IKARA-FLINDERS RANGES CHALLENGE

Supporting Indigenous students and Indigenous health research

9-14 SEPTEMBER 2019

NEWCASTLE.EDU.AU/IKARA
You’re invited to take the challenge - trek the Ikara-Flinders Ranges, experience the arid heart of the South Australian outback, and be part of the team aiming to raise over $100,000 to support Indigenous education, health, research and community initiatives.

THE UNIVERSITY OF NEWCASTLE IS PROUD TO LEAD THE WAY IN INDIGENOUS EDUCATION

We’re looking for 30 inspirational Champions amongst our alumni, students, staff and wider community to rise to the challenge, engage their networks and have a lasting impact through enabling university education and research projects that transform the lives of Indigenous Australians.

THE UNIVERSITY OF NEWCASTLE’S INDIGENOUS ACHIEVEMENTS IN EDUCATION

1,115 Unprecedented Aboriginal and Torres Strait Islander student enrolments in 20171

77.43% Indigenous student undergraduate success rate in 2016 versus sector average of 73.54%2

1/3 One third of all practicing Indigenous doctors in Australia graduated from the University of Newcastle3

77 Indigenous staff members – the second highest number of Indigenous staff of any university in Australia4

Highest rate of graduating Indigenous Higher Degree Research candidates in the sector5

WHO’S COMING?

Our 30 Ikara-Flinders Ranges Champions will include corporate, Indigenous, University and community leaders who will be like-minded, determined and dynamic people ready to take on a challenge to help others.

Previous University of Newcastle Challenge Champions loved the camaraderie of the group and made friends for life.

"It was an amazing experience; the views were even sweeter knowing that as a group we might make a huge difference in the lives of Indigenous Australians"

Lucy Nichols, student and 2017 volunteer trekker
WHAT IS THE CHALLENGE?

TREK 100KM
of the Ikara-Flinders Ranges trail over 5 days in a team of 30

$3,500
individual fundraising goal

$100,000+
total team fundraising goal

HOW DIFFICULT IS THE CHALLENGE?

Each day will be tough - you'll be challenging yourself and working together in a supportive team with your fellow trekkers.

However, you will be able to focus on the trek with all food and accommodation organised for you. You'll only need to carry your day pack with water each day. The spectacular surroundings and cultural understandings we gain will add to our incredible experience and sense of achievement.

Each day will include hearty chef prepared meals in addition to a steady supply of trail mix, food and drinks, ensuring that you remain well fed, ready and primed for the walk each day. Evenings will include time to relax and enjoy delicious food while sharing stories round the table or campfire.

WHAT WILL MY IMPACT BE?

Like our Larapinta Trail trek in 2017, the outcomes will be life-changing for Indigenous Australians.

With support from more than 950 donors, $152,432 was raised to fund fifteen Larapinta Trail Challenge Indigenous undergraduate scholarships over 2018-2020, three PhD Scholarships for emerging Indigenous leaders and two incredible research projects: MAMAS-Empower Health App for Indigenous mothers and Improving foot health outcomes for Aboriginal Australians with diabetes.

Join us in 2019 to help us build on this amazing legacy for Indigenous equity, social justice and Indigenous students like Demi J Cheetham, a University of Newcastle Medical Student. Demi has always valued the importance of health and education.

Growing up in a small Aboriginal/Torres Strait Islander community, she witnessed the health and social inequities experienced by our Indigenous people, even experiencing the effects of such in her own family environment.

Improving the health and well-being of others is her motivation to succeed. Neither of her parents had an opportunity to finish high school or attend university, however they lovingly provided an environment of learning and instilled the importance of hard work and dedication in Demi.

“I aim to represent the scholarship and its donors with pride during my years in medical school and into the future.”

Demi J Cheetham, University of Newcastle Medical Student.

ABOUT THE IKARA-FLINDERS RANGES

On this once-in-a-lifetime hike you will experience the arid heart of the Australian outback by foot, traversing one of the oldest geological landscapes in the world.

You will meet some of the locals, experience their culture and importantly, your guiding contingent will include Indigenous representatives of the local Adnyamathanha people.

The 1,200 kilometre Heysen Trail, beginning in the Ikara-Flinders Ranges, is rated as one of the world’s premier long distance trails. In the epic 2019 Challenge we will traverse 100 kilometres of the most impressive parts of the Heysen Trail, including the stunning Wilpena Pound. Tanderra Saddle offers a world-class highlight to our challenge, with one of a kind views as you make your way up to the very top of the Pound Wall.
### Trek Itinerary

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday 9th</th>
<th>Tuesday 10th</th>
<th>Wednesday 11th</th>
<th>Thursday 12th</th>
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<tbody>
<tr>
<td><strong>Travel</strong></td>
<td>Adelaide to Angorichina at approx. 10.30am with a picnic stop on the way.</td>
<td>Heysen Trail Head to Arroona Ruins</td>
<td>ABC Range, Brachina Formation, fossil site</td>
<td>Bunyeroo Gorge, Variety of landscapes, plants and wildflowers</td>
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<tr>
<td><strong>Welcome to Country ceremony</strong></td>
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<td>Walk: Approximately 19 km. 5-6 hours walking with breaks. Moderate grade.</td>
<td>Cultural information session at Ikara</td>
<td>Walk: Approximately 24 km. 6-7 hours walking with breaks. Challenging grade.</td>
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<td><strong>Dinner at Blinman Hotel</strong></td>
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<td>Overnight: Angorichina Cabins</td>
<td></td>
<td>Overnight: Wilpena Pound Resort</td>
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<tr>
<td><strong>Overnight</strong></td>
<td>Angorichina Cabins</td>
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#### Day 3: Saturday 14th
- Breakfast at Rawnsley Bluff, Winery lunch
- Walk: 11.5 km. 4-5 hours walking with breaks. Moderate grade.
- Overnight: Adelaide (at additional cost)

#### Day 4: Sunday 15th
- Travel: Additional transfer and accommodation arrangements will be made for all group members who wish to travel from Adelaide to Newcastle by plane.
- Tanderra Saddle, Black Gap Walk: Approximately 24km. 7-8.5 hours walking with breaks. Challenging grade. Lots of ascents and descents. Shorter, easier option also available.
- Overnight: Rawnsley Park

Transfer arrangements will be made at additional cost for all group members who wish to travel from the University of Newcastle to Adelaide by plane on the morning of Day 1, for overnight accommodation on night 6 and return flights and transfers on Day 7.

For those wishing to make their own arrangements to meet or depart the group in Adelaide, please notify us as soon as possible.

### Cost

**Trek Fees $2,335** (including GST)

$400 deposit required to secure your position with final payment due by 9 July 2019. Twin share accommodation with a single supplement available.

**Additional Costs**
- Return flights to/from Adelaide
- Overnight accommodation in Adelaide (Day 6)
- Return bus transfer from Sydney Airport to the University of Newcastle.

**Minimum Fundraising Target $3,500**
The Office of Alumni and Philanthropy will provide resources to assist with fundraising efforts. Champions may also seek sponsorship for the cost of the trip. In such cases the fundraising activity and sponsorship proceeds are to be kept separate from their University challenge fundraising target.

### Inclusions

- Genuine all-inclusive pack free walk
- The best of the Flinders Ranges walks
- 3 engaging, knowledgeable and experienced guides plus a local Indigenous guide for most of the walk
- 5 nights’ comfortable twin-share accommodation (limited single rooms are available on request)
- Mostly chef prepared meals, including 2 course dinners, cooked breakfasts, lunches, snacks, trail mix and drinks for trekking (Most dietary requirements can be accommodated)
- Indigenous food experience. Dependent on availability of game
- Auswalk guide pack including notes, maps, lunch bag and container
- All transport from Adelaide and National park admission
- All luggage transport
- The Office of Alumni and Philanthropy will provide resources to assist with fundraising efforts.

*An optional $470 per person single supplement (only 10 available) includes single rooms with ensuites during the trek. Alternatively, all trek accommodation will be twin share. Please contact us for details.*

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The University of Newcastle would like to acknowledge the traditional custodians of the land – the Adnyamathanha People, who have permitted tourists to visit the area. We also acknowledge the traditional Aboriginal owners of the lands within the footprint areas of our campuses: Awabakal Nation, Darkinjung Nation, Biripai Nation, Worimi Nation and Wonnarua Nation.

Ikara-Flinders Ranges National Park has a rich and complex cultural heritage combining Aboriginal and pastoral history. The park is co-managed by a board consisting of Adnyamathanha and Department of Environment, Water and Natural Resources representatives. The Adnyamathanha people (meaning hills or rock people) are the traditional custodians of the Ikara-Flinders Ranges National Park.

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