



# Can Too Kakadu Challenge 2022



## Trip Highlights

Join the Can Too team and help raise vital funds for Cancer Research

Welcome to country Wulna Aboriginal elders

Trek through the diverse habitat of the escarpment, from cool Monsoon Vine Forest to the rugged stone country on top

Experience the iconic Jim Jim Falls (subject to seasonal access)

Trek to some of the most beautiful indigenous rock art galleries

Stay in exclusive semi-permanent campsites away from the crowds

Learn about the area with your expert guides



<b>Trip Duration</b>	7 days	<b>Trip Code:</b> HH8
<b>Grade</b>	introductory to moderate	
<b>Activities</b>	Charity Challenge	
<b>Summary</b>	5 nights camping, 1 night Darwin Hotel	

## 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 Kakadu Challenge 2022. 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

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 Darwin from Travel Cost Twin Share:	\$2695
Non Refundable Registration Fee:	\$200
Optional Single Supplement - Hotel & Tent:	\$500
Minimum Charity Donation/fundraising:	\$1400

All prices are per person

Our exclusive eco-comfort camps have up to 12 tents permanently set up. This ensures that with most groups containing a mix of couples, twin share and single travellers, a single tent is usually available to those that request it. For this reason there is no additional charge for a single tent. A guaranteed single supplement is not offered and cannot be booked in advance.

Once the challenge is confirmed recommend to purchase your flights to Darwin.

## Trip Dates

2022 04 Jun - 10 Jun

## important notes

RF - Registration Fee

## 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.

## Fundraising Impact?

Supporting Cancer Research

## Your Adventure

Kakadu National Park is a World Heritage Area covering some 20,000 square kms. Waterfalls tumble from the red cliffs off the Arnhem Land escarpment into shady pools; tranquil wetlands teem with animal and bird life, while 40,000 years of Aboriginal cultural heritage is on display in the numerous hidden rock art galleries. Join the Can Too team on this remote walking adventure, which includes a cruise on the Yellow Waters (a favourite haunt of saltwater crocodiles). It's when you go for a walk beyond the main tourist sites that Kakadu will reveal its true magic.

Our collection of day walks venture into remote gorges and sparkling waterfalls, and visit ancient rock-art seen by very few visitors. The upgraded semi-permanent campsites encourage travellers to relax in idyllic tropical surrounds. The itinerary varies to make the most of the season, choosing the best walks and waterfalls as the wet season floodwaters recede and access opens up. On returning to Darwin you will have enjoyed a complete adventure across the full range of tropical wilderness of Australia's Top End.

## Online Fundraising Portal

You will have your own fundraising page to chart your fundraising targets. 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	ARRIVE DARWIN
DAY 2	TO KAKADU NATIONAL PARK VIA WULNA COUNTRY
DAY 3	JIM JIM FALLS OR UBIRR, CAHILLS CROSSING AND THE BARDELJILDIJI SANDSTONE WALK
DAY 4	NOURLANGIE MASSIF AND THE BARRK WALK
DAY 5	BARRAMUNDI (MAGUK) FALLS AND GUNLOM PLUNGE POOL
DAY 6	SOUTHERN KAKADU WILDERNESS WALK
DAY 7	RETURN TO DARWIN STOPPING AT A WATER HOLE EN ROUTE

## What's Included

- Join a Can Too team captain
- 5 nights safari camps including tents, stretcher beds and swags for sleeping
- 1 night Darwin Hotel
- 6 breakfasts, 5 lunches and 5 dinners
- Professional wilderness guides



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## Fast Facts

### Countries Visited:

Australia

### Group Size Min:

10

### Group Size Max:

16

### Singles:

A single tent may be available on this trip at no extra charge\*

### Leader:

Expert Local Leader & Escort

## 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

- Wildlife cruise
- All National Park and camping fees
- Emergency communications and group first aid kit
- 4WD transport from Darwin
- All dining and catering equipment
- Huma training manual and gear list
- Fundraising guidebook and checklist

## What's Not Included

- Airfares
- Items of a personal nature
- Backpacks
- Sleeping Bag hire
- Alcoholic beverages
- Travel insurance
- Personal COVID-Safe face masks and hand sanitiser

## Detailed Itinerary

### DAY 1 Arrive Darwin

After all the preparation our journey finally begins! On arrival into Darwin, make your way by taxi or airport shuttle bus to the hotel (to be advised) for overnight accommodation on a twin share basis with breakfast.

**meals: NIL**

### DAY 2 To Kakadu National Park via Wulna Country

This morning you will be collected from your Darwin accommodation between 7-7:30am for the two hour drive south-east to Kakadu National Park. On the way we meet with Wulna Aboriginal elders for a traditional welcome to country, followed by morning tea, damper and a chance to discuss culture, or take a walk by the billabong. We then get off the sealed roads and transfer by 4WD along the old Jim Jim Road, passing some of the area's great wetlands such as Red Lily Billabong.

In the late afternoon we take a cruise on the Yellow Water Billabong, home to an astounding variety of wildlife. We may encounter Brumbies, wallabies and goannas drinking from the waterside, salt-water crocodile and thousands of birds including Magpie Geese, Brolga, Cormorants, Pelicans and one of Australia's largest flying birds – the Black-necked stork (Jabiru). The flat-bottomed boat is guided by an expert wildlife guide. We spend the evening at our comfortable semi-permanent camp, located at Djarradjin Billabong, in the heart of Kakadu National Park.

**meals: L,D**





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## introductory to moderate

This trip is for almost anyone with a reasonable level of fitness and competent swimming ability. This adventure is designed for the enthusiastic and adventurous in search of something different. This trip has been graded at an introductory to moderate level. However, some days will be quite active involving steep walks for most of the day. These adventures are best prepared for with some regular moderate exercise. As always with adventure travel, you should enjoy a healthy lifestyle before undertaking this trip. Please bear in mind that because you will be traveling into a remote wilderness, creature comforts are limited. Your level of fitness can also help you acclimatise to the warm temperatures and humidity, so we suggest a bit of swimming, walking, jogging or cycling to trim yourself up ready for the Territory!

## Adventure Travel

By its very nature adventure travel involves 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 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 consultant of travel agent.

### DAY 3 Jim Jim Falls or Ubirr, Cahills Crossing and the Bardeljildiji sandstone walk

Wake up to the dawn chorus of the multitude of birds of the Savannah and wetlands. Our day is focussed on stunning walks within the World Heritage listed National Park. We have a choice of two options today, depending on the weather and access within the park. We drive to Jim Jim Falls along a bumpy old track, to Kakadu's most famous waterfalls. Our visits to Jim Jim Falls aim for an active experience, walking beyond the reach of regular tourist groups. Our other option for the day is to visit Ubirr, Cahills Crossing and the Bardeljildiji sandstone walk. The walk at Ubirr is short but passes several breathtaking Aboriginal art sites. The Bardeljildiji sandstone walk will take us through towering sandstone pillars and small pockets of monsoonal rainforest. NB: Jim Jim Falls is usually available after mid-July. Keep in mind the thundering torrent usually depicted in the postcards is a phenomenon that only occurs during the wet season and this flow declines gradually through the dry season until it is a gentle, but still magnificent, trickle! We return to our semi-permanent camp near Djarradjin Billabong. Walking distance: 7km or 4-5km

meals: B,L,D

### DAY 4 Nourlangie Massif and the Barrk walk

After a scrumptious, nourishing breakfast we drive a short distance to Nourlangie massif and begin our walk. We will take in one of the stunning lookouts of the Barrk and Nourlangie Circuit. Barrk is the indigenous name for the male black wallaroo, a member of the kangaroo family which lives in this area. From here it's a short drive to Angbangbang where we'll have lunch. After lunch we'll head out on the Angbangbang Billabong Walk. This is a beautiful billabong teeming with bird life. In the late afternoon we return to Djarradjin Billabong camp to relax around the campfire and enjoy another delicious evening meal. Walking distance: 5-6km

meals: B,L,D

### DAY 5 Barramundi (Maguk) Falls and Gunlom Plunge Pool

Heading south we will explore some of the other stunning waterfalls and gorges of Kakadu. Maguk (Barramundi) Falls is reached via a stunning walk through the monsoon forest, opening out to a deep plunge pool lined with blonde quartzite cliffs. Keep your eye out for birds such as Rainbow pitas, Emerald doves and Spangled drongos as well as the endemic Anbinik tree – the biggest trees in Stone Country. In the far south of the National Park we arrive at our semi-permanent camp near Gunlom. Gunlom is a magnificent waterfall and plunge pool ringed by sandy beaches and pandanus palms, the perfect spot to relax. The sunset views from the swimming pool on top of the Gunlom Waterfall are some of the most iconic images of the Northern Territory – and it's all just a short stroll from our comfortable camp!

Walking distance: 4km

meals: B,L,D

### DAY 6 Southern Kakadu Wilderness Walk

Over the day we will undertake our expedition by foot, deep in to Southern Kakadu Buladjang Country. We aim to visit Motor Car Creek Falls areas and undertake a decent walk (up to 11 km), taking most of the day. The highlight is arriving at an unspoilt, stunning crystal clear waterhole and some outstanding views of the surrounding hills and woodland. We have the freedom to set the pace of the walk depending on the group and weather of the day. Our walk takes us through open woodland past some remarkable Salmon Gums, glowing pink in the morning sun, before entering an area of pristine monsoon rainforest. Tonight we can take in our last Kakadu sunset while enjoying pre-dinner nibbles from the top of Gunlom Falls. Walking distance: up to 11km

meals: B,L,D



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## DAY 7 Return to Darwin stopping at a water hole en route

After our final night in the semi-permanent camp at Gunlom, we pack up and make our way back to Darwin. On our way we may enjoy a relaxing swim and visit to a nearby waterhole, and our last scrumptious picnic lunch at at one of the many waterfalls and gorges, before continuing north to Darwin. We expect to arrive back into Darwin and drop you at the hotel by around 5pm. We hope you've enjoyed your journey into the unique and unforgettable country of the Top End!

Walking distance: approx 1km

**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.

## 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

You will be traveling through Aboriginal land with a living culture and rich heritage. When on Aboriginal land it is necessary to accept that there may be some conditions of travel (your guide will explain) and that local and traditional obligations take precedence over permission to travel. Consider that Aboriginal land is essentially private land and that permission is to enter is a privilege. There is incredible diversity in Aboriginal culture and each local clan may have their own language and culture. Your guide will keep you informed of local culture, issues, and any considerations for dealing with locals.

## Climate

Generally speaking, it is fine, rain-free and there is plenty of sun between May and October. The days are quite warm from May to November (tops of around 35°C) and evenings can be cooler (down to around 15°C). Mid dry season (Jun-July) can be cold at night down to around 5°C in Katherine). As the wet season approaches (Oct/Nov) there are sometimes spectacular thunderstorms which provide relief from the humidity. Throughout the year we can swim in crystal clear, spring fed pools.

It is essential in this climate to keep up a high fluid intake (plain water is best) to avoid dehydration. The first sign of mild dehydration is headache, which can make your holiday uncomfortable. More severe dehydration can lead to heat exhaustion, a most uncomfortable experience, and there is no 'quick fix' for this condition. Please ensure that you drink 4 litres per day. Your guide will point this out again when you start the trip, as mild dehydration can be easily avoided.

## Exclusive Eco-comfort Camps

Kakadu Semi Permanent Campsites



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Since 1984, World Expeditions has operated the most complete, active tours in Kakadu. Our guide team are some of the most experienced in the Top End and this is the basis for an itinerary that always makes the most of the opportunities. Whether long walks to rarely visited waterfalls and gorges, or short walks to little-known rock art sites, the guides will share a complete experience of Kakadu seen by very few others.

In 2014 we upgraded our Kakadu program based around two semi-permanent safari camps providing simple, comfortable camping accommodations in convenient locations. One camp is near Miurella Park in the Jim Jim district of the Central North of Kakadu. This allows easy access to Cooinda, Yellow Waters, Nourlangie, and Jim Jim Falls. In the south we have set up a safari camp at Gunlom, Kakadu's most iconic plunge pool and waterfall.

Each camp is adjacent to a National Park campground and we use the excellent solar hot showers and the flushing toilet facilities provided. The advantage of a semi-permanent safari camp is that everything is set up waiting for us. There is no time and effort wasted with setting-up or packing-down camp, allowing more time for walking, exploring or just relaxing.

The tents are a custom built safari tent, each 2.4m x 2.4m x 2.1m, offering plenty of room for two people, swags and gear. The inner tent has mesh walls so it is easy to remove the fly sleep under the stars. There are enough tents at each site where single travellers can request a single tent at no additional cost

These campsites would not be possible without a strong partnership with Aboriginal Traditional Owners and the Kakadu National Park who jointly manage the land.

## Meals During the Trek

World Expeditions aims to provide high quality, interesting and nutritional meals for all our guests. Wherever possible we use fresh, locally sourced and carefully selected produce, 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.



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## 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.

## What You Carry

Kakadu Walking Adventure is fully supported. You will need to carry just a day-pack with your water bottles, lunch, 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 including walking shoes 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 on the Can Too website: <https://www.cantoo.org.au/home/events>

## FAQs

### **Q. What charging facilities are available?**

A. There are 2 USB ports in the bus which can be utilised only when the bus being driven.

### **Q. Will there be crocodiles in the swimming holes that we visit?**

A. No. The waters will have been cleared for crocodiles by NT Parks and Wildlife.

