Peace of Mind Foundation: Ngaro Challenge 2027






Trip Highlights

- Trek with a Peace of Mind Foundation representative
- Walk the full Ngaro Track carrying a lighter pack
- Enjoy rare views over the Whitsundays that can only be reached on foot
- Summit Whitsunday Craig Summit (353m elevation)
- Learn more about the Ngaro people through the art installations
- Hike the Whitsundays' only mangrove boardwalk
- Gain a deeper understanding of the unique biodiversity on the island



Trip Duration	3 days	**Trip Code:** PMF
Grade	Introductory to Moderate	
Activities	Trekking	
Summary	3 days trekking, 2 nights in comfort camping	

Supporting Your Cause

The Peace of Mind Foundation is dedicated to improving outcomes for people affected by brain cancer through research, awareness and support. Founded in memory of journalist and broadcaster Matt Peacock, the Foundation is committed to advancing research into brain cancer while supporting initiatives that improve the lives of patients and their families.

Through fundraising and community engagement, the Foundation helps drive progress towards better treatments and increased awareness of one of Australia's most challenging cancers, giving hope to those impacted by the disease.

Join us on an extraordinary trek through the Whitsunday's wilderness and help the Peace of Mind Foundation continue funding vital brain cancer research, raising awareness and supporting people and families affected by brain cancer.

Your Huma Challenge

Thank you for your interest in our Peace of Mind Foundation: Ngaro Challenge 2027. 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

2027 24 Aug - 26 Aug

important notes

RF - Registration Fee

DO - Fundraising target/donation

Your Adventure

The new Ngaro Track on Whitsunday Island lies in the heart of the Great Barrier Reef World Heritage Area. This 32km, three-day walk offers an unforgettable way to explore the island's spectacular landscapes and rich cultural heritage, without the demands of carrying a full pack.

Named after the Ngaro people, the Traditional Custodians of this land, the track shares their stories and connection to Country through artwork and interpretive elements developed with Ngaro families.

From the white sands of Whitehaven Beach and Hill Inlet to mangrove wetlands, rainforest ridges and the dramatic Whitsunday Craig, the track showcases the region's diverse ecosystems and breathtaking scenery.

This fully supported walk includes prepared camps with tent platforms and communal shelters. You'll carry just 8–12kg each day while experienced guides take care of camp setup, meals and daily logistics, leaving you free to enjoy the walking, views and cultural stories along the way.

Fundraising Options

There are several ways to approach your fundraising:

1. Fundraise the full charity donation amount.
2. Pay the charity donation yourself as a personal tax-deductible donation.
3. Fundraise as much as possible and personally cover the remaining balance.

If fundraising in your charity's name, you must obtain their permission before starting. Huma can assist by providing the relevant contact details.

Once registered, you'll receive a Confirmation Kit, including our Fundraiser's Guidebook with helpful ideas, tips and support.

Itinerary at a Glance

DAY 1	PICK UP AIRLIE BEACH, BOAT TO WHITSUNDAY ISLAND, THEN WALK WHITEHAVEN BEACH TO BOWARRI YAMBA (MOON CAMP) (8.3KM)
DAY 2	BOWARRI YAMBA (MOON CAMP) TO DHULA YAMBA (TREE CAMP) (10.8KM)
DAY 3	DHULA YAMBA (TREE CAMP) TO TONGUE POINT (12.8KM), AFTERNOON BOAT TO SHUTE HARBOUR, TRANSFER TO AIRLIE BEACH

What's Included

- **2 breakfasts, 3 lunches, 2 dinners, snacks & hot drinks**
- **2 nights architecturally designed camps on a twin share basis or free upgrade to single tent for solo travellers (limited and on a request basis)**
- **Airlie Beach hotel pick up/drop off on first and last day of tour**
- **Marine transfers to and from Whitsunday Island**
- **Professional wilderness guides & support staff**
- **Camping equipment including tents, camp pillow, comfortable sleeping mats & stretcher beds plus all cooking equipment, utensils & filters to treat water for drinking**
- **National Park fees**
- **Emergency communications & 24 hour back-up**
- **Comprehensive group first aid kit**
- **Mandatory pre-trip briefing held the day before the trip starts**

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Fast Facts

Group Size Min:
8

Group Size Max:
15

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

Leader:
Expert local bi-lingual leader

Trip grading

Introductory to Moderate

The Ngaro Track in Comfort is graded introductory to moderate. This trek involves walking 4-8 hours each day over rugged terrain with some steep ascents and descents. The trail is made up of sections that Parks & Wildlife have graded 4 and sections that they have graded 5. The tracks are long, rough and steep. There is some soft sand walking, a ladder to climb to the top of the craig, uneven rock stairs, and some steep sections have slippery leaf litter underfoot. Prior bushwalking experience is recommended. Walkers must be confident hiking for three days while carrying their necessary gear.

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 pack (8–10kg) 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.

- **Stinger suit - full-length to prevent UV exposure & reduce risk of stingers (compulsory to wear during certain months of the year)**

What's Not Included

- **Accommodation in Airlie Beach before and after the trip**
- **Transfers from/to Whitsunday Coast Airport**
- **Items of a personal nature, such as laundry and alcoholic beverages**
- **Backpack and sleeping bag (if you would like to hire a sleeping bag please let our staff know at least 14 days prior to your trip - note - you will still need to carry the sleeping bag each day between camps)**
- **Airfares**
- **Travel insurance**

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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

A compulsory briefing will be held at 3:30pm in Airlie Beach on the day before departure. Please arrange your travel to ensure you can attend. The 30–60 minute briefing will cover:

- Meet your fellow travellers and guides
- Itinerary and trip overview
- Gear and clothing checklist (no need to bring your gear)
- Safety, risks and emergency procedures
- Conservation and Leave No Trace principles
- Weather forecast
- Next morning's pick-up details
- Questions and answers with your guides

DAY 1 Pick up Airlie Beach, boat to Whitsunday Island, then walk Whitehaven beach to Bowarri yamba (Moon camp) (8.3km)

Welcome to the Whitsundays! After all the fundraising and preparation, the adventure finally begins. The trip will start with an early morning pick-up from Airlie Beach for our drive to Shute Harbour and the boat over to Whitsunday Island. The pick-up time from Airlie Beach and departure time from Shute Harbour are tide dependent, with the boat typically departing between 7am to 10am though more often at 7am or 8am. The boat journey typically takes 1-1.5 hours. The hotel pick-ups start from an hour before the boat departure e.g. from 6am or 7am so best to plan for the earlier time just in case. Exact timings will be confirmed to you closer to your trip departure, usually around 2 weeks prior.

We'll arrive by boat at the southern end of the popular Whitehaven Beach. Here we will visit the Whitehaven Beach lookout where the views set the scene of what's to come before continuing along the shared use trail to Chance Bay Beach. The Ngaro Track starts just beyond Chance Bay and we'll take our time to enjoy the space, read the information signs and connect with Country.

From here we will start our walk through a unique ecosystem of rainforest growing from sand, with the track taking us deep into this vegetation. We'll visit Bari dhili (Rock eye) viewpoint, and enjoy the view of the Whitsunday Craig and the Ngaro family art installation posts. Continuing south we will reach Bowarri yamba, meaning moon camp. Here, we arrive to our already setup camp and enjoy uninterrupted views of the nighttime sky. The architecturally designed shelter delivers plenty of space to relax, and a selection of camping decks and earth nodes offer differing views over the island and sea.

Walking Time: 5 hours | Distance: 8.3km

*You'll need to arrive in Airlie Beach the day before your trip to ensure you're there in time for the 3:30pm pre-trip briefing. Huma can arrange pre-trip accommodation if needed.

meals: L,D

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DAY 2 Bowarri yamba (Moon Camp) to Dhula yamba (Tree camp) (10.8km)

Beginning the day watching the sunrise over Silicon Bay and the south end of Whitsunday Island will set the tone for the vistas to come today. After breakfast we'll don our backpacks and descend into a shady area dominated by hoop pines and grasses, known locally as the pines.

We'll then follow the contours of the coast to Craig point viewpoint and begin our steady climb up to Whitsunday Craig (353m). Gradually ascending, the track offers outstanding views of the imposing rock face before a short final climb with ladders and stairs leads to the lichen-encrusted rock platforms of the Whitsunday Craig. From here we'll marvel at the incredible scenic views of the Whitsundays.

The track steeply descends, down the Hill Inlet to Bilbili dhili viewpoint overlooking the unique samphire forbland. We will pause at Lower Craig and Crayfish Bay for photo-worthy lookouts and to reflect on the Ngaro family art installations that share cultural storylines, before continuing down onto the shores of Torres Herald Bay and our campsite for tonight, Dhula yamba (Tree camp). The campsite is set in a shaded, cool palm forest, where we can enjoy the views and sounds of the sheltered bay's waters.

Walking Time: 7 hours | Distance: 10.8km

meals: B,L,D

DAY 3 Dhula yamba (Tree camp) to Tongue Point (12.8km), afternoon boat to Shute Harbour, transfer to Airlie Beach

For our final day we will walk from one side of the island to the other. From Dhula yamba (Tree camp) we will walk north to the Whitsunday's only mangrove boardwalk, where you'll come to cross a bridge over Hill Inlet.

The undulating track crosses seasonal waterfalls and passes through gullies of forests and rocks. As we continue there will be creek crossings through magnificent palm groves where we'll discover the seasonal Gumi (Ponds) wetland.

Leaving our packs behind, we'll head out to Murmuru bari (Round rock) viewpoint for a unique view of Hill Inlet. As the track continues we will enjoy stunning scenery throughout the day, culminating on the shores of world-renowned Hill Inlet. As the adventure draws to a close, we depart from Whitsunday Island via boat transfer back to Airlie Beach.

The boat journey typically takes approximately 1-1.5 hours, allowing for ample time to reflect on the memories made and the beauty witnessed throughout this remarkable experience. Please be advised that boat transfer timings are subject to change based on weather conditions and tides, ensuring your safe return to Airlie Beach this evening. As a guideline only, the boat typically departs between 3:45-4:30pm, with drop-off to your post-tour hotel in Airlie Beach by 6:30pm though more often around 6pm.

Walking Time: 8 hours | Distance: 12.8km

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.

Country Information

The 32km Ngaro track on Whitsunday Island gains its name from the Traditional custodians of this land, the Ngaro people. Ngaro families have assisted supervising construction of the track as well as contributed to the development of interpretation, ensuring that the significance of Country is respectfully shown.

"This place is where stories lie. It speaks to us. We feel stories within the earth, rock, mountains, trees, animals and waterways. Walk with us in respect of our land." - Ngaro Traditional Owners.

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We acknowledge the deep relationship, connection and responsibility to Land, Sea and Sky Country as an integral element of First Nations peoples' identity and culture.

The Ngaro Track is the first multi-day walk of its kind in the Whitsundays. It combines cultural storytelling with spectacular landscapes - from Whitehaven's white sands and mangrove wetlands to rainforest ridges and Whitsunday Craig.

Purpose-built infrastructure ensures a low-impact adventure.

Climate

The weather in the Whitsunday Islands is sub tropical, which makes it perfect for beach side holidays. The islands lie on the equivalent tropical latitude as Mauritius in the southern hemisphere, meaning they have a year round warm tropical climate with an average temperature of 27.4°C (81°F)

The maximum summer temperatures (December, January and February) are around 30°C (86°F) and this is also when the highest rainfall is recorded, in the form of tropical showers, which are typically brief. The maximum winter temperatures (June, July and August) are around 25°C (75°F) and these winter months typically record the lowest rainfall. The high average temperatures makes the Whitsundays weather perfect year round for sailing, swimming and exploring the Great Barrier Reef.

The Whitsundays tropical climate means the days are warm and the atmosphere is very relaxed. You'll only need a light jacket or sweater for evenings during the cooler months with beach wear and casual clothes suitable for the days. The perfect weather for unforgettable tropical holidays.

Meals During the Trek

Australian Walking Holidays aims to provide quality wilderness meals to meet the satisfaction of all our guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality, nutritional levels and their ability to cater to a wide range of dietary requirements. Each guide is able to select their own menu for the destination. Depending on the length of the expedition, some meals will use dehydrated product to lighten loads carried by the group. You will be given your own personal bag of snacks to consume at your leisure throughout the trip so you always have a source of energy ready at hand. Please feel free to bring along your own favourite snack to complement the ample food provided.

• Breakfasts - ranges from cereals to delicious porridge accompanied by a steaming hot pot of 'bush' coffee.

• Lunches - variation each day, wraps, rice cakes or fresh salad rolls with an assortment of cold meats.

• Dinners- varies from trip to trip, 2-3 courses, fresh foods where possible. There will be some nights on most camping trips when an entree or dessert won't be cooked (may be cheese and dips for entree, or biscuits for dessert).

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.

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Accommodation on the Trip

During your walk you will stay at architecturally designed camps. Nestled amongst the environment of Whitsunday Island these wilderness camps offer a relaxing and comfortable stay in remote locations.

Our comfort camps 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 dining table and kitchen.

The toilet facilities are clean, comfortable and carefully designed to be 'loos with a view'. There are no shower facilities.

The spacious tents offer plenty of room for two people and gear. Luggage should be kept in the tent at all times.

You will sleep on raised camp beds with comfortable mattresses each night.

Sleeping bags are essential for warmth. You can bring your own or hire from us - please contact our team if you would like to hire one at least 14 days prior to your departure. A silk sleeping bag liner will be provided if you are hiring a sleeping bag. You will need to carry the sleeping bag with you each day between camps. Most groups are made up of a mixture of single participants and couples. If you book as a single traveller you will receive a free upgrade to your own private tent (limited and on a request basis).

You will be required to help with washing up your cups, dishes, etc. after breakfast and dinner.

Pre and Post Tour Accommodation

Our preferred hotel in Airlie Beach for pre and post tour accommodation is the Mantra Club Croc Airlie Beach. Your Huma reservations consultant will send you a quote on booking if you would like us to book the accommodation on your behalf. If you are booking your own pre and post tour accommodation, please ensure it is located at Airlie Beach, or on Shute Harbour Road, the main road from Cannonvale to Shute Harbour.

We recommend booking one night of accommodation in Airlie Beach before and at the end of the trip.

What You Carry

On this bushwalking expedition you will need to carry all personal equipment in a medium trekking backpack that is 50-70 Litres in capacity. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be 8-10kg. This may include carrying a small portion of the group food - it is not always necessary and is usually limited to a very small amount of fresh food, e.g. 1-2 tomatoes or 1 cucumber. On day 1 & 2 you will usually be required to carry your own lunch (provided) though this would also be a very small weight and volume.

A comprehensive gear list is available to detail what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you.

Equipment Required

Specialist gear is required include walking boots, head-torch and 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.

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Protecting the Environment

Australian Walking Holidays operates in some of the world's most pristine and beautiful environments. It is our priority to leave these places unspoilt and as they were for all future visitors to enjoy.

The Leave No Trace principles and minimal impact practices specific for your adventure will be introduced at the initial group briefing and reinforced by your guides when required out in the field. Following our 'hygiene' suggestions listed on these trip notes is a productive first step in helping the environment. Our environmental policies together with your help and cooperation will ensure that we can safeguard the pristine wilderness in which we operate.

In 2022 we achieved Advanced Ecotourism Certification for all the tours we own and operate. The ECO Certification Program is a world first, developed to address the need to identify genuine nature and ecotourism operators. The program is now being exported to the rest of the world as the International ECO Certification Program.

Carbon Footprint & Climate ActionHow 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. When should I arrive in Airlie Beach?

A. You must arrive in Airlie Beach the day before the tour begins. The trip commences with a MANDATORY pre-departure briefing at 3:30pm on the day before departure. It is ESSENTIAL that you make your travel arrangements to enable you to attend this briefing. Day 1 then commences with an early morning pick-up from your pre-tour accommodation in Airlie Beach an hour before the marine transfer from Shute Harbour to Whitsunday Island. The pick-up and departure times are tide dependent - exact timings will be confirmed to you closer to your trip departure, usually around 2 weeks prior.

Q. What facilities will be at each campsite?

A. The purposefully built and architecturally designed campsites have composting toilets, sheltered communal areas for cooking and relaxing, tent platforms with tents set up for your arrival, and rainwater tanks (for drinking - your guides will supply filters to treat the water). There are also interpretive signs at each campsite with information about cultural and environmental stories. There are no shower facilities during the trip.

Q. What dangers are on the island?

A. The Ngaro Track is a remote walk. Hazards include unfenced cliff edges, stinging trees, tropical insects, crocodiles and marine stingers. Your guides will ensure your safety throughout the trip and will give you a briefing on how to avoid these dangers.

Q. Why was the Ngaro Track created?

A. The Ngaro Track was created to honour and celebrate the culture of the Ngaro People, protect fragile ecosystems, and provide a world-class, sustainable walking experience within the Great Barrier Reef World Heritage Area.
The Ngaro People are the Traditional Owners of the Whitsunday Islands. Their culture, knowledge of Country, and songlines are woven throughout the Ngaro Track.
Ngaro families helped supervise construction, named sites along the track, and created interpretive artworks and story poles to ensure their knowledge is shared respectfully.
The Ngaro Track supports Queensland's Destination 2045 vision for nature-based tourism.

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Q. What time does the trip finish?

A. On the final day of the tour, you will be transferred back to your post-tour accommodation in Airlie Beach. Return transfer times can vary depending on weather conditions, sea conditions and tides; however, you can generally expect to arrive between 5:00 pm and 6:30 pm.

Q. Do I need to book pre and post tour accommodation?

A. Our preferred hotel in Airlie Beach for pre and post tour accommodation is the Mantra Club Croc Airlie Beach. Your Huma reservations consultant will send you a quote on booking if you would like us to book the accommodation on your behalf. If you are booking your own pre and post tour accommodation, please ensure it is located at Airlie Beach, or on Shute Harbour Road, the main road from Cannonvale to Shute Harbour.
We recommend booking one night of accommodation in Airlie Beach before and at the end of the trip.

Q. How fit do I need to be?

A. You will need a good level of fitness for this trek on the Ngaro track. 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. How much weight will I carry?

A. You will need to carry your own gear for the 3 days, including a small portion of the group food - it is not always necessary and is usually limited to a very small amount of fresh food, e.g. 1-2 tomatoes or 1 cucumber. On day 1 & 2 you will usually be required to carry your own lunch (provided) though this would also be a very small weight and volume.
You can fit the required gear in a medium size backpack (50-70L - not supplied), weighing approximately 8-10kg.

Q. What can I do with my excess luggage?

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

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. Will I be able to charge my batteries?

A. At the campsites you can charge devices through a USB port. Ports are very limited and shared between participants. We suggest bringing portable power chargers or fully charged spare batteries as back-up for your devices.

Q. Is there phone reception on the trail?

A. Not frequently. Sporadic reception can be received at some higher points depending on your carrier but the signal is usually very week.

Q. When is the best time to walk on the Ngaro Track?

A. The trekking season runs from April to October, when trekking conditions are most favourable. Winter is arguably the best time to experience the Ngaro track, as it offers prime trekking conditions, more stable temperatures and endlessly blue days.

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