



MOUNT KOSCIUSZKO SUNSET GUIDED WALK INFORMATION SHEET

Your journey to the summit of Mt Kosciuszko begins with an interpretative walk with an expert guide explaining the unique and beautiful landscape along the way. Standing tall on Australia's highest summit you farewell the day as the night chill creeps in. After warming your bones with a hot chocolate brewed by your guide and watching the colours of a spectacular alpine sunset, you return to Thredbo under the stars learning about the constellations on the way.

As the 13km walk starts in the afternoon and finishes in the cool temperatures of the evening, 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 walk; undulating with uphills that will make most people puff. The return walk to the courtesy vehicle will be in the dark on a walkway that is often slippery with dew and/or ice.

Your guide will be there to make sure you are safe and can enjoy this once in a lifetime experience. Included in the Mount Kosciuszko Sunset Guided Walk is a head torch, a souvenir certificate, one way Kosciuszko Pass and courtesy return vehicle back down to Thredbo Village.

If you have any questions please call Thredbo Sports on 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