



Cherish Larapinta 3-day 2020



Trip Highlights

- Raise awareness and funds for Cherish Women's Cancer Foundation
- Visit Larapinta Trail highlights including Inarlanga Pass, Simpsons Gap and the Ochre Pits
- Climb Counts Point for sweeping views over the region's highest peaks
- Stay in exclusive award winning eco-campsites
- End each day relaxing around a campfire under the stunning night sky of the Australian Outback
- Gain a deeper understanding of the ancient Indigenous culture and Traditional Owners of the land
- Enjoy delicious 3-course evening meals prepared by your professional guides



Supporting Your Cause

Go Bush For Women's Cancer!

In 2020, we're taking Cherish to the centre of Australia by trekking the epic Larapinta trail. We need to mobilise as many friends, workmates and families as possible to trek this ancient land for modern research. Why?

Each year in Australia, 6,000 women and girls are diagnosed with gynaecological cancer. One-third of these women will not do well. We can change that. The Cherish Women's Cancer Foundation exists to help find and fund vital research that results in kinder and more effective treatments for women. We urgently need to improve the odds of surviving gynaecological cancer, and the most effective way is through research. Our teams of researchers are ready. They are only limited by the funds available.

We're calling for bold individuals ready and willing to escape the daily grind and go bush for women's cancers. The rewards for trekking over six days will be great. Imagine exploring this rugged terrain, sharing the Larapinta Trail with like-minded adventurers or your family, swimming in remote rivers, sleeping under a blanket of stars, and knowing you've done your bit to raise vital funds for much-needed research. Can we count you in?

Get social with us:

FACEBOOK @CherishWomensCancerFoundation

Like our page at facebook.com/CherishWomensCancerFoundation/

INSTAGRAM @cherishfoundation

Follow us at instagram.com/cherishfoundation/

Share the love with #CherishWomen #CherishChallenge

#gobushforwomenscancer

TWITTER @cherishwoman

Follow us at twitter.com/cherishwomen

Trip Duration	3 days	Trip Code: CW3
Grade	Introductory to Moderate	
Activities	Trekking, Charity Challenge	
Summary	2 nights exclusive semi-permanent campsite accommodation	

Your Huma Challenge

Thank you for your interest in Cherish Larapinta 3-day 2020. 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. 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 Media:

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.



Cherish Larapinta 3-day 2020

cherish women's cancer foundation



Join Cherish to walk the 3-day Larapinta and raise awareness and much needed funds for Gynaecological Cancer Research.



cherish women's cancer foundation

Charity Challenge Payments

Joining Alice Springs from:	\$1395
Non refundable registration fee:	\$200
DO - Minimum charity donation/fundraising:	\$3500

All prices are per person

Once your challenge is confirmed, we recommend you jump online and book/secure your flights to Alice Springs.

Trip Dates

2020 13 Jul - 15 Jul

Important notes

RF - Registration Fee

DO - Minimum charity donation/fundraising

What Impact Will My Fundraising Have?

To make a difference in the lives of women and girls with gynaecological cancer, we need people like you!

There are many ways your fundraising will have an impact:

- 100% of the money raised will support research that improves survival rates, treatments and ways to detect and prevent gynaecological cancer. There are successful research trials that have changed how doctors treat patients and which would never have started without fundraising support. Currently, research trials in uterine, ovarian and vulval cancer need funding. These projects will address impactful research problems, some of which have been unsolved for more than 30 years.
- You and Cherish will raise awareness that saves lives. The more women know about this disease and its symptoms, the more likely they are to see their doctor if something's not right. Awareness will help prevention.
- You'll show your support to women and girls across the world. Unlike breast cancer, gynaecological cancer is not well-known or understood. Often women diagnosed with it face unnecessary stigma and embarrassment. By fundraising, you're saying to each of them, "I am with you."
- You'll join a warm and welcoming community that appreciates every effort you make to support its cause.

Fundraising Impact?



Your fundraising will help 6,000 women diagnosed with gynaecological cancer every year in Australia. Most people assume that only older women get gynaecological cancer, but women can get it at any age. Nickita was just 17 years old.

Nickita was finishing school and looking forward to Christmas when she was diagnosed with ovarian cancer. It turned her world upside down. Nickita had thought her expanding tummy was weight gain and exercised more. Then, realising it was something more serious, she finally asked her mother to take her to the doctor. To Nickita's shock, the GP thought she was pregnant! Instead, an ultrasound revealed a large mass growing near her uterus. After more tests, the doctors confirmed she had ovarian cancer. Instead of partying when school finished, Nickita started treatment. After surgery to remove the massive tumour, Nickita also had chemotherapy. She became vigilant about her health.

These days, Nickita is a biomedical/medical engineer, and she's doing well. She says: "Please fundraise for the sake of the women you cherish, so vital research can continue. I wouldn't be here without it."



huma
charity
challenge

Cherish Larapinta 3-day 2020

cherish women's cancer foundation



Join Cherish to walk the 3-day Larapinta and raise awareness and much needed funds for Gynaecological Cancer Research.



cherish women's cancer foundation

Fast Facts

Countries Visited:

Australia

Group Size Min:

8

Group Size Max:

16

Singles:

A single supplement is available for this trip*

Leader:

Expert Local Leader & Escort

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Your fundraising will help 6,000 women diagnosed with gynaecological cancer every year in Australia.

Your Adventure

Create memories to last a lifetime as you cross the Red Centre's wild and untamed landscapes on this highlights packed short walking tour. Over three days you will enjoy the perfect introduction to walking in the outback with a selection of day walks along our favourite sections of the Larapinta Trail. Winding along high exposed ridge lines and through deep, sheltered gorges, this gentle introduction to desert walking traverses one of the world's most evocative and ancient landscapes. Each evening you stay at Nick's Camp, one of our comfortable and stylish semi-permanent wilderness campsites which come complete with hot showers, dining tent and raised individual beds – exclusive to our travellers. Our support vehicle transfers all your luggage and camping equipment, leaving you only to carry a day pack while out walking and exploring for the day. Your professional guides are passionate about providing you with the most unforgettable food, stories, and experiences. If you are short on time or new to walking holidays, there is no better short experience on the Larapinta Trail.

Fundraising Options

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

1. You pay for the travel costs yourself and fundraise the charity donation.
2. 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.
3. Lastly you can fundraise as much as you can of the charity donation portion in the given time and personally fund the balance of fundraising total if needed.

Online Fundraising Portal

You will have your own fundraising page which will chart your fundraising targets and your journey to Larapinta. The Cherish Women's Cancer Foundation team will be in touch with you upon registration and provide you with a link to create fundraising page and link you can send to your followers. You will also receive a comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support. The minimum fundraising target is \$3500 per person.

Itinerary at a Glance

DAY 1	TELEGRAPH STATION TO WALLABY, VISIT SIMPSONS GAP, STANDLEY CHASM LOOP WALKP(APPROX. 7KM)
DAY 2	SERPENTINE CHALET DAM TO OCHRE PITS (8KM)
DAY 3	THE ORMISTON POUND WALK (7KM)

What's Included

- Walk with a representative from Cherish Women's Cancer Foundation
- 2 nights sustainable semi-permanent campsites
- 2 breakfasts, 3 lunches and 2 dinners
- Professional wilderness guide and support staff
- Camping equipment including tents, swags & stretcher beds (not sleeping bags)
- Catering & dining utensils
- Off-road transport from Alice Springs
- All National Park and camping fees
- Comprehensive group first aid kit

Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.humacharitychallenge.com

Trip grading



Cherish Larapinta 3-day 2020

cherish women's cancer foundation



Join Cherish to walk the 3-day Larapinta and raise awareness and much needed funds for Gynaecological Cancer Research.



cherish women's cancer foundation

Introductory to Moderate

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of passes crossings and the length of the trek. The Larapinta Challenge is graded moderate. This trek involves 6 – 8 hours walking each day over rugged terrain with some steep ascents and descents. In order to complete this trek we advise that you undertake regular exercise three or four times a week for at least three months prior to your departure. Hill walking with a day pack is recommended.

- Emergency radio/sat phone
- Huma training manual and gear list
- facebook group page to chat with your fellow supporters
- 10% discount on supporters travel insurance
- Fundraising support from setting up your online page to tips to reach your target

What's Not Included

- Airfares
- Items of a personal nature, such as laundry and postage
- Daypacks
- Sleeping Bag hire
- Alcoholic beverages
- Travel insurance

Detailed Itinerary

DAY 1 Telegraph Station to Wallaby, visit Simpsons Gap, Standley Chasm Loop Walk

(approx. 7km)

Your Larapinta Experience begins at Alice Springs Telegraph Station, the official start of the iconic Larapinta Trail. The historic stone buildings here date back to 1872 and housed the first Europeans to live in Central Australia. After a short introduction and trip briefing we get back on the bus for a short transfer to the beginning of our walk. This morning's walk from Ghan to Wallaby Gap, weaves into the heart of the West Macdonnell National Park, giving us a feeling for trekking toward the desert ranges. A short transfer brings us to Simpsons Gap, one of the most important waterholes of this region and a likely place to spot the rare Black-footed Rock-Wallaby. In the afternoon we visit Standley Chasm, a private reserve still run by the Traditional Owners. Here we will do a short loop walk. In the late afternoon we transfer to Nick's Camp, our exclusive set-up nestled in bushland near Honeymoon Gap. Walking Time: up to 5 hours

meals: L,D

DAY 2 Serpentine Chalet Dam to Ochre Pits (8km)

Today's walk takes us to breathtaking Inarlanga (Echidna) Pass. We spend some time in the magnificent pass to enjoy the peace and marvel at the ancient cycad palms. From here we trek south-west to an original ochre quarry, a sacred Aboriginal site. The rainbow of vibrant colours on the wave-like ochre wall makes for stunning photos. On our way to camp in the afternoon we will stop off at Glen Helen

Homestead Outback Resort. Here there is the opportunity to visit Glen Helen Gorge, have a swim in the historic Finke River (estimated to be the oldest river in the world) or relax in the cafe/bar. Afterwards we transfer west to one of our exclusive Camps. Sonder Camp is located in the foothills and offers spectacular views of the mountain it is named after – Mount Sonder.

Walking Time: 4-5 hours

meals: B,L,D

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.



Cherish Larapinta 3-day 2020

Join Cherish to walk the 3-day Larapinta and raise awareness and much needed funds for Gynaecological Cancer Research.

cherish women's cancer foundation



cherish women's cancer foundation

DAY 3 The Ormiston Pound Walk (7km)

This morning we enjoy the best side walk of the entire Larapinta Trail: Ormiston Pound. The Pound offers an immense variety of extraordinary scenery and wildlife and is the perfect walk to complete our journey. We explore the upper reaches of the Gorge where Rock Wallabies sometimes scamper about the imposing cliffs, and follow the track through scrub filled with native birds: Spinifex Pigeon, Budgerigar and Mistletoe Bird. Keep an eye out overhead for the majestic Wedge-tailed Eagle, Australia's largest raptor. After lunch we board the bus and transfer to Alice Springs. Sitting back and watching the now familiar ancient desert landscape slide by the bus window gives most trekkers a sense of awe and satisfaction. Congratulations on all you have achieved over the last three days! We will drop you to your accommodation at approximately 4-5pm.

Walking Time: 4 hours

meals: B,L

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

Climate

In the Centre, the four traditional seasons are more distinct and temperatures are extreme, plummeting below freezing on winter nights (June to August) and soaring to the high 40s (105 F plus!) on summer days (December to January). Trekking on winter days is often pleasant with mild daytime temperatures (15-25C, or 60-80 F) and light winds. Please make sure that you prepare for the cold evenings on winter treks, there can be frosts most evenings from June – August. The shoulder seasons of April-May and September are mild with some warmer days. Night frosts are unlikely and daytimes are warm and occasional hot days may require an adjustment to the itinerary (ie: less walking, more swimming!) Rain is not common in the desert but it does rain on occasion, please be prepared for wet and windy conditions on all trips.

A Typical Day

The detailed itinerary indicates the walking distances and times for each day on the trail. We walk from gorges to ridgelines, and as such there is a reasonable degree of uphill and downhill climbing and the rocky ground can be rugged at times. Each day, each group, each guide influences itinerary details but the following gives you an idea of daily timing: Mornings start with a hot drink call from your guides. They then prepare a scrumptious breakfast whilst you pack up your equipment and prepare for the day. After breakfast we set off for the day's walk. In order to experience the highlights of the Larapinta, this trip requires a short vehicle transfer to and from the start of the track. The afternoon walk is usually shorter than the morning walk, getting us to camp with time for a hot shower, exploring, or just relaxing by the campfire with a drink and a chat. Over a delicious 3-course dinner your guides will give a briefing on the following day's activities and tell a few stories before heading off for the night's rest.



Cherish Larapinta 3-day 2020

Join Cherish to walk the 3-day Larapinta and raise awareness and much needed funds for Gynaecological Cancer Research.

cherish women's cancer foundation



cherish women's cancer foundation

Meals During the Trek

World Expeditions aims to provide high quality, interesting and nutritional meals for all our guests. Wherever possible we use fresh produce sourced from local providores and carefully selected, stored and transported so as to maintain freshness and quality. There is often plenty of fresh fish, meat or other protein based main dishes and fresh salads. On most trips we re-supply with fresh food every few days however on some more remote trips we may go longer before we can stock up on fresh food.

Our guides have remarkable wilderness culinary skills and pride themselves on the variety and standard of their meals, and the ability to cater to most dietary requirements (e.g. vegetarian or gluten free). Please ensure you let us know if you have a birthday or special occasion during the trip so we can help you commemorate the occasion! The following is a general guide:

-Breakfasts: Ranges from cooked eggs and bacon on toast, to continental (fruit, cereal, yoghurt). Always accompanied by fresh coffee and hot drinks.

-Lunches: Depending on the trip, you may prepare your lunch such as wraps or sandwiches in camp before the day's trek. Or we may have a picnic style lunch on the track with a wide selection of bread rolls, wraps, deli-meats, salads and spreads to prepare a tasty lunch how you like it.

-Dinners: 2-3 courses. The main meal is usually a classic outback style meal such as grilled barramundi, camp-oven roast, or perhaps a tasty stirfry or pasta dish.

-Snacks: Your guides will always have plenty of trail snacks available such as muesli bars and fruit. In the evenings we often serve hors d'oeuvres around the camp re while dinner is being prepared.

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. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip



During the trip we stay at our exclusive semi-permanent wilderness campsites. Nestled amongst the hills just off the Larapinta Trail, these camps offer a relaxing and comfortable stay in remote locations. Our exclusive campsites are fully set up, so there is no need to worry about pitching or packing away tents. Each site has a large covered area in which to relax at the end of a day of walking, with lounges, dining table and kitchen. Beside this shady communal space is our campfire, the perfect place to gather as the sun sets.



Cherish Larapinta 3-day 2020

Join Cherish to walk the 3-day Larapinta and raise awareness and much needed funds for Gynaecological Cancer Research.

cherish women's cancer foundation



cherish women's cancer foundation

The toilet facilities are clean and comfortable. All toilet waste goes in to a composting tank, ensuring the environment is protected. There are simple shower facilities: a bucket of water heated over the fire is strung up, providing a few minutes of wonderful hot shower. All water is brought in by tanker as there are no suitable local water sources in the arid ranges.

The safari-style tents offer plenty of room for two people and gear. Luggage should be kept in the tent at all times, preventing dingoes from taking shoes and other items. You sleep on a stretcher bed in a swag. The stretcher beds raise you 40cm off the ground and offer a firm, flat base for the comfy swag mattress. The swag is a 5cm thick foam mattress inside a canvas cover. We provide a cotton fitted sheet, pillow and pillowcase, which you keep for the entire trip. You can take your swag outside the tent and sleep under the stars if you are looking for that real outback experience.

Sleeping bags are essential for warmth. You can bring your own or hire (please contact Huma if you would like to hire). We ask that you provide your own inner sheet if you hire a sleeping bag. Most groups are made up of a mixture of single participants and couples. If you are travelling independently you will share a tent with someone of the same sex; this usually sorts itself out naturally.

What You Carry

The Larapinta Challenge is a fully supported 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 each and every day.

Equipment Required

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

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

