



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



Trip Duration	5 days	Trip Code: CA8
Grade	Moderate	
Activities	Trekking with a daypack	
Summary	5 day trip, 4 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.

The health promotion charity is fighting cancer on two fronts - reducing cancer by getting people moving through goal-specific events and adventures and improving patient outcomes through funding lifesaving Australian cancer research projects. At Can Too, we believe everyone can achieve goals they once thought impossible.

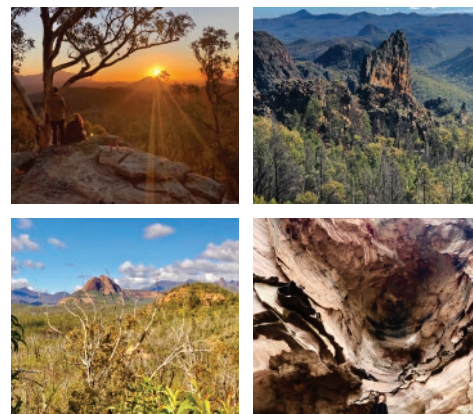
We believe life is what you make of it, that anything is possible, and if you're willing to take that first step, you CAN TOO!

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.



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Charity Challenge Payments

Joining Warrumbungles National Park from Travel Cost Twin Share:	\$1720
Non refundable registration fee:	\$200
DO - Minimum charity donation/fundraising:	\$1950

All prices are per person

Trip Dates

2022 24 Apr - 28 Apr

important notes

RF - Registration Fee
DO - Minimum charity donation/fundraising

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 - To inspire and support the community to achieve health, fitness, wellbeing and fundraising goals, which invests in research to better prevent, diagnose and treat 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.

We hope you can join us.

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 your fundraising page on Can Too's 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.

Itinerary at a Glance

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

What's Included

- Professional wilderness guide/s
- 4 nights camping
- 4 breakfasts, 3 lunches, 4 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



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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.

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

Make your way to the Warrumbungle National Park and on to Camp Walaay, where we will be based throughout the trip. If time allows this afternoon, we will take a short warm up walk before sundown and later enjoy pre-dinner snacks and sunset views from White Gum Lookout. Return to camp for dinner prepared by our guides.

Overnight Camp.

Walking distance: 2-3km

meals: D

DAY 2 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 3 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 4 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



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote areas 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 5 Trip concludes

We have breakfast and pack up camp 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.

Fundraising Support

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

1. You can fundraise the charity donation.
2. You may choose to pay the charity donation as a personal tax-deductible donation to your charity.
3. Lastly, you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

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 4 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 on the Can Too website: <https://www.cantoo.org.au/home/events>

