

GI Cancer Gutsy Cape to Cape Challenge



Trip Highlights

Join the GI Cancer Institute on this Gutsy Challenge across the capes on the Margaret River coastline

Raise vital funds for digestive cancer research

Cliff-top walking with stunning views of red granite boulders, white sand beaches and turquoise waters

Stay in the comfortable Margaret River Beach House

Wander through the magnificent and ancient Karri forest

Explore the rugged and diverse South Western Australian coastline



Trip Duration	9 days	Trip Code: GL5
Grade	Moderate	
Activities	Charity Challenge, Walking	
Summary	8 nights accommodation	

Supporting Your Cause

The GI Cancer Institute saves lives by funding gastro intestinal (GI) cancer clinical trials research in Australia. Gastro Intestinal (GI) cancers include the oesophagus, stomach, liver, gall bladder, pancreas, bowel and colorectal cancers. GI Cancers are the most common form of cancer, directly affecting more than 24,000 Australians each year and claiming a devastating 33 lives a day. The research that we fund enables Australians with GI cancer to receive the best medical treatment. By conducting research in Australia, our cancer patients receive new treatments three to five years earlier than if the research was to take place overseas. Our clinical trials allow us to find better ways to treat GI cancers and provide hope to those diagnosed and their loved ones.

Your Huma Challenge

Thank you for your interest in our GI Cancer Gutsy Cape to Cape 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 and new landscapes..... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. They will 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.

Connect with us on social

FACEBOOK: @humacharitychallenge

Like our page at facebook.com/ humacharitychallenge

INSTAGRAM: @ humacharitychallenge

Follow us at instagram.com/ humacharitychallenge

Share the love - hashtag #Humacharitychallenge or #Adventureforacause on your best travel photos and videos to be featured.



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Charity Challenge Payments

Joining Perth from Travel Cost Twin Share:	\$2590
Non-refundable Registration Fee:	\$200
Minimum Charity Donation/Fundraised:	\$3500

All prices are per person

Flights to Perth are not included, once your challenge is confirmed we recommend you jump online and book/secure your flights to Perth.

Trip Dates

2019 14 Sep - 22 Sep

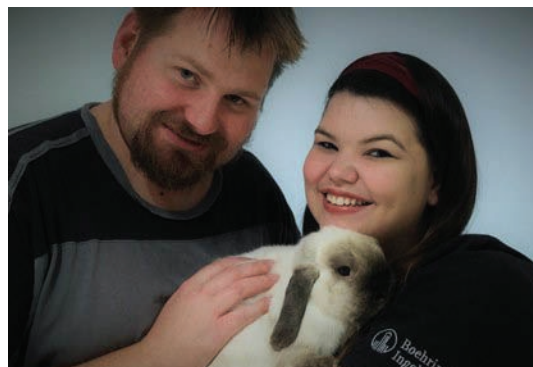
important notes

RF - Registration Fee

What Impact Will My Fundraising Have?

- Lift 5-year survival rates
- Improve cure rates
- Give patients immediate access to the latest treatments
- Improve quality of life during treatment
- Change GI cancer treatment worldwide
- Ensure patients receive an excellent standard of care
- Be a part of cutting edge research
- Give patients and their loved ones hope

Fundraising Impact?



At just 28 years old, Mae's life was full of promise. She was in love, planning to get married and training to be a vet. Against the odds and with no family history or medical issues, Mae was diagnosed with aggressive, stage 4 colon cancer.

But with her partner Nick by her side, Mae did not give up on her dreams. Throughout this horrific time, Nick was Mae's rock. This included kneeling down beside Mae's hospital bed, with a ring and asking her to marry him.

She has endured months of intensive chemotherapy but is determined to live her life to the full. Mae only has great praise for the medical staff that looked after her and the innovative treatments that have helped to prolong her life.

Just three years after her diagnosis, Mae is still going strong, married to Nick and loving her pets. Currently, she is in remission and life is just about back to normal.

Mae is studying at Vet School and is helping us to "channel money into an area of research that is incredibly underfunded."

Please join us and help to give patients like Mae a future.



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Fast Facts

Group Size Min:

6

Group Size Max:

12

Singles:

A single supplement is available for this trip*

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 Leeuwin-Naturaliste National Park stretches over 100 kms along Western Australia's magnificent Southwest coast. With the world-renowned Margaret River wine region at its centre, this coast is as diverse as it is spectacular. From giant Karri forests to windswept limestone cliffs, pristine white sandy beaches, coastal heath as well as ancient dunes and granite cliff lines, the diversity of landscapes makes the Cape to Cape trek one of Australia's most delightful coastal walks. Walking during the warmer months reveals abundant wildflowers as well as daily opportunities for a swim in the ocean and lagoons. This itinerary aims to traverse the entire 135 km Cape to Cape track, walking between 14 km to 25 km each day with just a daypack. There are some steep sections, and beach walking can be challenging, however on some days there are options to walk half a day. Excellent homemade food, knowledgeable guides and comfortable lodge-style accommodation, which we return to each evening.

Come and see why our previous walkers have rated this trek as one of Australia's best.

Fundraising Options

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.

There are a number of ways you can reach your \$3500 fundraising requirement:

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 the GI Cancer Institute.
4. 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 connect with the team page and chart your fundraising targets and your Cape to Cape journey. The team at the GI Cancer Institute will be in touch with you upon registration and provide you with a link to create your personal fundraising page. The minimum fundraising target is \$3,500 per person. Consider that this is a \$35 dollar donation from 100 people you can do it!

Itinerary at a Glance

DAY 1	ARRIVE PERTH (SELF-FUNDED)
DAY 2	DRIVE FROM PERTH, WALK CAPE NATURALISTE TO YALLINGUP (14 KM)
DAY 3	YALLINGUP TO MOSES ROCK (17.5 KM)
DAY 4	MOSES ROCK TO GRACETOWN (16KM)
DAY 5	GRACETOWN TO MARGARET RIVER (18KM)
DAY 6	RIVER MOUTH TO BORANUP FOREST (26KM)
DAY 7	BORANUP FOREST TO COSY CORNER (21.5 KM)
DAY 8	COSY CORNER TO CAPE LEEUWIN (21 KM)
DAY 9	RETURN TO PERTH, END OF CHALLENGE



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Moderate

There is no such thing as an 'easy day' on the Cape to Cape walk. There are a lot of ups and downs, often in sand, and there are several beach stretches. However, the walk has been designed to make it achievable to those of reasonable fitness by the fact that you only carry a daypack; and you start with short distances, working your way up to longer days. You will be surprised just how your fitness improves over the seven days. Usually by day four people are striding out! A positive mental attitude is most important, and if you focus on the scenery, the company and the moment, not on the kilometres, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk, you will enjoy it all the more. The best way to prepare physically for the trip is to walk, walk and walk some more – preferably in sand and over a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of our Cape to Cape you should be able to comfortably walk 15km, and try and do a few 20km walks. However, walking small distances frequently helps a lot. For instance, walking 3km four times a week, and 5km once a week, is a great help. And start walking in the shoes you will wear on the walk now!

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. 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.

What's Included

- Walk with GI Cancer Institute representative
- 7 breakfasts, 7 lunches and 7 dinners
- professional wilderness guide and support staff
- support vehicle
- 8 nights accommodation in comfortable twin-share
- all park entrance fees
- emergency communications and group first aid kit
- return transport from Perth to start and finish of the challenge

What's Not Included

- Airfares
- Alcoholic beverages
- Travel insurance

Detailed Itinerary

DAY 1 Arrive Perth (self-funded)

After all the fundraising and preparation, the wait is finally over! You will make your way to your Australian gateway airport for your booked flight to Perth. On arrival, please make your own way to the Ibis Hotel downtown Perth. As supporters are arriving at different times, we recommend the airport shuttle, which costs approximately \$15 one way. Standard twin rooms have been booked at the Ibis Hotel.

meals: NIL

DAY 2 Drive from Perth, walk Cape Naturaliste to Yallingup (14 km)

This morning you are pickup at 8.00am from the Ibis Hotel. We then drive to Cape Naturaliste where we begin our trek south. We enjoy spectacular clifftop and beach walking as we trek to Yallingup. Keep your eye out for dolphins! Note, as we walk on the first afternoon, please wear your hiking clothes on the bus and bring your day pack ready to go. After our walk the bus will meet us at Yallingup and then we will drive to Margaret River.

meals: B,L,D

DAY 3 Yallingup to Moses Rock (17.5 km)

Some beach walking in the morning, and superb coastal views all day. The red granite boulders, white sand beaches and turquoise waters can be astoundingly beautiful. We'll have lunch at the surfing Mecca, Injidup, visit Quininup Falls and finish with ocean views at Moses Rock.

meals: B,L,D

DAY 4 Moses Rock to Gracetown (16km)

This is a great day, and relatively easy – although there are a few hills and some sandy patches. The magnificent sweeping views of the coast from clifftop vantage points, and the towering red rocks of Willyabrup are two of many highlights.

If the weather's nice, you might enjoy a refreshing swim in the sheltered bay at Gracetown. Or just soak those feet as you reflect on another great day on the Cape to Cape.

meals: B,L,D



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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 Gracetown to Margaret River (18km)

It's fairly easy walking among coastal heath to Ellensbrook historic homestead, where you can enjoy morning tea and explore the grounds. The track then takes an inland route, which gives us a good appreciation of the landscape away from the ocean for a while. After lunch we're back on the coast, and a very pleasant beach walk takes us to Cape Mentelle. We finish the day at the Margaret River mouth – a good place for a swim if it's warm.

meals: B,L,D

DAY 6 River mouth to Boranup Forest (26km)

A very varied day today! We'll head inland again to start with, and enjoy morning tea beside the Boodjidup Brook. A beach walk takes us to Redgate for lunch and then a spectacular stretch of clifftop walking sees us reach shady Contos Campground by afternoon tea. The final part of the day is through the cool peaceful forest on firm, easy tracks. It's a wonderful end to a wonderful day. Despite the distance, today is not usually considered the most difficult.

meals: B,L,D

DAY 7 Boranup Forest to Cosy Corner (21.5 km)

This morning we continue through the karri forest before making our way down to the aqua-blue waters of Hamelin Bay. This 6 km beach stretch can be very enjoyable, with the right mindset. Enjoy the peace, the view and the moment as you walk into Hamelin Bay for a picnic lunch. After lunch it's a short but challenging hike up to the tiny Foul Bay Lighthouse, with sweeping views back along the coast. Then before you know it, you'll reach the end of another beautiful day.

meals: B,L,D

DAY 8 Cosy Corner to Cape Leeuwin (21 km)

This can be an exciting last day, especially if it's windy! Much of the walking is along a limestone ledge close to the sea, complete with blowholes! There is a long beach stretch where you can daydream about all that you've achieved this week. After that we head inland, occasionally sighting the Cape Leeuwin lighthouse, signalling the end of your walk. Your 'end to end' journey officially finishes at the Cape Leeuwin waterwheel but we'll take a walk up to the lighthouse, if time permits. Tonight we will celebrate your wonderful achievement!

meals: B,L,D

DAY 9 Return to Perth, end of challenge

Enjoy a sleep in and a leisurely breakfast this morning before we drop you into Margaret River where you can enjoy a coffee, some shopping or a wander through the local farmers markets. Pick up some take-away lunch (own expense) before we head back to Perth, arriving by mid afternoon at Perth airport for flight 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.

Climate

The South West of WA is greatly influenced by the cold Southern Ocean. From September to October temperatures can range between 10 C at night and 25 C during the day, with occasional blustery southerly winds and light rain.



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A Typical Day

Complete one of the world's great coastal walks on this eight-day tour with seven days of walking. The Cape to Cape Track meanders 135km between Cape Naturaliste and Cape Leeuwin, sometimes along the beach, sometimes along clifftops, but nearly always with a view of the wonderful Margaret River coastline.

By carrying only a daypack, and walking the track in graded stages, people with a moderate level of fitness should be able to complete the walk. Preparation will make the experience all the more enjoyable. Excellent food, comfortable accommodation and knowledgeable guides will complement your trip.

Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Tourist must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip



Cape to Cape - 7 nights accommodation will be based at Gnarabup at "The Break - Margaret River Beach Houses" which comprises a selection of cottages sleeping 4 - 6 people each. We will spread out over two or three houses and come together for breakfast and evening meals in one of the houses. We always stay in one location for the duration of the tour. This means that you can unpack your bags once and just relax for the week. Most groups are made up of a mixture of single participants and couples. If you are travelling alone you will share a twin share room with someone of the same sex. This usually sorts itself out naturally. If numbers are uneven you may end up with a single room. A single supplement is available on request at an additional cost.

What You Carry

The Cape to Cape Trek is a fully supported, accommodated trek. You will need to carry just a day-pack with your water bottles, jacket, camera and other personal items. You should plan on carrying at least 3 litres of water every day.

Equipment Required

Specialist gear required include walking boots and daypack (a comprehensive gear list is provided in the pre-departure information provided on booking).



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Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered.

Info Nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether you are registered or still deciding whether to take the challenge, you'll find these evenings informative and inspiring.

Register at www.humacharitychallenge.com

How To Book

To register for the GI Cancer Gutsy Cape to Cape Challenge, please complete the registration form and return to Huma Charity Challenge, Attention Fiona Windon.

Email: fiona@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 from our website landing page.

<http://bit.ly/gutsychallenge-capetocape>

