



Multi-Day Trip

Mount Kosciuszko Hiking Trip

Kosciuszko NSW



ITINERARY AND INFORMATION

OVERVIEW

Embark on a thrilling 4-day women's adventure that takes you through the stunning Snowy Mountains region, famed for its snow-capped mountains and picturesque vistas.

Over the course of three carefully curated hikes, you'll traverse diverse landscapes that offer a perfect mix of adventure and breathtaking scenery. The highlight of this journey will be a summit to the highest peak in Australia - Mount Kosciuszko. You'll trek through alpine landscapes that are unlike anything you've ever seen before, and the vistas from the summit will leave you in awe.

When the sun sets, you'll retire to the cozy and comfortable Lake Crackenback Resort, where you'll savour an Alpine dinner at their restaurant and two group dinners prepared by your knowledgeable guides. Each night, you can kick up your feet and relish the day's adventures, sharing stories with like-minded women in a warm and welcoming atmosphere.

This 4-day women's hiking trip promises to be an unforgettable experience that will leave you feeling energised, inspired, and in touch with the natural beauty of Australia's Snowy Mountains region.



HIGHLIGHTS

Undertake the highest peak in Australia, Mount Kosciuszko

Be awed by unrivalled views of the main range in the Snowy mountains

Enjoy a fully supported hiking trip with healthy meals and beautiful accommodation

Escape the masses on a women's trip with a like-minded supportive group

Unwind in a yoga class for a gentle stretch at Lake Crackenback Resort



DETAILS

Traditional Land Owners: Explore the ancestral lands of the Walgal and Ngarigo People, the traditional owners of the Snowy Mountains region.

Meeting time: Check in from 2.30-3 pm on the first day and meet the group in the main Chalet at 3pm for a welcome briefing (Chalet no: will be emailed to you 10 days prior to departure).

Check in details: Stop at Lake Crackenback reception and collect your key with your name on it and directions to your chalet/studio room.

Finish time: The adventure will wrap up after yoga and breakfast at 10 am on the final day.

Grade 3/4: This challenging 4-day women's hike is designed for those with a Grade 3/4 difficulty level.

Ages: Women over 18 years old are welcome to join.

Accommodation: Stay in cozy twin-share accommodation and enjoy the warmth and camaraderie of like-minded women.

DAY 01

**Arrival and Wombat
Walk by Thredbo River
(8km)**

As you arrive between 2:30-3:00 pm at Lake Crackenback Resort, take a moment to soak in the stunning views of the surrounding Snowy Mountains. Once you enter the resort and spa, stop at reception to collect your key, which will have your name on it, and find out which chalet or studio room you've been allocated to. You'll receive directions to your accommodation along with your key.

Take some time to settle into your cozy room and make yourself at home before walking over to the main group chalet for our group welcome at 3 pm. We'll let you know the chalet number via email prior to departure, so keep an eye out for that. At the briefing, we'll serve you a delightful afternoon tea to rejuvenate you after your drive.

Next, let's stretch our legs and explore the breathtaking Thredbo River on the Bullocks Flat walk. The 2-hour hike offers the perfect opportunity to take in the stunning natural beauty of the region while getting your body ready for the adventures ahead.

After the hike, enjoy a delicious restaurant dinner at 6:30 pm. You'll have the chance to get to know your fellow adventurers while our guide briefs you on the upcoming hikes and activities. Sometimes we may have dinner on the Saturday night at the restaurant (depending on booking space), but rest assured we'll let you know of any changes to the dinner nights and run through the trip on your arrival.

Meals: You'll enjoy a delightful afternoon tea upon your arrival and a delicious restaurant dinner (with wine included on the table) as you get to know your fellow hikers and prepare for the exciting days ahead.

DAY 02

**Charlottes Pass to
Carruthers Peak
Return (via Blue Lake)
| 15km return | Grade -
Hard**

Start your day with a hearty chalet breakfast prepared by your guide before embarking on a one-hour drive via car convoy to Charlottes Pass, the start of today's hike. Don't forget to ensure your car has enough petrol for the journey. Upon arrival at Charlottes Pass, take advantage of the available bathrooms before we hit the trail. Today, we'll explore part of the Main Range Trail, following a wide gravel track that crosses over creeks and rivers with fun rock-hops. We'll also navigate the path between granite boulders as we climb to the peaks. With inclines and declines along the way, the steep 410m climb to Carruthers Peak will be a challenge that rewards you with stunning alpine views.

After about 1.5 hours of hiking, we'll pause at the picturesque Blue Lake for a well-deserved morning tea. This glacial lake in the alpine area is 28m deep and was formed when glaciers converged and carved out a basin in the rock. Once we reach Carruthers Peak, we'll enjoy lunch while taking in the breathtaking alpine scenery. This prominent mountain along the Main Range track offers views over Club Lake and the valley to Charlotte Pass.

After refuelling, we'll retrace our steps via the same trail back to Charlottes Pass where our cars await. We expect to return to Lake Crackenback Resort between 4-5pm.

Remember to bring your hiking poles as they are highly recommended for this challenging 6.5-hour hike. Start your day in your walking clothing, and don't forget your water bottle to stay hydrated.

- Start time: Leaving from Lake Crackenback Resort at 7.30am
- Duration: 6.5 hours out hiking Return to resort: Between 4-5pm
- Total Elevation: 410m
- Grade: Hard Hiking poles: Highly recommended
- Meals: Breakfast, snacks, lunch, afternoon nibbles & dinner in main chalet

DAY 03

**Mount Kosciuszko
Summit, return via
Deadhorse Gap Trail
(23km) Grade
Challenging**

Today we have an early start with a delicious breakfast prepared by our guides before heading to Thredbo Village for a chairlift ride on the Kosi Express.

We will be taking the first lift at 9am to the top of Thredbo ski fields, where we'll begin our walk to the peak of Australia. This is the highest point on the continent and is where we will enjoy a well-deserved morning tea with stunning panoramic views. From here, we will continue our walk via the Deadhorse Gap Trail, which offers spectacular views across the snowy mountains range.

Please note that today's walk is long and challenging, covering a distance of 23km. Our guides will ensure that you have enough water and food before setting out, and we highly recommend bringing your own water bottle. Women must be prepared for the full 23km day. If you do not wish to walk the Dead Horse Gap section, you can take the chairlift back down to Thredbo Village and either drive back to the resort or wait for the group to return.

Once we reach the bottom of Dead Horse Gap, we'll return via the flat trail which follows a beautiful shaded area all the way back to our starting point. When we return to Lake CrackenBack Resort, you can relax and kick up your feet while your guides prepare a well-deserved dinner in one of the chalets.

- Start time: Leaving from Lake Crackenback Resort at 8.30am
- Duration: 8 hours of hiking
- Return to resort: Between 5-5.30pm
- Total Elevation: 459m
- Grade: Hard with gradual incline and steep decline with steps on Dead Horse Gap Trail
- Hiking poles: Highly recommended
- Meals: Breakfast, snacks, lunch, afternoon nibbles, dinner

DAY 04

**Yoga at the Shed,
Breakfast and Check
Out**

Today is our last morning together, but before we head off, we have a special yoga class in the famous "Yoga At The Shed" location at Lake CrackenBack Resort. Yoga mats are provided, and the class is tailored for all experience types. Trust us, this is the best shed we've ever seen for yoga! You'll love it! Yoga usually starts early at 6.30am and your guides will confirm the time with you.

After yoga, come and enjoy a hearty breakfast in the chalet prepared by your guides. What better way to celebrate the trip than with a group breakfast before you head home.

Check-out is at 10am when the trip concludes. Thank you for joining us on this amazing adventure, and we hope to see you again soon for another unforgettable journey!



WHAT'S INCLUDED

- 3 night (twin-share) accommodation in chalets and private twin studio's
- 3 hikes
- 1 yoga class (beginner flow/stretch)
- All meals (3 breakfasts, 2 lunches, 3 dinners and trail snacks)
- Hot tea and coffee on the trails and accommodation
- Evening nibbles
- Wine provided on the last night
- Professional female guides from WWA
- National Park user fees
- Chairlift passes
- Welcome gift
- NSW NP car entry fee
- Emergency communications
- Photos of your trip posted in our private Facebook group

WHAT'S NOT INCLUDED

- Travel to Lake Crackenback Resort
- Transport to start of trail heads (we convey each day)
- Flights
- Travel insurance
- Items of personal nature
- Additional alcohol at restaurant (BYO for extra in the chalets if you choose)

