



10 PEAKS CHALLENGE



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INFORMATION BOOKLET

22 - 26 MAY 2024

Join team Youngcare on an adventure of a lifetime where you'll be taken out of your comfort zone, to raise much needed funds and awareness for young people with physical disabilities.

INFORMATION BOOKLET



TREK OVERVIEW

For four incredible days, across the spectacular Main Range, with Australian's mainland glacial lakes as your backdrop, bold Youngcare supporters will walk a challenging 60km hike, taking on the top 10 peaks in Australia.

The completely isolated environment, and tough conditions, where there is little control over personal choice, provides a striking reflection of the challenges that young people with high physical support needs face on a daily basis.

HIGHLIGHTS

- Fully guided by Australian trek leader and medic
- Summit Mt Kosciuszko and nine other peaks
- Appreciate the incredible scenery that the Kosciuszko National Park has to offer
- Cross the famous Snowy River
- Camp out at the base of Mt Kosciuszko

All while raising funds & awareness for an important cause!



Embark on the test of a lifetime for young people with physical disabilities

THE AUSSIE 10

1 MT KOSCIUSZKO
2,228 metres

2 MT TOWNSEND
2,209 metres

3 MT TWYNAM
2,195 metres

4 RAMS HEAD
2,190 metres

**5 'UNNAMED PEAK'
ON ETHERIDGE RIDGE**
2,180 metres

6 RAMS HEAD NORTH
2,177 metres

7 ALICE RAWSON PEAK
2,160 metres

**8 'UNNAMED PEAK'
SW OF ABBOTT PEAK**
2,159 metres

9 ABBOTT PEAK
2,145 metres

10 CARRUTHERS PEAK
2,145 metres

"The summit is what drives us, but the climb itself is what matters"
- CONRAD ANKER

CONNECTION TO CAUSE

ABOUT YOUNGCARE

Youngcare is a not-for-profit organisation creating choice and independence for young people (aged 16 – 65) with high physical support needs by providing fully accessible and age-appropriate disability housing, grants for equipment and home modifications and support through a free support service. Youngcare is creating a future where every young person has the freedom and choice to live the young lives we all deserve.

This is your chance to be a part of the solution as Youngcare works towards a future where every young Australian, irrespective of their care needs, has the freedom to choose where they live, who they live with and how they live their lives.

THE ISSUE

Suitable and appropriate supported housing is one of the greatest areas of unmet need for people with disabilities in Australia. Currently, there are thousands of young people being left behind in aged care, hospital rooms, rehabilitation centres – institutionalised accommodation – simply because there is nowhere else for them to go.

Youngcare is boldly tackling this national issue by acting as the conduit for industry, government and community to work together to bring much needed change to the disability housing sector.

“ 74% of Australians classified as having a severe or profound disability are not satisfied with their life. It's simply unacceptable. ”

- GREG JOHNSON (YOUNGCARE CEO)

WHAT'S INVOLVED?

FUNDRAISING

To be eligible to complete the Youngcare 10 Peaks Challenge, trekkers must raise \$20,000 – this includes all expenses.

A non-refundable deposit of \$2,100 is due upon sign up. Following this, you will need to reach each of your fundraising milestones and have a minimum of \$20,000 one month prior to departing for the trek, to secure your place.

Registration Fee: \$2,100

To assist you in your fundraising efforts, Youngcare will provide one-on-one support so you are able to achieve your fundraising goals.

WHAT'S INCLUDED

- A minimum eight week pre-challenge training program to prepare you both physically and mentally to take on the trek
- Experienced trek leader and medic
- All accommodation, flights and travel insurance
- All meals for the duration of your expedition
- Back pack, tent & sleeping bag

Trekkers will be responsible for supplying their own personal equipment

HOW YOUR DOLLARS COUNT

By taking on the trek, you're helping Youngcare to:

- Build more relevant and age-appropriate housing in Australia
- Provide information and support via our Youngcare Connect service
- Provide grants to young people with high physical support needs who are at risk of entering aged care to keep them at home, or transition them from aged care back into their community
- Undertake world-first research to better understand the needs of young people with high physical support needs

TAX DEDUCTIBILITY

Youngcare is a nationally registered charity and holds Deductible Gift Recipient Status as endorsed by the Australian Taxation Office. Tax deductibility is available on amounts made as donations, except where the participant makes a personal contribution.



By taking on the trek and fundraising, you're creating change in the lives of thousands

ITINERARY

PULL ON YOUR 10KG BACKPACK AND EMBARK ON THE CHALLENGE OF A LIFETIME to raise awareness and create a future where every young person has **THE FREEDOM AND CHOICE TO LIVE THE LIVES WE ALL DESERVE.**

WEDNESDAY 22 MAY

Begin the adventure of a lifetime and make your way to Canberra. Check in before a detailed adventure briefing and equipment check followed by a team dinner.

THURSDAY 23 MAY

Drive to Jindabyne and Charlotte's Pass this morning to start your trek! You'll commence walking along the Main Range Track where you will head along the base of Mt Kosciuszko and turn left as you make your way to your first peak – Rams Head North. From there you will make your way back to Mt Kosciuszko where you will set up camp behind Australia's highest peak and set up tents for the night.

25kms and 6.5 hours trekking

FRIDAY 24 MAY

You will commence the trek up to the back four peaks which all sit along one ridgeline (Byatt's Camp, Abbott's Peak, Mt Townsend and Alice Rawson). You will then commence the long downhill followed by a short but steep uphill as you make your way back to the Main Range Track and then traverse to Carruther's Peak before a long trek to Mt Twynum. From here you will have a lengthy trek all the way back to the campsite, which is at the base of Mt Kosciuszko.

25kms and 7 hours trekking

SATURDAY 25 MAY

You'll leave camp and make the ascent of Mt Kosciuszko. About a 2km trek to the top, we'll grab some happy snaps then make our way back to Charlotte's Pass (a further 9km). Once you've arrived back at Charlotte's Pass, you'll commence the three hour road trip back to Canberra where you'll be able to get yourself refreshed, ready for some celebratory drinks!

11kms and 3.5 hours trekking

SUNDAY 26 MAY

Check out of your hotel and head home to reunite with your loved ones as your adventure comes to an end.



A group photo from trekkers taking part in the 2022 10 Peaks Challenge

THE BENEFITS OF THE ADVENTURE

THINK ABOUT IT...

- An incredible few days of walking across the spectacular Main Range, with Australia's only mainland glacial lakes as your backdrop.
- A challenging 60km hike, bagging the top 10 peaks in Australia, as well as visiting all five of the remaining glacial lakes
- An amazing fun few days of trekking amongst the gorgeous alpine scenery with 360 degree mountain views
- Crossing the spectacular Snowy River and discovering the incredibly beautiful flora and fauna along the way
- Add into that, two nights camping out in this beautiful piece of Australia and raising money for an amazing cause making this an adventure not to be missed

YOU WILL...

- Trek more than 60kms over three days
- Enjoy the view from the highest point in Australia taking in the amazing scenery that is Mt Kosciuszko national park
- Carry your own gear, including camping gear, food and water
- Spend two nights camping out exposed to the elements, with no access to toilets, showers, beds or any other luxury

WHERE DO YOU SIGN UP?

For more information or to become a part of this once in a lifetime challenge, please contact the Youngcare events team: events@youngcare.com.au or phone **07 3041 3400**.

“The Youngcare 10 Peak challenge is a brilliant way to challenge yourself at the same time as raising much needed funds for Young people with high support needs. The challenge took me out of my comfort zone and isolated me in more ways than one. Its hard, its cold, its exhilarating at times, but the friendships and experiences you have during the challenge can not be bet. This is something I will never forget.”

- 10 PEAKS TREKKER 2022