



Pancare Foundation: Larapinta Challenge



Trip Highlights

Join the Pancare Foundation crew and support pancreatic cancer research

Hike more of the main highlights of this iconic Australian desert walk along the West MacDonnell ranges

Summit Mount Sonder at sunrise, the highest point on the trail

Gain a deeper understanding of the ancient Indigenous culture and Traditional Arrente Owners

Relax around a campfire under the Milky Way as your guides prepare delicious 3 course meals

View spectacular and abundant bird-life along the whole trail



Trip Duration	6 days	Trip Code: LPF
Grade	Introductory to Moderate	
Activities	Trekking	
Summary	5 days trekking, 4 nights camping, 1 night hotel	

Supporting Your Cause

The Pancare Foundation is one of Australia's leading charities dedicated to supporting people affected by upper gastrointestinal (GI) cancers, including pancreatic, liver, stomach, biliary, and oesophageal cancers. With survival rates for these cancers among the lowest of all major cancers, Pancare is committed to driving change through research, awareness, advocacy, and patient support.

Through its programs, Pancare provides specialist support services, including nursing, counselling, financial assistance, and support groups, helping individuals and families navigate the challenges of an upper GI cancer diagnosis. At the same time, the Foundation funds groundbreaking medical research to improve early detection, treatment options, and survival outcomes.

By supporting Pancare, you're helping to give hope, care, and a voice to thousands of Australians impacted by these devastating cancers.

Your Huma Challenge

Thank you for your interest in our Pancare Foundation: Larapinta 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, 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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Trip Dates

important notes

Fast Facts

Countries Visited:

Australia

Group Size Min:

6

Group Size Max:

8

Singles:

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

Leader:

Expert local leader

Trip grading

Introductory to Moderate

This trek is graded introductory to moderate.

This trek involves walking 5-7 hours each day over rugged terrain with some steep ascents and descents. The trail conditions of the Larapinta Trail are rocky, rugged, hard surfaced and dry. While a number of sections of the trail wind through open plains, undulating areas and relatively flat country, overall, the trail is characterised by rocky, stony and mountainous terrain which can rise from 680m above sea level to more than 1,200m along some sections.

Suggested preparation: We recommend regular exercise 3 or 4 times per week (this can be cycling, jogging or walking) in the months leading up to your trip. At least once a week, you should walk with a weighted day pack (5-7kg) for several hours for leg strengthening and aerobic fitness. The best way to train for an active holiday is to simulate the activity you will be undertaking on the trip. Train for uneven terrain by finding a hilly, rough narrow bush track, and go for a lovely long walk in your trekking boots

Your Adventure

Experience the incredible highlights of the Larapinta Trail, including iconic spots like Standley Chasm, Serpentine Gorge, the Orchre Pits, Ormiston Pound, and the stunning Mt Sonder.

This camping-based trek immerses you in the rugged beauty of the Central Australian desert. Carrying only a day-pack, you'll hike between 8 to 16 km each day, navigating remote ridges and canyons while winding through the magnificent West MacDonnell Ranges.

All your luggage and camping gear are transported by our professional support crew, freeing you to enjoy the diverse desert scenery, revel in the camaraderie of like-minded travellers and supporters of the Pancare Foundation.

Itinerary at a Glance

DAY 1	ARRIVE ALICE SPRINGS
DAY 2	JOIN ALICE SPRINGS AND WALK TO WALLABY GAP, TRANSFER TO STANDLEY CHASM
DAY 3	DRIVE TO SERPENTINE GORGE, WALK TO SERPENTINE CHALET
DAY 4	WALK INARLANGA PASS TO ORCHRE PITS, DRIVE TO FINKE RIVER
DAY 5	TRANSFER TO REDBANK GORGE, SUNRISE WALK ON MOUNT SONDER
DAY 6	ORMISTON POUND WALK, RETURN TRANSFER TO ALICE SPRINGS

What's Included

- 5 breakfasts, 5 lunches and 4 dinners
- Professional wilderness guide and support staff
- Swags for sleeping (but not sleeping bags)
- Professional wilderness guides & support staff who share stories and interper of the trail and cook epic meals
- Camping equipment including tents, swags & all cooking equipment and utensils
- Fees to Aboriginal Traditional Owners
- National Park fees
- All transport during the tour which also moves your luggage from camp to camp
- Emergency communications & 24 hour back-up plus group first aid kit

What's Not Included

- Return airfares to Alice Springs
- Transfers from/to Alice Springs airport
- Travel insurance
- Alcoholic beverages
- Post trek accommodation Alice Springs



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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 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.

Detailed Itinerary

This trip commences with a mandatory pre-tour briefing at 3:30 in Alice Springs on Day 1. The briefing will be held out front of the Lone Dingo Camping Store, 6/63 Todd Street, Alice Springs. You will be asked about your gear, but you do not need to bring this with you to the briefing. You can take advantage of a 10% discount in store for travelling with Australian Walking Holidays.

Please note: that for Sunday briefings the Lone Dingo store will be closed.

DAY 1 Arrive Alice Springs

Welcome to Alice Springs! After all the fundraising and preparation, the adventure finally begins. On arrival at Alice Springs Airport, make your way to the Mercure Alice Springs, for accommodation on a twin-share basis with breakfast. An airport shuttle is available for approximately \$16 each way, payable directly to the driver.

This afternoon, please head to the Lone Dingo Camping and Outdoor Store, located on the corner of Todd Mall and Gregory Terrace, for your pre-trek briefing at 3:30pm with your guide.

Overnight: Mercure Alice Springs

meals: NIL

DAY 2 Join Alice Springs and walk to Wallaby Gap, transfer to Standley Chasm

We pick you up from your accommodation between 7-7.30am and begin our walk at the historic Alice Springs Telegraph Station, the official start of the Larapinta Trail. Please ensure you've had breakfast before the pick up (you may need to pre-purchase food as most cafes will be shut before 7am). From here the trail takes us west through witchetty bush, mulga scrub, and bird-filled shady woodlands. We climb high over exposed hills to the jagged outcrop of Euro Ridge, with expansive views over Alice Springs and the surrounding landscape, before descending to the passage of Wallaby Gap.

After the walk we will drive to Standley Chasm and set up camp. There is an option walk around the Chasm this afternoon.

Walking distance: 14km (+2km optional walk)

Driving time: 45 minutes

meals: B,L,D

DAY 3 Drive to Serpentine Gorge, walk to Serpentine Chalet

After breakfast we will drive to Serpentine Gorge to start section 8 of the trail. This section offers breathtaking views as we walk along the high quartzite ridge lines that typify the West MacDonnell Ranges. We ascend to Counts Point where we are able to take in clear views of Central Australia's western horizon, to Mt Zeil (1531m) the highest peak in the Northern Territory, and Mt Sonder which marks the end of the Larapinta Trail. We can also see the huge comet crater of Gosse Bluff, a feature of the landscape for the next few days. We descend from the high ridgetop through mysterious stands of mulga trees to our camp at Serpentine Chalet.

Walking distance: 13km

Driving time: 45 minutes

meals: B,L,D



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DAY 4 Walk Inarlanga Pass to Orchre Pits, drive to Finke River

After another breakfast we walk out of camp to the 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. After a picnic lunch we will drive to Finke River with an opportunity to stop for a swim at Glen Helen Gorge. We will camp tonight at Finke River.

Walking distance: 8km

Driving time: 15 minutes

meals: B,L,D

DAY 5 Transfer to Redbank Gorge, sunrise walk on Mount Sonder

Your guides will have you up early this morning (2-3am) for our pre-dawn walk up Mount Sonder. We'll drive to Redbank Gorge to begin the walk. Weaving your way up to the 1380m summit of this majestic mountain following only the glittering light of your head-torch, surrounded by deep and peaceful darkness, is a truly inspiring experience... and watching the sunrise from the top is unforgettable! Mount Sonder is the official end and highest point of the entire Larapinta Trail and as such we have expansive views across the entire vast landscape we have been exploring over the last few days.

We descend to Redbank Gorge and can enjoy a great brunch back at camp. There are options for this afternoon, including resting at camp or swimming at Glen Helen.

Walking distance: 16km

Driving time: 25 minutes

meals: B,L,D

DAY 6 Ormiston Pound walk, return transfer to Alice Springs

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 is the perfect walk to complete our journey. We explore the upper reaches of the Gorge where we may see Rock Wallabies 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 transfer back 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 five days! We will drop you to your accommodation at approximately 4-5pm. This evening your group may like to arrange a celebratory dinner together at one of Alice's great eateries.

Walking distance: 8km

Driving time: 25 minutes (to Ormiston Gorge) and 1.5 hours (to Alice Springs)

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.



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3. 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.

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.

Climate

In the Centre, the four traditional seasons are more distinct, and temperatures are more extreme than in most other parts of Australia. Trekking in winter (May to August) is generally pleasant with light winds, and daytime temperatures averaging 15-25C or 60-80F. However, winter nights often plummet below freezing and there are frequent frosts; please make sure that you prepare for the cold evenings on winter treks.

The shoulder seasons of April and September tend to bring higher daytime temperatures with daytime temperatures averaging 25-35C or 75-95F. Nights are typically mild hovering around 10-15C or 50-60F. Higher daytime temperatures can occasionally occur necessitating adjustments to itineraries. This may entail a reduction in walking activities and an increase in more leisurely pursuits such as swimming.

While rainfall is infrequent along the Larapinta Trail, it remains essential to be equipped for any weather scenario. The region is susceptible to unpredictable spells of hot or cold weather at random intervals. Rest assured, our facilities are well-equipped to accommodate both extremes, ensuring an enjoyable experience amidst the diverse conditions of Outback Australia. However, in light of this variability, we hope to stress to you the importance of following our suggested packing list, checking local weather updates prior to departure and packing appropriately for a more informed and enjoyable journey.

A Typical Day

The detailed itinerary indicates the walking distances for each day. 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 breakfast whilst you pack up your equipment and prepare for the day. After breakfast we set off for the day's walk. The morning walk is usually 3-5 hours with numerous breaks along the way. A leisurely picnic lunch is served on the trail which provides the chance to take off your pack, put your feet up and enjoy the magnificent scenery.

The afternoon walk is usually shorter than the morning walk, getting us to camp with time to set up and explore the area, or just relax with a hot drink and a chat. Most sections of this trip require a short vehicle transfer to and/or from the trail head. Over a delicious, hearty 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.

Mental preparation for your 5-day trek can not be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety.



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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 fish, meat or other protein based main dishes and fresh salads. On many 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). The following is a general guide:

- Breakfasts: Ranges from cooked eggs and bacon, toast with yummy spreads, 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, classic Australian camp BBQ, or perhaps a tasty stirfry.
- 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 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 camp with swags and tents; a true Australian Outback experience. Your guides will prepare all the meals and run the camp, however you will be asked to contribute by putting up your own tent and rolling out your swag. Participation around the camp will make for a more enjoyable experience for everybody.

- A swag is comprised of a three-inch thick foam mattress with a canvas cover to keep it clean – they are very comfortable! Your swag contains a pillow with pillow cover and one sheet.
- As an option, swags can be rolled out inside Mozzie Dome style tents, these offer sleeping under the stars while protecting from bugs. They convert to weatherproof tents in case of rain.
- Most groups are made up of a mixture of single participants and couples. Tents are given out as per person or couple, there is no need to share with people you do not know.
- Sleeping bags are essential for warmth. You can bring your own or hire from us for \$30; please contact our reservations staff if you require a sleeping bag at least 14 days in advance. A sleeping bag liner will be provided if you are hiring a sleeping bag.



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-There are bush toilets at each campsite. There are even a couple of places on the trek where we have the option to have a hot shower! Your guides will let you know at the briefing when this will be.

Pre and Post Tour Accommodation

Pre tour accommodation has been arranged, but you will need to book your own post tour accommodation in Alice Springs. If you would like advice on where to stay, please ask your Huma Charity Challenge reservations consultant.

What You Carry

The Larapinta Trek is a fully supported trek. You will carry just a day pack containing the following items:

- Water for the day's walk (2-4L, amount is dependent on the day)
- Sunhat, sunglasses & sunscreen
- Snacks for the day, provided by your guides
- Waterproof and warm layers
- Camera and any other personal items

Depending on the amount of personal items you decide to carry, your day pack will weigh approximately 5-8kg. Your luggage will be transferred by the support vehicle. Please keep luggage to one soft duffel bag per person; please do not bring hard suitcases or extra large duffels as these are hard to transport.

Equipment Required

Specialist gear is required include walking boots, head-torch and day pack. You will receive a comprehensive gear list for this tour with your confirmation documents. This list has been compiled with our experienced knowledge of the local conditions and we ask that you read and adhere to it; having the correct equipment will ensure you stay comfortable and get the most out of your wilderness experience.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

FAQs

Q. What is the terrain like?

A. A majority of the terrain on the Larapinta Trail is hard, rough and rocky, particularly on high ground, in gorges, creek and river beds. The ground is often distorted with embedded or loose rock depending on the trail variations.

The trail conditions of the Larapinta Trail are rocky, rugged, hard surfaced and dry. While a number of sections of the trail wind through open plains, undulating areas and relatively flat country, overall, the trail is characterised by rocky, stony and mountainous terrain which can rise from 680m above sea level to more than 1,200m along some sections.

Q. Can I have my own tent?

A. Yes, if you are travelling on your own you will receive a free upgrade to your own private tent. No single supplement applies.



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Q. How fit do I need to be?

A. You will need a good level of fitness for this trek on the Larapinta. You need to be capable and prepared to spend 5-7 hours each day trekking over rugged terrain with some steep ascents and descents. If you have any questions about your suitability please give us a call and speak with one of our staff members. We are more than happy to discuss additional information about what you can expect.

Q. Do I need to wear hiking boots on the Larapinta Trail?

A. Yes. The terrain on this trek is rugged, and the Quartzite rocks are famous for shredding even the most trusted old pair of hiking boots. For your comfort, you must have high supported boots with a heavy duty grip. There are lots of rocky, uneven and unstable sections, so ankle support will be beneficial.

Q. How much weight will I carry?

A. The Classic Larapinta Trek is fully vehicle supported. You will carry just a day pack containing the items you need during the day (including water, sun hat, snacks, lunch, camera, waterproof and warm layers). This is likely to weigh between 5-7kg.

Q. What can I do with my excess luggage?

A. Any excess luggage can be stored at your pre/post tour accommodation in Alice Springs.

Q. Do you recommend hiking poles?

A. Hiking poles can definitely assist you with going up and down the inclines and for stability. If you have not used them previously, we recommend that you do some training with them before you head out on the hike.

Q. Do I need to pack water purification tablets?

A. No. A water tank will be carried in the support vehicles and the guides will provide you with drinking water each day.

Q. Will I be able to charge my batteries?

A. It is possible to charge batteries using an inverter run off the vehicle battery. However this can be slow and is limited to times when the vehicle is driving, so we advise carrying extra sets of batteries for your cameras and/or portable chargers.

Q. Is there phone reception on the trail?

A. Not frequently. Sporadic reception can be received depending on your carrier, but generally only for the first day and when on top of Mt Sonder.

