



ALPINE LAKES GUIDED WALK INFORMATION SHEET

This beautiful walk takes in some of Australia's highest peaks and the very best alpine scenery. You will pass glacial lakes and fragile ecosystems before the walk finishes in Charlottes Pass with a celebratory glass of bubbles. From here our courtesy vehicle will return you to Thredbo.

As the 19km walk starts in the cool of the morning and finishes when the day is warming up, it is important that participants use a layering system of clothing. By using this method you can add or remove a layer as required. In the alpine environment it is better to wear many thin layers of clothing than few bulky ones. An example of layering for the upper body includes a thermal singlet or t-shirt, followed by a long sleeve top, a fleece or jumper, and a waterproof jacket. On the lower body; a pair of tights / thermals, followed by long pants and waterproof over pants. Shoes need to be strong and comfortable with a rubber sole. A beanie and gloves are important, as is a sun protective hat. Thredbo Sports at Valley Terminal has a range of waterproof jackets and pants available if required.

This is a moderate to strenuous walk: uphill and downhill sections that can be over a kilometre in length and most people will need to take a few stops to catch their breath on the uphill. There are uneven and muddy sections on this track, snow drifts are occasionally encountered.

Your guide will be there to make sure you are safe and can enjoy this once in a lifetime experience. Included in the Alpine Lakes Guided Walk is a one way Kosciuszko Pass, a souvenir certificate, a glass of bubbles and nibbles on arrival at Charlottes Pass and courtesy transport back to Thredbo.

If you have any questions please call Thredbo Sports on **(02) 6459 4119**.

Essential items to bring:

- ✓ Sturdy walking boots or shoes
- ✓ Waterproof jacket
- ✓ Light woollen jumper or fleece
- ✓ Long sleeve top, thermal top
- ✓ Gloves and warm hat
- ✓ Water at least 1 litre
- ✓ Lunch and Snacks
- ✓ Hat/sunscreen/sunglasses
- ✓ Backpack to carry the above