at Camp Walaay, where we will be based throughout the trip, for a group dinner prepared by our guides.

Overnight Camp.

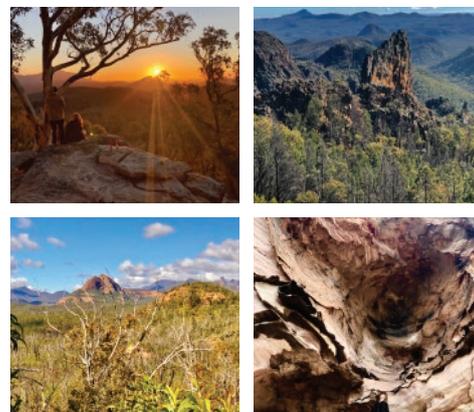
Walking distance: 2-3km

meals: D



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adventure travel

By its very nature Charity Challenges involve 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 your charity representative or 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.

DAY 2 Burbie Canyon Walk and Beloungery Split Rock Circuit

After breakfast we head to the Burbie Canyon Walk before joining the Beloungery Split Rock Circuit where we will make our way up the Beloungery Split Rock, the first of many summits (7km).

We then return to the nearby Visitors Centre for an interpretive short walk before a short transfer or walk back to camp for a relaxing afternoon at camp.

This evening after an early dinner we will enjoy a short walk to set up for some evening star gazing. Overnight Camp.

Walking distance: up to 10km

meals: **B,L,D**

DAY 3 Walk to Lugh's Throne via Balor Hut, Febar Tor (714m) and Breadknife Gap

A fantastic full day's walk from Camp Pincham to Lugh's Throne via Balor Hut, Febar Tor (714m) and Breadknife Gap.

Overnight Camp.

Walking distance: 15-17km

meals: **B,L,D**

DAY 4 Summit Bluff Mountain

A full day hike today departing from the start of the track at Pincham Campsite to the rocky summit of Bluff Mountain (1200m) via West Spirey Creek Track. The track is long and steep in parts with some loose rock and rocky scrambles. Once on the summit of Bluff Mountain you will be rewarded with spectacular views of Mount Exmouth, Tonduron Spire and Mount Naman's thick lava flows. It is the only point in the park where you can enjoy views of Bluff Pyramid and the vast western plains. We return via the same trail.

Overnight Camp.

Walking distance: 16km

meals: **B,L,D**

DAY 5 Summit Mt Exmouth via Cathedral Arch

We have great day in store today with our aim to summit Mt Exmouth via Cathedral Arch. This long trek is also an extremely rewarding one and the 360-degree views from Mount Exmouth (1206m) are simply outstanding. Along the way to the summit, you'll encounter a varied vegetation community, and basalt rock formations that comprise some of the few remaining pieces of the original volcanic shield. Following Mount Exmouth walking track is to walk back in time, experiencing the best that Warrumbungle National Park has to offer. Return to camp for our final night under the stars and celebrate the end of a special journey.

Overnight Camp.

Walking distance: 17km

meals: **B,L,D**

DAY 6 Pilliga National Park and trip concludes

We have breakfast and pack up camp early this morning and depart for Pilliga National Park (30-40min group transfer or self drive) where we will walk the Sandstone Caves walking track. Brunch at Pilliga Pottery Cafe before departing for home.

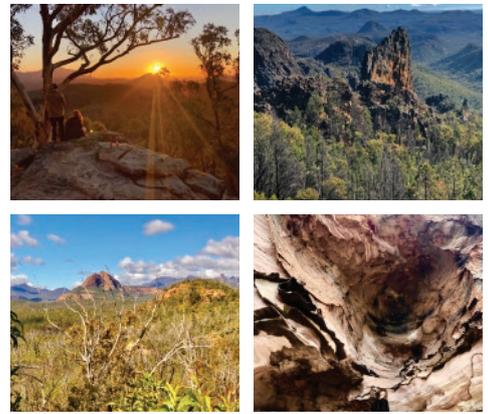
meals: **B**

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.



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country information

Warrumbungle National Park is an area of former volcanic activity. Its landscape includes forested ridges, barren spires and deep gorges. The rocky spires and domes visible throughout the park are all that is left of a large shield volcano that was active from 13–17 million years ago. The lava overlays sandstone areas which are remnants of the 150 million year old Pilliga Sea. The weathering of these rocks has left the harder trachyte plugs towering over the wooded slopes below and include iconic features such as the Breadknife which is a 90m high rock wall known as a dyke.

For many thousands of years before European settlement, Aboriginal people regularly visited the Warrumbungle Mountains. The name 'Warrumbungle' is a Gamilaroi word meaning crooked mountains. Evidence can be found of Aboriginal camps and is usually indicated by stone flakes which are the remains of stone tool production. Remnants of early European settlement and past farming practices can also be found throughout the Park.

The Warrumbungle Range supports plants and animals of the moist east coast and dry western plains. In spring, the sandstone areas produce beautiful displays of wildflowers such as wattles, peas and heaths which are more commonly associated with coastal areas. The diversity of landform, microclimate and associated vegetation provides habitat for many animals including large populations of eastern grey kangaroos, wallaroos and emus. The Warrumbungle National Park is also home to a population of the threatened brush-tailed rock wallaby. The park boasts a large number of bird species including 19 of Australia's 55 species of parrots.

climate

You may experience a great range of temperatures on any day in the park. In summer it is generally hot in the daytime and temperatures often exceed 30C. In contrast, winter can be very cold and the temperature can drop below freezing at night. Springtime is a lovely time to be in the Park with more moderate weather. In early spring, the wildflowers are in bloom, including a huge variety of golden wattle flowers. Rainfall is also highly variable, ranging from drought to prolonged wet periods. Less rain falls on the western side of the park than on the eastern side. December to February are generally the wettest months and thunderstorms are common in mid to late summer.



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accommodation on the trip

On this trip you will spend 5 nights camped at a basecamp within the Warrumbungle National Park at Camp Walaay where there are toilets and drinking water. Shower amenities are a short walk away.

what you carry

On your day walks you will need to carry a daypack with your personal supplies for the day including water (2-3L), rainjacket, warm jacket, camera, snacks etc

how to book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Megan Harris.

Email: megan@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

