

roof of australia walk fact sheet guided group walking holiday



guided group walking...

Guided group walking holidays are a fun, informative way to explore new areas. We'll travel by mini bus to the Snowy Mountains then hike through the mountains, progressing along the route from one alpine village to the next. On this trip, group sizes vary from 10-16 people. It is easy to get to know other people on the tour, and the small numbers mean that you and your guides can have some flexibility in the daily program. We have lots of fun on these tours, and people often make good friends with other people on the trips. You will need to carry a light day-pack each day, containing basic essential items, such as lunch and water - the rest of your luggage will be transported in our trailer.

guides...

There will be two knowledgeable and experienced guides on this holiday and they are nice people to spend your holiday with. Their role is to lead the group, provide information about the environment you are walking through and generally assist you to enjoy the holiday. Having two guides allows you to walk for the entire day or pull out part way along.

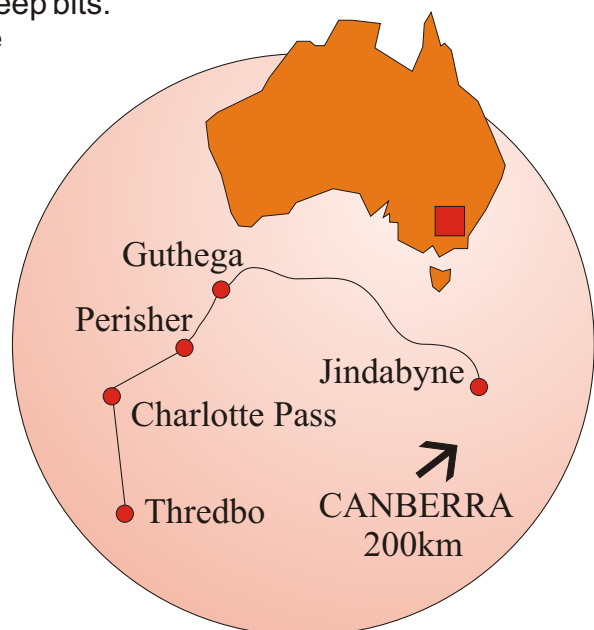
7 day trip itinerary guide...

Day 1: Starts at Canberra airport at 10am (earlier pickup available in nearby Queanbeyan). Travel to Jindabyne for lunch (not included). Afternoon walk featuring a beautiful section of the Thredbo River, superb wildflowers and an historic hut.
Walking summary: 6km, approx 2-3 hrs, easy walking.
Accommodation: Jindabyne

Day 2: After a transfer high into the mountains, the walk begins with the easy Aqueduct Trail. Marvel at one of the greatest engineering feats in the world - the mighty Snowy Mountains Scheme built in the 1950s and 60s to change the direction of the rivers and provide water for farmers on the dry inland plains. The path meanders beside the scheme's aqueducts, rivers and dams that opened up this isolated country.
Walking summary: 12km plus an optional 4km, approx 4-4.5hrs plus an optional 2hrs. It'll take you a while to get used to the altitude so take it slowly, varied terrain including grassy tracks, 4WD tracks and a section of dirt road.
Accommodation: Guthega Alpine Village



Day 3: Today you'll hike from Guthega via Blue Cow alpine resort to Perisher Valley. Climb to the Porcupine Rocks for spectacular views of the Great Dividing Range. The ancient snowgum trees here are twisted and gnarled through centuries of harsh winters. After rain or fog these tree trunks change colour to brilliant shades of red, orange, yellow and green.
Walking summary: 13km including a choice of an easier or harder option along the way, approx 4.5-5.5hrs, varied terrain including grassy tracks, narrow foot tracks, 4WD tracks and an optional off-track section, including some steep bits.
Accommodation: Charlotte Pass Alpine Village



Day 4: Did you know that Australia has glacial lakes? You'll see several on this walk above the tree line. Cross our famous Snowy River, walk through fields carpeted in wildflowers, stroll along high grassy ridges and chill your drink in an icy lake. Watch out for sphagnum bogs - large mossy plants that hold six times their weight in water then slowly release it into the alpine streams.

Walking summary: 10km plus 7km optional walks, approx 5.5-6hrs plus up to 2hrs optional walks, it's all uphill or downhill with the gradient varying from gentle to quite steep.

Accommodation: Charlotte Pass Alpine Village.

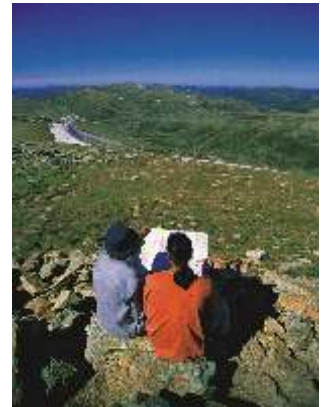


Day 5: Walk to the summit of the highest mountain in Australia, Mt Kosciuszko, a highlight not to be missed. This mountain is a mecca for walkers and you'll share the summit with people from all over the world. Finish the day with an exhilarating ride down the country's longest chairlift. Hardy walkers can choose to walk Merritt's Track steeply down through unique mountain ash forests and waterfall valleys.

Walking summary: 20-23km, approx 4-5hrs with a option at the end of the day to catch the chairlift down or walk an extra 3km, mostly well graded uphill to the summit then well graded downhill to the top of the chairlift. If you take the additional option this involves some steep downhill walking.

Accommodation: Thredbo Alpine Village



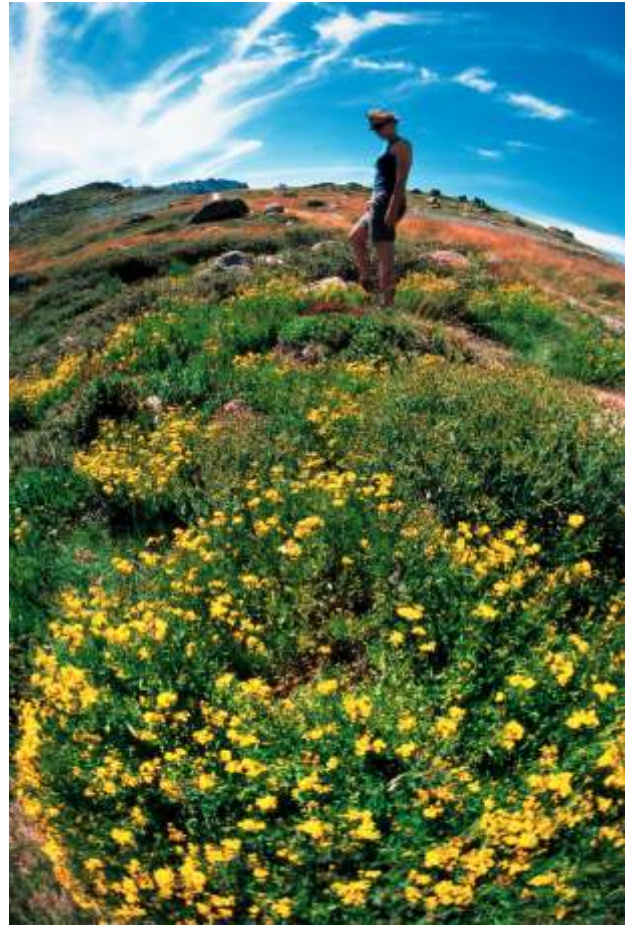


Day 6: Take the easy way and ride the chairlift up! Today's walk descends through fields of alpine wildflowers and snowgum forests to the Thredbo Valley. Will you be one of the lucky ones to see wild brumbies roaming the plains? Walk quietly in this special, pristine place. Finish the day with an easy stroll along the banks of the swift Thredbo River as it meanders down to the village.

Walking summary: 10km with an optional 3.5km walk, approx 3-4hrs with an additional hour for the optional walk, start with a short climb followed by a long downhill section that is mostly gentle but has a couple of short steep sections, the rest of the walking is undulating and on uneven ground.

Accommodation: Thredbo Alpine Village





Day 7: After breakfast we'll travel back to Canberra airport, where the trip finishes at around 1pm.

how hard is the walking?...

25% easy, 55% moderate, 20% more strenuous, with chairlift used on steepest section. 14-23km (4-6 hours) walking each day, with options to shorten or lengthen the walks. Generally the trip has moderate walking. Most of the strenuous walking occurs on one of the walking days, however, the afternoon walk is simply the morning walk in reverse, so it is easy to reduce the walking by turning back whenever you want to. The altitude on this walk is between 1400 and 2228 metres, so slopes that you would find easy at home will require a little more effort.

There will be two guides in the group. Good walkers can walk the entire route each day. Those who prefer to walk at a slower pace will be offered easier alternatives.

For many people, the walking distances on this holiday are more than you are likely to do at home and you may be quite weary by the end of each day. The best preparation is a program of regular walking. We suggest at least one hour of walking each day, preferably in an area with lots of ups and downs. Plus a full day of walking each week. Do this for at least three weeks before the start of your holiday. Alternatively take up an active sport like aerobics, tennis or swimming. A bit of sweat now will make your walking holiday much more enjoyable.



what's included...

Guiding, all transport from Canberra airport, 6 nights accommodation, 6 breakfasts, 5 lunches, 5 dinners, luggage transfers, chairlift rides, information booklets, insulated lunch bag, map case, National Park fees, walking notes, maps.

More details:

- Accommodation. Typical accommodation on this trip includes alpine ski lodges and a lakeside resort. Detailed information about your accommodation, including address and phone numbers, will be provided in your comprehensive Walk Notes.
- Meals as specified above. A cooked or continental breakfast is provided each morning and you'll be given a packed lunch to take out walking. One dinner is not included at Thredbo and there are plenty of restaurants nearby for you to dine at. If you have any special dietary requirements (eg. allergies or don't eat red meat etc) please ensure that you notify us and we will then pass this information on to the accommodation properties you will be staying at.
- Luggage transfers on days where accommodation changes. This is an important part of all Auswalk INN-to-INN holidays. We move your luggage ahead while you are out walking.
- All National Park fees. Australian National Parks charge a daily fee, which is incorporated into the cost of your walk.
- Insulated lunch container. This will keep your lunches cool and fresh and is yours to keep.

We will mail you a final document package about one month prior to your holiday and after you have paid for your trip in full. It includes:

- Final Notes.
- Maps. These have the walks highlighted so you can easily gain an overview of the route.
- Waterproof map case. You can put your map and daily walking notes in this map case, so everything stays dry no matter what the weather.
- Additional information booklets. These provide useful information about the area.

If you are coming from overseas, we can mail the package to any address in Australia for no additional charge. However, if you want the documents sent overseas, we charge an extra \$20 to New Zealand and \$35 to other countries. The package weighs between 0.5kg and 1kg so we recommend mailing it to your first Australian accommodation, so you can collect it when you first arrive in the country. It is important that you receive your documents at least a few days before you start your walking holiday.



what's not included...

Alcohol, meals not specified.

Departure dates & prices...

These can be found on our website by clicking on these links:

[Departure dates](#)

[Prices](#)

typical accommodations...





what to bring with you...

- Casual clothing for dinner - skirts and jackets are not required in the restaurants.
- Suitable footwear. Lightweight boots are best. They should have ankle support and a strong patterned sole for good grip. Wear thick socks, or two pair of thin ones. Sandals and thongs are totally unsuitable.
- Daypack. The best daypacks have padded shoulders and a waist/hip strap. Make sure it is large enough to carry waterproof clothing, a warm jumper, water, picnic lunch, camera etc. Most packs leak in rain so bring a plastic bag to line the pack with.
- Walk clothing for warm weather - lightweight materials, shorts and short-sleeved shirts.
- Walk clothing for cold weather - choose synthetics, thermals, polar fleece or wool. Note that cotton trousers (eg. jeans) are miserable and cold if they become wet.
- Quality waterproof coat. The best jackets are made of goretex or similar fabrics. It is important that the material is completely waterproof. Avoid padded jackets because they are too hot and usually not waterproof. Ideally your jacket should be long enough to cover your thighs. A large hood is essential and long sleeves are desirable.
- Sun hat - choose a wide-brimmed one
- Warm hat - wool or polar fleece (you lose 40% of your heat through your head!)
- Sunglasses - recommended, as sunlight at this altitude is very bright.
- Water bottles. It is necessary to carry adequate drinking water for the entire day - between one to two litres per person. On a hot day you may need even more than this. You should not drink water from the streams as it may be contaminated.
- Sunscreen (at least 15+). Apply it liberally. One application will not last all day at these higher altitudes, even when the conditions are overcast
- Toilet paper just in case! Bury everything at least 15cm deep, and well away from water/streams.
- Small first aid kit containing blister treatments
- Camera / binoculars (optional)
- Walking stick (optional). Some people find that the use of a walking stick reduces stress on knees and ankles, particularly when walking downhill. Modern collapsible models fit neatly into most suitcases for travelling.
- Thermos (for hot drinks) optional
- Insect repellent
- Insect net hat, optional

It will be best if you bring everything you need with you. You can get basic supplies along the way but there are no good outdoors stores until you get to Bright at the end of the holiday.

luggage...

You can bring as many items of luggage as you wish. However, you must limit the weight of each bag to a maximum of 20 kilograms (about 40 pounds).

insurance...

We charge a cancellation fee if you cancel your Auswalk holiday after we have confirmed it. Details are clearly listed in our AUSWALK BOOKING CONDITIONS in our brochure and web page. We strongly recommend you purchase a travel insurance policy, so you are insured if you have to cancel this tour. This can be arranged through Auswalk if you are an Australian resident or through any travel agent.

weather information...

For an overview of weather conditions in this area, click on the link below:

[Bureau of Meteorology](#)

auswalk's guided group trips...

- Australia's South West - circuit trip from Perth, 9 days, featuring highlights of the Bibbulmun Track plus the Porongorups and Stirling Ranges
- Blue Mountains Hiker - starts in Sydney, 4 days, based at Blackheath
- Cape to Cape Track - starts in Perth, 9 days, coastal hike in the Margaret River region
- Carnarvon Gorge - starts in Brisbane, 8 days, also includes the Bunya Mountains & Cania Gorge
- Flinders Island - starts on the island, 7 days, stunning hiking in the mountain ranges and coastline
- Flinders Ranges - starts in Adelaide, 8 days, hike Alligator Gorge, Dutchmans Stern, Wilpena Pound
- Gold Coast Hinterland Walk - starts at the Gold Coast, 6 days, hike in the Lamington National Park from O'Reillys to Binna Burra then up to Springbrook Plateau
- Grampians Hiker - starts in Melbourne, 7 days, highlights of the region, based in Halls Gap
- Great Alpine Walk - starts in Melbourne, 7 days, traverse the Vic Alps from one village to the next
- Great Ocean Walk - starts in Melbourne, 7 days, hike from Apollo Bay to the 12 Apostles
- Great South West Walk - starts in Melbourne, 7 days, walk the highlights of this track including the Lower Glenelg River and the Three Capes section.
- Kangaroo Island - starts in Adelaide, 7 days, staying in wilderness lodge and lighthouse cottages
- Lord Howe Island - accessible by plane from Sydney or Brisbane, 7 days, hike this World Heritage Area, cruise around the island by boat and much more
- Red Centre - starts in Alice Springs, 7 days, includes Uluru, Kata Tjuta (the Olgas), Kings Canyon and sections of the Larapinta Trail in the West Macdonnell Ranges
- Roof of Australia - starts in Canberra, 7 days, hike inn-to-inn, traversing the Snowy Mountains, stay in alpine ski lodges and climb the highest mountain in Australia
- Tasmanian Coastal Hiker - starts in Launceston & finishes in Hobart, 7 days, includes Bay of Fires, Freycinet & the Tasman Peninsula
- Tasmanian Wilderness Hiker - starts in Hobart & finishes in Launceston, 9 days, includes Mt Field, Lake Pedder, Lake St Clair and Cradle Mountain
- Tropical Hiker - starts in Cairns, 8 days, includes the Daintree, Mossman Gorge, Atherton Tablelands, Mission Beach and Dunk Island
- Waterfall Way - starts in Coolangatta, 7 days, includes stunning waterfalls and escarpments of New England National Park, Dorrigo, Wollomombi Falls, Dangars Gorge, Cathedral Rock and more

PLUS Sydney's Bushtracks, Bays & Beaches - based in Sydney, guided, 5 or 7 days, starts any day except summer, for a minimum of 2 people booking together, walk in National Parks close to Sydney

we also offer inn-to-inn walking holidays...

On an INN-to-INN walking holiday, you walk from one place to the next while your luggage is moved ahead for you. They are all available self guided and some can be done guided any day of the year.

- Blue Mountains Traverse & Blue Mountains Weekender - near Sydney, there's much more here than the famous 3 Sisters!
- Cape to Cape Track - near Perth, hike from Cape Leeuwin to Cape Naturaliste in Western Australia's Margaret River wine region
- Gold Coast Hinterland Walk - near Brisbane, traverse the Lamington Plateau then hike Springbrook
- Grampians Hike - near Melbourne, Auswalk's home base and our favourite place, rugged rocky ranges, a fabulous place to hike amongst native animals
- Great Alpine Walk - near Melbourne, traverse the Victorian Alps from one alpine village to the next, hike the Razorback Ridge and walk from Falls Creek to Mt Hotham
- Great Ocean Walk - near Melbourne, long distance track from Apollo Bay to the 12 Apostles, magnificent coastal scenery, secluded beaches, tall forests and lots of koalas
- Great South West Walk - near the Vic/SA border, hike the entire 250km track or do just the highlights
- Roof of Australia - in the Snowy Mountains near Canberra, hike from one alpine village to the next, see ancient glacial lakes, climb Australia's highest mountain

how to contact us...

ADDRESS: 4 Red Gum Lease Track, HALLS GAP, VIC 3381, AUSTRALIA
PHONE: From Australia (03) 5356 4971 From overseas +61 (3) 5356 4971
FAX: From Australia (03) 5356 4970 From overseas +61 (3) 5356 4970
EMAIL: info@auswalk.com.au
WEB SITE: www.auswalk.com.au