



**MATER DEI**  
FOUNDATION

# Mater Dei Cape to Cape Challenge



## Trip Highlights

- Trek with a representative from Mater Dei
- Explore the rugged and wild southern coastline of WA
- Cliff top walking with stunning views of red granite boulders, white sand beaches and turquoise waters
- Wander through the magnificent and ancient Karri forest
- Stay in comfortable accommodation in Margaret River
- Challenge yourself and forge new friendships, without carrying a heavy pack
- Experience the finest local produce from The Common Bistro, Vass Felix Estate, The Brewhouse, Cape Grace Winery, and Caves House



|                      |   |                       |
|----------------------|---|-----------------------|
| <b>Trip Duration</b> | 8 days                                      | <b>Trip Code:</b> MDW |
| <b>Grade</b>         | Moderate                                    |                       |
| <b>Activities</b>    | Trekking                                    |                       |
| <b>Summary</b>       | 8 day trip, 6 days trekking, 6 nights hotel |                       |

## Supporting Your Cause

At Mater Dei we work with babies, children and young people with an intellectual disability or development delay, and their families, on their journey from first diagnosis before school, through their formal education and on to post school learning.

At Mater Dei we have high expectations for our children, students and young adults. We do not presume what they cannot achieve. We do not place limits on their horizons. Rather, informed by contemporary evidence based research and professional development as well as a culture of profound commitment among our staff, we continually explore new and different strategies to make learning opportunities accessible for children, students and young adults with all range of ability.

The learning strategies and programs we offer will change the lives of our students, their families, and ultimately our community.

It is your generosity that ensures the continued success of the work of Mater Dei which in turn is helping to build for our young adults the future they deserve.

Join us on this extraordinary trek along the Margaret River coastline and support Mater Dei in their vital community work.

## Your Huma Challenge

Thank you for your interest in our Mater Dei Cape to Cape Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, 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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## Charity Challenge Payments

|                                  |        |
|----------------------------------|--------|
| Joining Perth from:              | \$2790 |
| Non refundable registration fee: | \$200  |
| DO - Fundraising target:         | \$2500 |

All prices are per person

## Trip Dates

**2025** 27 Sep - 04 Oct

## important notes

**RF** - Registration Fee

**DO** - Donation, Fundraising target

## Your Adventure

The Leeuwin-Naturaliste National Park stretches over 100kms along Western Australia's magnificent Southwest coast. With the world renowned Margaret River wine region at its centre, this coast is as diverse as it is spectacular. From giant Karri forests to windswept limestone cliffs, pristine white sandy beaches, coastal heath as well as ancient dunes and granite cliff lines, the diversity of landscapes makes this one of Australia's most delightful coastal walks. Walking during the warmer months reveals abundant wildflowers as well daily opportunities for a swim in the ocean and lagoons. This itinerary aims to traverse the entire 135km Cape to Cape Track, walking between 19km to 24km each day with just a day-pack. There are some steep sections, and beach walking can be challenging, however on some days there are options to walk half a day. Excellent homemade food, knowledgeable guides and centre based, comfortable glamping style accommodation which we return to each evening. Join the Mater Dei crew and see why our previous walkers have rated this trek as one of Australia's best!

## Itinerary at a Glance

|       |  |
|-------|--|
| DAY 1 | ARRIVE PERTH   |
| DAY 2 | DRIVE FROM PERTH, WALK CAPE NATURALISTE TO INJIDUP BEACH (24 KM) |
| DAY 3 | INJIDUP BEACH TO GRACETOWN (23KM)                                |
| DAY 4 | GRACETOWN TO GNARABUP (20KM)                                     |
| DAY 5 | GNARABUP TO BORANUP FOREST (22KM)                                |
| DAY 6 | BORANUP FOREST TO COSY CORNER (21KM)                             |
| DAY 7 | COSY CORNER TO CAPE LEEUWIN (19KM)                               |
| DAY 8 | RETURN TO PERTH  |

## What's Included

- 6 days guided walking with state of the art tracking service and emergency support: all support staff carry first aid and communications equipment
- 1 night hotel accommodation in Perth
- 6 nights comfortable accommodation in the coastal hamlet of Gnarabup at 3.5 star Surfpoint Resort or similar. All rooms have private ensuite.
- 1 weekly supply box with fresh and tasty daily breakfasts. Items can include our in-house muesli blend and chia pudding; eggs, mushrooms, spinach and cherry tomatoes; yoghurt, fresh fruit and wood fired bread; tea & coffee
- 6 packed lunches, including freshly prepared nutritious meat or salad roll and track snacks
- 5 delicious evening meals prepared by our in-house catering company and at local restaurants (one night at your choice of restaurant at own expense)
- All vehicle transfers between the track and your accommodation, you'll receive morning drop offs and afternoon pick ups from our drivers
- All planning, logistical, administrative and on-ground support
- Return transport from Perth
- Huma training manual, gear list and fundraising guidebook

## What's Not Included

- Airfares
- Accommodation in Perth after the trip
- Back packs
- Alcoholic beverages
- Travel insurance



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## Fast Facts

### Group Size Min:

8

### Group Size Max:

15

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

### Brochure Reference:

Australia, New Zealand, Pacific

## 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 Moderate

There is no such thing as an 'easy day' on the Cape to Cape walk. There are a lot of ups and downs, often in sand, and there are several beach stretches. You will walk between 19 to 24km a day, carrying only a day pack. A reasonable level of fitness and good health is needed for this walk.

## Detailed Itinerary

### DAY 1 Arrive Perth

After all your preparation and fundraising the journey finally begins!

On arrival in Perth, make your way to the Quality Ambassador Hotel at 196 Adelaide Terrace Perth (CBD), for overnight accommodation on a twin share basis with breakfast.

**meals: NIL**

### DAY 2 Drive from Perth, walk Cape Naturaliste to Injidup Beach (24 km)

This morning you will be collected from the hotel at 6:00am. We will stop one hour into the journey, giving you the opportunity to grab something to eat & drink and/or use the bathroom.

You will then head out to Cape Naturaliste to meet your guides to begin your first day of hiking where we'll enjoy spectacular cliff-top and beach walking. Keep your eye out for dolphins!

This section is mostly along the cliff tops on a sandy trail with magnificent views out to the Indian Ocean. There are a few rocky parts so if you like to use walking poles, they will come in handy on the first day. It's not a particularly difficult section, but when combined with the drive down, it turns into a pretty big day.

Note, please wear your hiking clothes on the bus and bring your day pack with your swimsuit and change of clothes. After our walk we will head straight to dinner at the historic Caves House in Yallingup.

**meals: B,L,D**

### DAY 3 Injidup Beach to Gracetown (23km)

From Injidup ascend over the ridge and meander through coastal tea tree and back onto the wild southwest facing coast. Weave through stunning areas of limestone cliff and granite before walking through the stunted vegetation and granite fields of Moses Rock.

The track rises high over several large limestone headlands before flattening out on Wilyabrup Beach. A wonderfully constructed staircase then guides walkers up and onto the stunning sea cliffs that form the famous climbing buttresses of Wilyabrup Cliffs.

After passing the cliffs, the track drops back down onto the beach, passing the famous, though severe, surfing breaks of Gallows and Guillotines.

The coast then turns decidedly rocky as it ducks and weaves over picturesque granite boulders and finally into the pretty hamlet of Gracetown.

A great revitalising swim may be possible at the end of the day – pack your swimsuit in your day pack.

After the day's walk we drop in for a personalised wine tour and cheese platter at a boutique winery in the Margaret River Region.

Eat in tonight with a delicious, fresh meal from our catering team Cape to Cape Moveable Feast

**meals: B,L,D**

### DAY 4 Gracetown to Gnarabup (20km)

Beginning at the picturesque hamlet of Gracetown, follow the low coastline to the historic settlement of Ellensbrook. From Ellensbrook, the Track quickly leaves the coast and meanders through sand dunes and past Ellensbrook homestead and Meekadarabee Falls. Visit the isolated coves of Gnoocardup and the turquoise bay of Kilcarnup.

Marvel at the centuries-old osprey nest in Horseshoe Bay and then take in some of the world's finest surfing coastline at Prevelly. This is the perfect spot for an afternoon swim. Dinner at your choice (and expense) of restaurant in Prevelly.

**meals: B,L**



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challenge

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Suggested preparation: The best way to prepare physically for the trip is to walk, walk and walk some more – preferably in sand and over a variety of terrain. Try to walk frequently and consistently. By the start of our Cape to Cape you should be able to comfortably walk 15km, and try and do a few 20km walks. Training walks with the shoes you will use and carrying a weighted bag (approx 5-7kg) should be considered essential.

## 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.

### DAY 5 Gnarabup to Boranup Forest (22km)

From the limestone ridge at Prevelly you will head down into the sheltered creek line of Boodjidup Brook. Continue on and experience the white sands of Boodjidup before reaching historic Redgate Beach. Next is very likely one of the best sections of the Cape to Cape Track: the scenic coastal cliffs at Bob's Hollow and Contos. Enter the majestic Karri forest, home to the world's third tallest hardwood. A longer day, but the solid track under foot and afternoon shade of the karri forest makes it all seem easy.

We will stop for a brief cave experience this afternoon – make sure you have a warm jumper or jacket with you. If you plan on indulging in a massage during your week with us, tonight is a good opportunity.

**meals: B,L,D**

### DAY 6 Boranup Forest to Cosy Corner (21km)

Start amongst the tall karris of Boranup Forest, home to an array of wildlife and wildflowers in season. Head south, back into the coastal heath, and down onto the stunningly beautiful Boranup Beach. 7kms of sand walking later, find the protected Hamelin Bay, home to some of the Cape's friendliest stingrays who love a feed of freshly caught fish! Continue on past the many islands and headlands through the coastal heath and past Foul Bay lighthouse until you arrive at the stunning Cosy Corner.

This afternoon we stop to have a look at the Margaret River and eat dinner nearby at local microbrewery, The Brewhouse.

**meals: B,L,D**

### DAY 7 Cosy Corner to Cape Leeuwin (19km)

The last leg of the Cape to Cape Track faces more into the south than the rest of the coast. True wilderness with limited road access the sights are reserved for the local hooded plovers and you. Granite headlands are broken up by long sections of shoe sucking sand. Formidable, but every step takes you closer to the Cape Leeuwin lighthouse and the moment of celebration.

After a hot shower back at your accommodation, meet at SurfPoint Resort where we share a fantastic slideshow of the last seven days together and present certificates commemorating your successful completion of the Cape to Cape Track. Then tuck into a celebration fish barbecue dinner with seasonal salads. Local red and white wines included.

**meals: B,L,D**

### DAY 8 Return to Perth

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

**meals: B**

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

## Fundraising Support

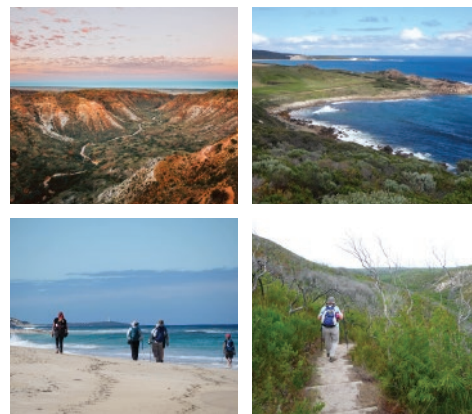
There are a few different ways you can approach your fundraising:

1. You can fundraise the charity donation by asking friends, family and work mates to support the cause.
2. You may choose to donate the \$2500 as a personal donation (any donation over \$2 is tax deductible).



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3. You can fundraise as much as you can and if you don't make it, personally fund the gap to hit your target.

The wonderful fundraising team at Mater Dei will support you to reach your target and make the most of this once in a lifetime opportunity. Once you register via Huma Charity Challenge, the team will be in touch to help you kick start your fundraising. Huma Charity Challenge will send you a comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

## Climate

The South West of WA is greatly influenced by the cold Southern Ocean. In October and November temperatures can range between 10 C at night and 25 C during the day. From December to March temperatures can range from 15 C at night to daytime temps of 30 C, with occasional blustery southerly winds and light rain. Rare summer days up to 40 C may be experienced and the tour may be modified to suit the conditions on the day.

## A Typical Day

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

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

All meals are included, except for dinner on day 4 when you can choose from a select group of great eateries in Prevelly.

Breakfast comprises cereals, fruit, yoghurt, toast, juice, tea, and freshly brewed coffee.

Each day your guide will carry tea, coffee, a home-made cake and fruit for morning tea.

On some days lunch is self-made from fresh breads, salads, and meats. On other days, where there is vehicle access to the track, the bus will bring us a tasty and nutritious picnic lunch.

Enjoy pre-dinner nibbles with fellow guests each evening while your guides prepare a delicious two course meal for dinner.

## Accommodation on the Trip

1 nights pre-trek accommodation in Perth CBD at the Quality Hotel Ambassador Perth.

Quality Hotel Ambassador Perth holds a prime position on Adelaide Terrace in the Perth CBD and conveniently located a short stroll from the Swan River is just minutes to the vibrant array of shopping, dining, nightlife, cultural and historical experiences. Sleep in a twin-share room (or choose a single supplement for a private room).

5 nights accommodation will be based in quality accommodation at either 3.5-star SurfPoint Resort or The Break Margaret River, depending on availability. Both are located in the wonderful beachside suburb of Gnarabup, a stone's throw from the beach. We always stay in one location for the duration of the tour so that you can unpack your bags once and just relax for week. Sleep in a twin-share room (or choose a single supplement for a private room) and enjoy a common room with fire, kitchen and shared bathroom facilities, WIFI, a swimming pool and tranquil surrounds.



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Most groups are made up of a mixture of single participants and couples. If you are travelling alone you will share a twin share room with someone of the same gender. If you would prefer you may pay a single supplement for a private room with private ensuite. Guests travelling together also have the option to pay for a twin share room upgrade which secures a room with a private ensuite.

Massages are available, Monday, Tuesday and Wednesday at either 6pm or 7pm subject to availability. Your Gnarabup accommodation has a qualified remedial masseuse on hand who will come to your room. They specialise in Deep Tissue, Trigger Point Therapy, Myofascial Release, Relaxation & Manual Lymphatic Drainage. Price: 60 minutes: \$150. You may book this as an optional extra by contacting Gabi on: 0467 331 991 or kitegabi@yahoo.com

If you wish to add this during your tour then please just chat to the friendly staff at Surfpoint Resort and they will assist.

## What You Carry

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

## 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](mailto:megan@humacharitychallenge.com.au)

## FAQs

### Q. What is the terrain like?

A. The track runs mostly along the coast. It makes use of old 4WD vehicle tracks, constructed paths and natural beach sections which are mostly sand. Approximately 15-20% of the walk is on the beach with the rest of a mix of cliff tops, coastal heath and forest.

### Q. How fit do I need to be?

A. We recommended that you have a reasonable level of fitness for this trip. Walking distances range from 19km to 24km per day, and you will walk carrying a day pack (weighing around 5-7kg). Thorough physical and mental preparation is important for your safe participation and enjoyment of this expedition. As with any active holiday, the fitter you are for the activity, the more you will enjoy it. In short, fitness enables you to do more, see more and simply relax more.

### Q. When is the best time to walk on the Cape to Cape?

A. We run the trip in Autumn (between March to May) and in Spring (September to November). During these months we have the best chance of nice, sunny days without it being too hot as there is no shade along the track. In Spring you will see lots of wildflowers. April and May tend to have the best weather but there are no wildflowers at that time. The water is still warm though so you can still go for a swim at that time. Rain can occur at any time of year.

