

# TOGA's Kosi Climb with Nick Pavlakis



## Trip Highlights

Join Dr Nick Pavlakis and the TOGA team and raise vital funds for lung cancer research

Explore the Main Range Track through spectacular alpine scenery via Blue Lake

Climb one of the original Seven Summits and Australia's highest mountain

Three days of good times and connection with mates

Enjoy awe-inspiring views of Australia's highest and most unique mountain range

Visit historic huts, Rawsons Pass, and the amazing display of wildflowers located along the Snowy River



<b>Trip Duration</b>	3 days	<b>Trip Code:</b> KTC
<b>Grade</b>	Introductory to Moderate	
<b>Activities</b>	Walking, Trekking	
<b>Summary</b>	2 nights ski lodge	

## Supporting Your Cause

The Thoracic Oncology Group of Australasia (TOGA) is the leading lung cancer and mesothelioma clinical trials group in Australia & New Zealand.

At TOGA, our primary focus is on conducting innovative research and advancing medical knowledge and practices. Through the delivery of clinical and translational research, we develop an educational program to inform best practice care and improve outcomes for lung cancer and mesothelioma patients.

Our charitable donations and fundraising programs support clinical trial activities to discover better ways to diagnose, treat and support people with lung cancer.

Find out more: <https://thoraciconcology.org.au/>

## Your Huma Challenge

Huma Charity Challenge is a division of World Expeditions. World Expeditions draws on over four decades of experience, offering high quality adventure travel fundraising challenges. We began operating charity challenges when the concept of fundraising through travel was first conceived in the early 1990s.

We are committed to responsible travel and true sustainability. It was a commitment formed when the company was established, and in the face of a multitude of threats to the environment, our commitment is stronger than ever. We aim to "leave no trace" in both an environmental and cultural sense, and be sustainable.

World Expeditions have successfully organised over 800 challenges for charities and foundations around the globe raising over 7 million in funds. We are proud to connect altruistic travellers with a shared experience.



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## Charity Challenge Payments

Joining Charlotte Pass from:	\$645
Non refundable registration fee:	\$200
DO - Fundraising target:	\$500

All prices are per person

Accommodation will be in twin share cabins, please request if you need a larger cabin at time of registering.

## Trip Dates

07 Mar - 09 Mar 2025

## Important Note

**RF** - Registration Fee  
**DO** - Donation, Fundraising target

## What Impact Will My Fundraising Have?

TOGA aims to bring hope to patients with lung cancers and mesothelioma at all points of treatment. By raising funds, you will support peer-reviewed thoracic cancer research aimed to improve outcomes for patients with thoracic cancers.

We will achieve results by:

- Delivering cutting edge clinical trials and translational research
- Examining the latest treatments and addressing important clinical questions
- Working collaboratively across ANZ and with international peer groups
- Informing best practice in thoracic cancer care across Australia and New Zealand
- Raising awareness of thoracic cancers and advocating for best care for patients

## Fundraising Options

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

1. You can fundraise the charity donation by asking friends, family, and work colleagues to support the cause.
2. You may choose to donate the \$500 as a personal donation.
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 TOGA team 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, TOGA 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.

## Itinerary at a Glance

DAY 1	FRIDAY - MEET AT THE STILLWELL HOTEL, CHARLOTTE PASS
DAY 2	SATURDAY - SUMMIT KOSCIUSZKO 2228M - 22KMS @ 7HRS
DAY 3	SUNDAY - HEAD HOME

## What's Included

- Accommodation will be in twin share cabins, please request if you need a larger cabin at time of registering
- Expert mountain guides and support/check point crew along walk
- An Aussie BBQ on Friday night to meet the crew
- Celebration dinner with live music on Saturday night
- All park entrance fees, trekking permits and site entry fees
- Snacks for the walk, naturally
- All meals as per itinerary
- Group medical kit
- Emergency radio/sat phone
- Huma training manual, gear list and fundraising guidebook

## What's Not Included

Transport to and from the Stillwell Hotel, Charlotte Pass



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## Fast Facts

### Group Size Min:

20

### Group Size Max:

40

### Singles:

A single supplement is not available for this trip.

### Leader:

Expert local guides for each section

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

## Detailed Itinerary

### DAY 1 Friday - Meet at the Stillwell Hotel, Charlotte Pass

After all the preparation and fundraising our journey finally begins!

Make your way to the Stillwell Hotel on Charlotte Way, Charlotte Pass (approx 30 minutes from Jindabyne). After checking into your room and dropping your gear, we'll get together for a team briefing at 6pm in the Bistro. We will go through all the details for the walk tomorrow, discussing route options and staggered team starts (if necessary), checkpoints along the route and equipment. After the important details are over, we'll have dinner.

**meals: D**

### DAY 2 Saturday - Summit Kosciuszko 2228m - 22kms @ 7hrs

Make your way to the Bistro from 6:30am for breakfast and to grab your lunch. We'll depart the hotel at around 7:30am for the short walk to Charlotte Pass, so please make sure you're ready to go with your daypack and wet weather gear at breakfast.

When you get to Charlotte Pass, the guides will give another briefing before you head off on your walk to the summit of Mt Kosciuszko, the highest mountain in Australia!

We'll follow the Main Range Track to the bottom of the valley. After crossing the Snowy River, continue up a steep trail with spectacular views down to Hedley Tarn then on to the Blue Lake Lookout. The Blue Lake is one of only four cirque lakes found in mainland Australia. Continue along the Main Range Track, winding up the ridge to the rocky clearing and the summit of Carruthers Peak. We'll continue south past Lake Albina towards Muellers Peak track, Wilkinsons Creek track and onto the Kosciuszko Walk and to the summit of Mt Kosciuszko at 2228m. You've made it to the rooftop of Australia! After a team photo and time to absorb the 360-degree views that sweep from the Victorian High Country to the Monaro plains and across the majestic Kosciuszko Main Range, we'll regroup to make our way back down the mountain via the well-marked Summit Walk to Rawson's Hut then along an old service road to Seamans Hut. The trail continues into the valley overlooking the Snowy River and passes through a grove of snow gums before reaching Charlotte Pass. You made it!

Return to the Stillwell Hotel for a well earned shower and time to relax in your room or in the bar before dinner, which will be served at 6:30pm to celebrate the end of an incredible day.

**meals: B,L,D**

### DAY 3 Sunday - Head home

After a late breakfast you are free to return home or to spend the morning exploring Jindy. Well done on climbing Australia's highest mountain, taking time out to get amongst nature and supporting TOGA and their groundbreaking cancer research.

**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.

## Accommodation on the Trip



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## **Trip grading** Introductory to Moderate

To determine the grade of a particular adventure we consider the condition of the walking terrain, the altitude and the length of the trek. The Kosciuszko Challenge is graded introductory to moderate as it involves between 6-7 hours walking. The walk includes rugged terrain with long steep sections and is suitable for experienced walkers with a reasonable level of fitness. In preparation we recommend you get moving three or four times a week for at least three months prior to your hike. Jogging, cycling and hill walking with a day pack is key.

## **Adventure Travel**

By its very nature Charity Challenges involve an element of the unexpected.

It's an adventure! 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.

The Stillwell Hotel is located on Charlotte Way at Charlotte Pass in the Snowy Mountains National Park - approximately 30 minutes drive from Jindabyne. Located just below Charlotte Pass, Stillwell is the perfect 'base camp' for our summit climb. We use very comfy and cosy twin share accommodation with ensuite bathrooms. Multi-share rooms are available.

## **What You Carry**

In your daypack you need to carry extra warm clothing (think thin warm layers), a rain jacket, water bottle, camera gear, your valuables, a hat, sunscreen and lipseze to combat the wind.

## **How To Book**

To register on this Charity Challenge please complete the registration form and email to [megan@humacharitychallenge.com.au](mailto:megan@humacharitychallenge.com.au). Otherwise you can make your booking online by using the REGISTER NOW button on the website trip page.

