



Can Too Yuraygir Challenge 2021



Trip Highlights

- 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
- Hike in the beautiful Yuraygir National Park
- Raising vital funds for cancer research



Trip Duration	5 days	Trip Code: SOG6800
Grade	Introductory to 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.

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 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:	\$1895
Non refundable registration fee:	\$200
DO - Minimum charity donation/fundraising:	\$2500
Sleeping Bag Hire:	\$30
Single Private Tent:	\$50

All prices are per person

Trip Dates

Important notes

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

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 emus that once thrived in the park.

Over four 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 camp, with time to relax and enjoy a swim.

The 49 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 our exclusive new adventure.

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 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 YURAYGIR NATIONAL PARK
DAY 2	SHORT TRANSFER TO ANGOURIE, WALK TO LAKE ARRAGAN
DAY 3	WALK TO ILLAROO VIA BROOMS HEAD AND SANDON
DAY 4	CONTINUE ON THE COASTAL WALK TO STATION CREEK
DAY 5	SHORT WALK TO RED ROCK, RETURN TRANSFER TO SYDNEY OR SELF DRIVE FROM COFFS HARBOUR

What's Included

- Professional wilderness guide/s
- 4 nights camping
- 4 breakfasts, 3 lunches, 4 dinners, and hot drinks
- National Park fees
- Optional transfer from Sydney to/from Yuraygir National Park (or pick up/drop off from Coffs Harbour)
- Group camping equipment including all cooking and eating equipment, camp chairs and tables
- 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



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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 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.

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 charity challenge 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 challenge itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- Personal COVID-Safe face masks and hand sanitiser
- Sleeping bag hire

Detailed Itinerary

This adventure 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 Yuraygir National Park

This morning we depart early from Central Station in Sydney for our group transfer up the coast. If you prefer to self drive to Coffs Harbour, we can arrange to pick you up from Coffs Harbour airport. In the afternoon we arrive at the beautiful Yuraygir National Park where we set up camp for the evening. We have a chance to stretch our legs on a short beach walk before sitting down to our first group dinner.

meals: D

DAY 2 Short transfer to Angourie, walk to Lake Arragan

After breakfast, a short transfer will bring us to Angourie Lookout and picnic area, where the Yuraygir Coastal Walk starts. We embark on the Coastal Track, heading southward for Shelley Head. If we're there at low tide we can take a detour to Shelley Caves where we can marvel at the stunning display of ocean force and time taking its toll on the sandstone headland.

We finish today's walk as we head over Shelley Headland and onto Plumbago beach and the nearby Lake Arragan campground. The campground is a great spot for a swim and an afternoon of relaxing. Overnight Lake Arragan campground.

Walking distance: 12.5km

meals: B,L,D

DAY 3 Walk to Illaroo via Brooms Head and Sandon

We start the day with a short transfer from camp to Brooms Head, where we start our walk up along the headland trail. We walk surrounded by expansive views of the sweeping beaches before arriving at Sandon for our first river crossing. We'll stop for morning tea before crossing the narrow river and strolling through the small town of Sandon. We continue along Sandon beach before arriving at our second camp spot at Illaroo North. Leaving our day packs at camp, we can enjoy a short pack-free headland walk around Minnie Water Headland and along Angophora Walking Trail.

Walking distance: 17.5km

meals: B,L,D

DAY 4 Continue on the coastal walk to Station Creek

A transfer brings us from camp to 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. Once we reach Pebbly Beach we will take our boots off and walk across Station Creek. We camp at Station Creek Campground, nestled amongst the dunes that are teeming with birdlife and unspoilt ecosystems.

Walking distance: 14km

meals: B,L,D



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DAY 5 Short walk to Red Rock, return transfer to Sydney or self drive from Coffs Harbour

We finish the trip with a leisurely walk along Station Creek Beach toward the scenic Red Rock for our last river crossing. We'll enjoy a scenic brunch on the headland, appreciating the last of our coastal views before the group transfer back to Sydney, via Coffs Harbour.

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 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.

Accommodation on the Trip

On this trip you will spend 4 nights camping. We'll camp at Lake Arragan, Illaroo North and Station Creek Campgrounds. The first two campgrounds have drinking water and toilets, but Station Creek does not.

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

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

