



TRIP NOTES

VIC ALPS 3 Peaks Hike

3 DAY

The Victorian Alps is a vast and beautiful alpine area featuring the state's highest peaks. On this tour, we'll walk across grassy snow plains, climb rocky summits and take in spectacular alpine vistas across Mt Stirling, Mt Feathertop, Mt Bogong and the dramatic river valleys below.

The trip departs from Melbourne.

Our Park Trek guides will collect you from our central pick up location outside the **National Gallery of Victoria, 180 St Kilda Road** (just outside the entrance to the gallery and the large pools) at **7.45am for a 8am departure**.

Your Park Trek guides will drop you back at the same location upon completion of the tour at

DAY ONE—Mt. Stirling

11 km (approx. 4 hours walking, moderate grade)

Our Park Trek guides will collect you from outside the National Gallery of Victoria, 180 St Kilda Road, at 7.30am on the day of departure.

Our first day's drive takes us through towering mountain ash forests of the Black Spur, before a morning tea break in the historic gold and timber town of Alexandra. We then continue on via Mansfield to the Mt. Stirling turnoff. The first leg takes us to lunch at the iconic Craig's Hut, famed for its central role in the movie Man From Snowy River. The Stirling Trail takes us to the summit of the mountain itself (1749m), then meanders amongst the cross-country ski trails of this popular winter resort.

Our chariot awaits at the interestingly named Telephone Box Junction to whisk us on to our first night's accommodation, back down at the base of the mountain. Pre-dinner nibbles and a delicious two-course meal prepared by your guides is not far away, and a well earned rest in warm comfort.

Accommodation: Manna Gum Lodge, Sawmill Settlement

Meals: lunch and dinner

ABOUT THE ACCOMMODATION

During this trip we stay in the Mannagum Lodge, near Merrijig (huge architect-designed pole house set amongst towering forest), and Alpenhorn Holiday Apartments, Tawonga (cosy self-contained units with stunning views towards Mt, Bogong).

You can choose a single supplement if you would prefer not to share a room.

Mobile phones work at both venues, there is a landline onsite, and Park Trek always carry a Satellite phone in case of emergencies.





DAY TWO—Mt. Feathertop (22 kilometres walking, approx 7 hours, hard grade)

We start today with a satisfying continental breakfast, and lunch making. Then it's off to the glorious mountain township of Bright for a coffee stop, before driving up to the high country at the head of the Ovens Valley. Our trailhead is at the south end of the breathtaking Razorback, a ridgeline connecting two of Victoria's highest peaks – Mt Feathertop and Mt Hotham. It is a rocky and very exposed trail in parts and caution is required, particularly in windy conditions.

The climb to the summit of Victoria's second highest mountain, Mt Feathertop (1922m) gives us incredible views – and a surge of emotion at our achievement.

The final leg of our walk is the descent down to the old goldmining town of Harrietville, and a short drive to our accommodation for a well-earned spa, a home-cooked dinner and bed.

Accommodation: Alpenhorn Holiday Apartments, Tawonga.

Meals: breakfast, lunch and dinner

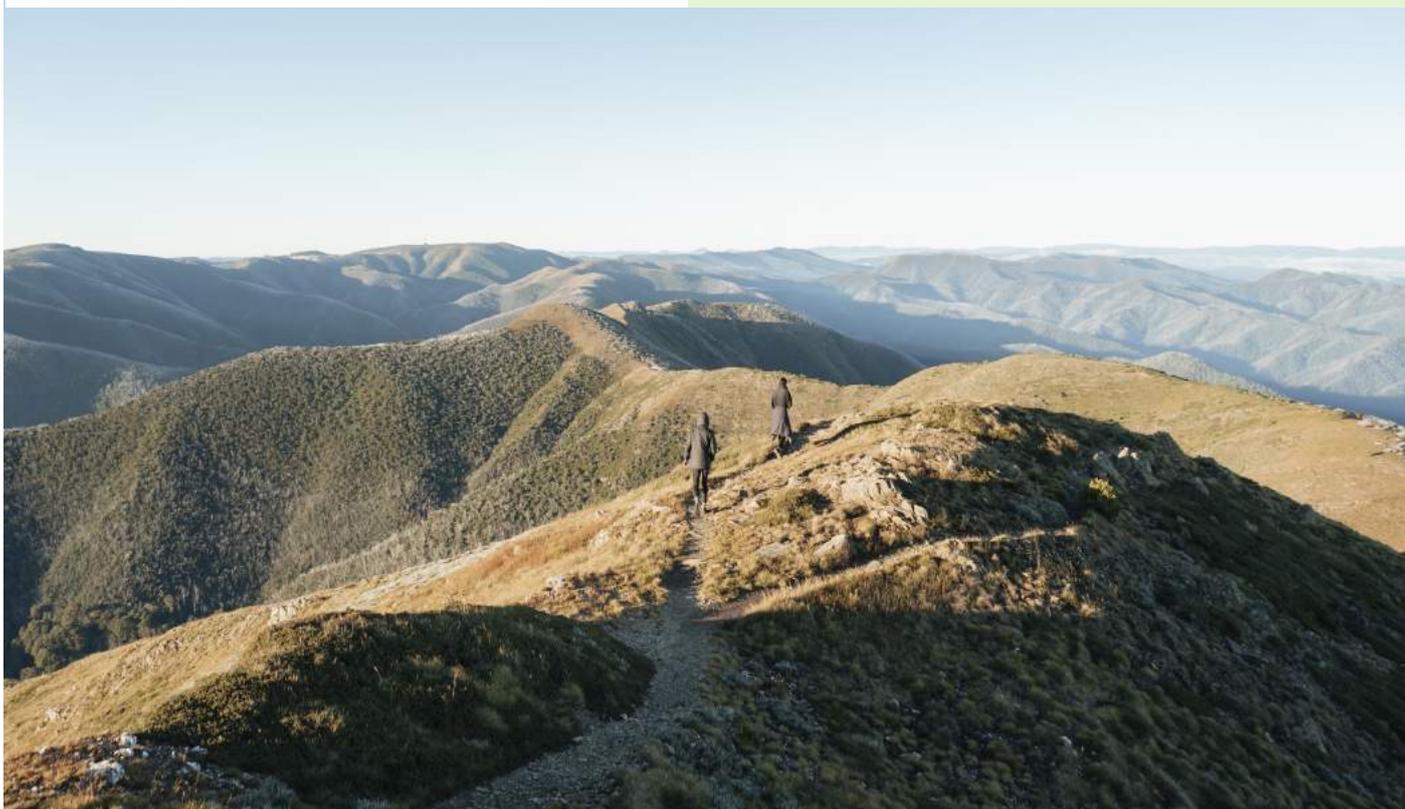
DAY THREE—Mt. Bogong (12 kilometres walking, approx 5 hours, moderate grade. 1360m climb and descent)

An early start for a big day! We pack up, leave the lodge and take a short drive to Mountain Creek carpark. The climb up is via the Staircase Spur track, climbing through the peppermints, then mountain gums, snow gums and finally breaking out above the tree line. From there we achieve the summit cairn, and stand upon via Victoria's highest peak at 1986 metres. A great place to have lunch, then it's down via the Eskdale Spur to our bus waiting at the bottom.

We will stop en route for an afternoon tea break. We aim to have you back in Melbourne around 7.00pm.

If you are travelling from interstate to join the trip please do not book a return flight before 9pm. But we recommend staying overnight in Melbourne in case of an unplanned event of the last day.

Meals: breakfast and lunch



ABOUT THE MEALS

The food we serve is healthy, hearty and home style. Our menus are designed to showcase the fabulous regional produce. Fresh local cheese, yoghurt, fruit, vegetables, fish and meats are used, supporting local farmers and minimising our food miles. We don't offer five-star dining, but our guides take pride in ensuring that all meals are delicious and plentiful, prepared with top-quality fresh seasonal ingredients.

Breakfast

is a continental spread of cereals, stewed fruit, yoghurt, toast and spreads. Coffee and tea are always available at your base accommodation.

Lunch

can vary from day to day, but includes meat, salad, bread and wraps. Some days might include something different like roasted chicken.

Dinner

is a casual two-course meal of main and dessert prepared by your guides. The menu changes to suit available fresh produce but could include curry,

salmon fillet or Thai chicken. Dessert may include things like apple crumble, pears in red wine or seasonal fruit salad.

Snacks

Guests can prepare their own trail mix each morning from our self-serve trail mix selection. There will be fresh fruit for the trail and biscuits or fruit cake for tea breaks.

Pre-dinner antipasto

Each evening we prepare a selection of antipasto delights, dips, cheese and crackers before dinner.

Dietary requirements

We are able to accommodate guests' specific dietary requirements and can prepare meals to meet individual needs.

Alcohol

Our tours do not include alcoholic beverages, however guests are most welcome to bring wine/beer along with them. If you are bringing bottled wine, please pack this well in your main bag to avoid breakages.



GEAR LIST

Please bring your gear in a soft bag rather than hard suitcase to help guides pack the trailer.

DAY PACK—

recommend approx. 20 litres, with a load bearing harness

As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- rain jacket
- a fleece jacket
- wide-brimmed hat for sunny days
- beanie or woollen hat for cold days
- water bottle or drinking bladder, min 2 litre
- high factor sunscreen
- lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- sun glasses
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- spare batteries for all devices/charger

MAIN BAG

Your main bag stays at our accommodation for the duration of the trip. You only carry your light day pack while walking.

- 2 pairs long and/or short pants. Preferably loose fitting, lightweight and quick drying
- 2 x Long sleeved shirts
- 4 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Rain jacket/ spray jacket
- Walking socks
- if rain is expected, then having a set of thermal under garments can keep you warm in the face of blustery conditions
- a woollen or fleece hat for cooler weather
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- Comfortable shoes and clothing for evenings and activities
- Underwear
- Toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, insect repellent, toothpaste etc.

We hope you have a wonderful trip.



LIST OF WHAT WE PROVIDE:

- Two Park Trek guides, who will drive, cook and care for you.
- Transport which includes collecting from Melbourne and returning back. We use a comfortable 12 seater mini coach with a trailer attached for luggage. Plus we use the coach to drop off and pick up during the course of the day.
- 2 breakfasts, 3 lunches and 2 dinners. Plus trail mix, nibbles, fresh fruit
- Tea/coffee, hot chocolate and biscuits/cake
- 2 night's accommodation on a twin share basis at Mannagum Lodge, Merrijig and Alpenhorn Holiday Apartments, Tawonga

POST TOUR INFORMATION:

We drop back into Melbourne outside the National Gallery of Victoria around 5.30pm. If you are flying out that night you'll need to book a flight out after 7pm.

Pre and Post tour accommodation

We pick up from outside the National Gallery of Victoria on Day 1 at 7.45am for 8am departure.

If you are looking for accommodation close to the National Gallery, here are some options:

- Mantra Southbank Tel (03) 8696 7222
- Quest Southbank Tel (03) 9694 5600
- Oaks Southbank Tel 1300 696 186
- Southbank Apartments (03) 9686 7711