



Can Too Yuraygir Challenge 2021



Trip Highlights

- Hike in the beautiful Yuraygir National Park
- Explore the secluded coast between Angourie and Red Rock
- Spot an abundance of wildlife, including kangaroos, whales and birdlife
- Enjoy ever-changing and expansive views of the ocean, rocky headlands and bushland
- Fully supported with comfortable cabin accommodation
- Raise vital funds for cancer research



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|----------------------|---|-----------------------|
| Trip Duration | 6 days | Trip Code: CA9 |
| Grade | Introductory to Moderate | |
| Activities | Trekking with a daypack | |
| Summary | 6 day trip, 5 nights shared cabin accommodation | |

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 Yuraygir Challenge 2021. 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 Sydney or Coffs Harbour from Multi Share Cabins: | \$2395 |
| Non refundable registration fee: | \$200 |
| DO - Minimum charity donation/fundraising: | \$1750 |

All prices are per person

Trip Dates

2021 25 Jul - 30 Jul

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

The Yuraygir National Park is the largest coastal park in New South Wales and one of the most diverse bioregions in the country. From age-old coastal landforms, littoral rainforest, eucalypt forest, woodland and wetlands, you can see it all in Yuraygir National Park. The National Park is home to the stunning Yuraygir Coastal Track which follows the footsteps of the ancient coastal emu that once thrived in the park.

Over five days we walk southwards taking in the sweeping and ever-changing views. The park is home to an abundance of Australian native wildlife. As we walk we'll keep an eye out for kangaroos, white-bellied sea eagles, yellow-tailed black cockatoos, emus and whales. Carrying only a day pack, we'll walk along pristine beaches, cross creeks and rock hop across multiple small and remote beaches. In the afternoon we arrive at our cabins, with time to relax and enjoy a swim.

The 65 kilometre walk involves a series of tracks, trails, beaches and rock platforms that are linked by following the 'coastal emu footprint' marker. We hope you can join us on this exclusive adventure.

Fundraising Options

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.

Online Fundraising Portal

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

Itinerary at a Glance

| | |
|-------|---|
| DAY 1 | SELF DRIVE OR GROUP TRANSFER TO YAMBA |
| DAY 2 | SHORT TRANSFER TO ANGOURIE, WALK TO BROOMS HEAD |
| DAY 3 | WALK TO BROOMS HEAD TO MINNIE WATER, STANDON RIVER CROSSING |
| DAY 4 | WALK MINNIE WATER TO WOOLI |
| DAY 5 | WALK FROM WOOLI TO RED ROCK, CROSSING THE WOOLI WOOLI RIVER AND CORINDI RIVER |
| DAY 6 | TRIP CONCLUDES |



Can Too Yuraygir Challenge 2021



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.

Trip grading

Introductory to 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 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. This is trip is nearly all walking on sand. Please be prepared to walk on sand for long distances. We recommend training on sand before joining this adventure.

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 and sand 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, sandy ground.

What's Included

- Professional wilderness guide/s
- 5 nights multi share cabins (linen provided)
- 5 breakfasts, 4 lunches, 5 dinners, and hot drinks
- National Park fees
- Optional transfer from Sydney to/from Yamba (or pick up/drop off from Coffs Harbour)
- Emergency communications and group first aid kit
- Transfers to/from the start of walks within the Yuraygir 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

Detailed Itinerary

This adventures is on the coast and it is very exposed to wind and rain. The walk involves several river crossings and tides can impact our access to certain sections. Please come prepared to enjoy all weather conditions. If we experience drastic tides we may need to start early in the morning or even walk a section in the evening.

DAY 1 Self drive or group transfer to Yamba

This morning we depart early from Central Station in Sydney for a 7-hour drive north to Yamba. You may prefer to self drive to Yamba or fly to Coffs Harbour and we will arrange to pick you up from the airport. Once settled into your cabin, the afternoon is free to explore Yamba or have a swim before our first group dinner.

Overnight Calypso Holiday Park, Yamba.

meals: D

DAY 2 Short transfer to Angourie, walk to Brooms Head

After breakfast, a short transfer takes us into the beautiful Yuraygir National Park and the Angourie Lookout and picnic area, where the Yuraygir Coastal Walk starts. We embark on the Coastal Track, heading southward for Shelley Head. Walk across a series of rock platforms and if we're there at low tide, can take a detour to Shelley Caves to see the stunning display of ocean force and time taking its toll on the sandstone headland. Walk along the pristine Plumbago Beach and nearby Lake Arragan to Brooms Head. Overnight Brooms Head Caravan Park.

Walking distance: 18km

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 3 Walk to Brooms Head to Minnie Water, Standon River Crossing

Today's walk begins along the headland trail with expansive views of sweeping beaches before we arrive at Sandon for our first river crossing. We'll stop for morning tea and a stroll through the small village before crossing the narrow river and continuing our walk along Sandon beach towards Illaroo and on to Minnie Water. Along the way there will be opportunities to swim and appreciate the remoteness of this spectacular park. After checking into the cabins we can enjoy a short pack-free headland walk around Minnie Water Headland and along Angophora Walking Trail. Overnight Minnie Water Holiday Park

Walking distance: 19km

meals: **B,L,D**

DAY 4 Walk Minnie Water to Wooli

A relatively easy walk today starts by crossing the headland where you'll likely see and hear a chorus of yellow-tailed Black Cockatoos and may also spot the endangered Coastal Emu. More spectacular coastal scenery with the last 5kms taking us along the beach through Diggers Camp to Wooli. On arrival we'll be met by our vehicle for the 15 minute transfer back to Minnie Water for overnight.

Overnight Minnie Water Holiday Park

Walking distance: 14km

meals: **B,L,D**

DAY 5 Walk from Wooli to Red Rock, crossing the Wooli Wooli River and Corindi River

A transfer brings us from Minnie Water back to the Wooli Wooli River, where we enjoy our second river crossing and take in the amazing views of the multi coloured headland walls. Our walk starts on the shell-covered shoreline, and we'll rock hop our way around and across several small and remote beaches. This is the most remote part of the walk and can be difficult. Once we reach Pebbly Beach we will take off our boots and walk across Station Creek and along the beach toward the scenic Red Rock and our last river crossing. Transfer to Darlington Beach for accommodation and dinner and a celebration dinner. Overnight Darlington Beach Holiday Resort.

Walking distance: 12km

meals: **B,L,D**

DAY 6 Trip concludes

After breakfast and an optional ocean dip, the trip concludes. The group will be transferred back to Sydney or Coffs Harbour Airport.

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.

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>

