



MT KOSCIUSZKO - THE SEVENTH SUMMIT (K7)



Mt Kosciuszko is the traditional 'Seventh / 7th Summit' - the highest mountain on the Australian Continent at 2228 mASL (http://en.wikipedia.org/wiki/Mount_Kosciuszko). Whilst lower than Puncak Jaya / Carstenz Pyramid in West Papua, Mt Kosciuszko is still on the essential 'Seven Summits' list for the majority of mountaineers.

GPS: Latitude -36.45583 Longitude 148.2635 (GDA94=WGS84)

Mt Kosciuszko sits within the state of NSW as apart of the Australian Alps - comprised of the ACT, NSW and Victorian Mountains, all of which are on the National Heritage List (http://en.wikipedia.org/wiki/Australian_National_Heritage_List). Kosciuszko National Park is listed as a UNESCO Man and Biosphere Reserve, reflecting its natural and scientific values and rich human history.



There are distinct seasons in the Australian High Country including WINTER, SPRING, SUMMER AND AUTUMN.

Weather Warning: The Kosciuszko region is subject to extreme weather due to its proximity to the ocean and sub-Antarctic weather systems that feed cold air from the Southern Ocean onto the mainland. Winter weather from the Pacific Ocean typically delivers moisture-laden snowfalls which have additional risk factors including for hypothermia if exposed in the alpine area without adequate protective clothing and shelter. It is important to be well equipped and well prepared for sudden changes in temperature and weather conditions. It is also prudent particularly during winter months, to allow a 'weather window' of at least 3 days or more, typically 4 days and 5 nights in the Snowy Mountains region. Hasty travel plans and insufficient time during winter may cause your trip to be aborted or a 'walk in the blizzard' without the spectacular views and scenery on offer on sunny winter days! Ask K7 Adventures for local and up to date information on the weather.

WINTER: The winter season used to extend from mid-May until mid-October however rising sea temperatures have meant shorter winters with a diminished snow pack. However, if you are planning to climb Mt Kosciuszko between June and September, expect cold weather, from time to time blizzards that may last for several days. These blizzards arise from strong winds from the Southern Ocean, hence the snow in Australia has a high moisture content. You will need to bring waterproof overpants and jacket, thermals and two sets of gloves. You will travel to the summit on snow shoes or, for intermediate to advanced skiers, alpine ski touring equipment.

SPRING: In spring there are significant snow drifts requiring caution, use of snow shoes and poles. For skiers - light ski touring or classic cross country skis work well for fast access to the summit. The landscape softens during the spring with the first alpine wildflowers, the marsh marigolds appearing under the thin layers of ice covering fens. Soon the subalpine area blooms with a variety of purples and golds as the shrubs flower and migratory birds return to the high country.

SUMMER: Summer is the easiest time to summit Mt Kosciuszko. From December through to March the temperatures are mild (15-20 degrees C) and during January especially, the wildflowers are prolific. This is the high season for walkers. From time to time, blizzards sweep across the mountains and you will require warm clothing, thermals, waterproof hiking boots. Be prepared for windy conditions when it is cold on the summit during the summer. The longer days allow for extended walking - for example include the Glacial Lakes Walk as a part of your summit trip (<http://www.k7adventures.com/walking.htm>).

SUMMER: Autumn landscapes are soft with a range of olives and greens dominating over the remainder of the wildflowers. Early snows arrive around Easter time (April) when the weather can be very warm to bitterly cold depending on the prevailing weather systems and El Nino / La Nino cycle that affects Australia. Autumn is often the most enjoyable time in the Snowy Mountains with plenty of activities including in the surrounding region. Bring or hire a mountain bike and enjoy the cross country mountain bike trails after your summit attempt! (<http://www.k7adventures.com/biking.htm>)



ACCESS:

BUS

MURRAYS BUS FROM SYDNEY INTERNATIONAL AIRPORT TO CANBERRA: <http://www.murrays.com.au/ExpressTimetable.aspx?RouteCode=1>

GREYHOUND FROM SYDNEY CENTRAL STATION TO THE SNOWY MOUNTAINS - WINTER ONLY – <http://www.greyhound.com.au>

TRAINLINK BUS SERVICE CANBERRA TO JINDABYNE X 3 DAYS PER WEEK MWF - ALL SEASONS - <http://www.nswtrainlink.info> - **link with Alpine Charters** to connect to Thredbo morning and afternoon MWF : <http://www.alpinecharters.com.au>

SNOW LINER COACHES run school bus services in the Snowy Mountains and fare paying seats are available for visitors during school periods to travel from Cooma to Thredbo and return. **Links with Trainlink Services to Cooma / Jindabyne** Ph: (02) 64521584 - <http://www.snowliner.com.au>

PRIVATE CHARTERS - organise a private bus / car from Canberra Airport or Canberra Jolimont Centre.

JINDABYNE MOTORS ALPINE CHARTERS for Shuttle from Jindabyne to Perisher daily return and on demand Shuttle from Jindabyne to Perisher Ski Tube (winter only) and Thredbo / private charters from Canberra to the Ski Resorts on: 0414 400 378

SNOW ALLIANCE - Canberra to Snowy Mountains private car / bus on: 61 2 6456 4425

SUMMIT COACHES - Sydney, South Coast, Canberra to Snowy Mountains on: 1800 608 008 / 61 2 442 25 006

CAR

Drive from Sydney via the Hume Highway to Canberra then to the Monaro Highway from Canberra to Cooma, Berridale and Jindabyne then via the Alpine Way Thredbo. **Winter:** Parking may be restricted during the winter peak season / weekends. Catch the Shuttle from Jindabyne NPWS Bus to Thredbo during the winter! 4WD vehicles carry chains, otherwise hire and carry snow chains from Cooma / Berridale / Jindabyne during the winter only from June to beginning of October. Car Hire available at Sydney and Canberra International Airports. Canberra International Airport opens 2016 (check for flights and carriers here: 61 2 6275 2222)



NATIONAL PARK FEES

KOSCIUSZKO NATIONAL PARK ENTRY FEE: \$27 per day in **winter** \$16 per day in **summer**. Annual Pass \$190. Purchase at the NPWS Jindabyne Visitor's Centre (plenty of parking between the Old Shopping Centre and Nugget's Crossing Shopping Centre) or the Vehicle Entry Stations on the Alpine Way and Kosciuszko Road or purchase online **two weeks in advance**: *google* NSW National Parks Annual pass.

ACCOMMODATION

THREDBO

Kasees Lodge Thredbo: <http://www.kasees.com.au>

Thredbo YHA: <http://www3.yha.com.au/hostels/nsw/snowy-mountains/thredbo/>

Berntis Thredbo: <http://berntis.com.au>

Karas Apartments: <http://www.karas.com.au>

Snow Goose Apartments Thredbo: <http://www.snowgooseapartments.com.au>

The Denman Thredbo: <http://www.thedenman.com.au>

Peak Apartments Thredbo: <http://www.thepeakthredbo.com.au>

Kiama Alpine Club: Spring, Summer, Autumn: <http://www.kiamaalpineclub.org.au>

Rydges Thredbo Alpine Hotel: <http://www.thredbo.com.au/accommodation/thredbo-alpine-hotel/>

Car required to access Thredbo and start of the Summit Walk

ALPINE WAY

Bimblegumbye Lodge Alpine Way: <http://www.bimblegumbye.com.au>

Penderlea Chalets: <http://www.penderlea.com.au>

Andrea's White House: <http://www.andreaswhitehouse.com>

Paul Reader's Yellow House: <http://www.accommodationjindabyne.com/accommodation/9>

Novotel Lake Crackenback Resort & Spa: <http://www.lakecrackenback.com.au>

JINDABYNE

Jindy Lakeside Apartments: <http://www.jindylakesideapartments.com>

Talk to Snow Escape Holidays Jindabyne about their extensive listing of holiday accommodation: <http://www.snowescapeholidays.com.au>

Or book with: http://www.australialpineresorts.com/resorts/thredbo_accommodation

Big 4 Holiday Park: <http://www.big4.com.au/caravan-parks/nsw/snowy-mountains/discovery-holiday-park-jindabyne>



Length of Stay

AUTUMN, SUMMER & SPRING SEASON ACCOMMODATION BOOKING: (Mid-October - May). Allow two nights. Talk to us about the weather forecast first.

WINTER SEASON ACCOMMODATION BOOKING (June - Mid-October) Allow at least 3-4 nights to ensure 'good weather' window. Extend your stay to enjoy snow shoe tours of the Snowy Mountains, Ski Touring or Nordic Skiing with the Kosciuszko Cross Country Ski School at the Perisher Nordic Shelter.

Summit Options

Direct Ascent from Thredbo approx 5 hours return

Direct Ascent from Thredbo including walk up from Thredbo (600m) via Merritts Nature Walk and walk down to Thredbo (600m) 7 hrs

Long Ascent via South Ramshead suitable during Nov-May or with sufficient snow cover during winter visit approx 8 hours return or

Ascend Mt Kosciuszko and Descend via Ramshead Range and South Ramshead Peak or Dead Horse Gap Track approx 7 hours.

Kosciuszko Ascent combined with Glacial Lakes Walk ex-Thredbo or Charlotte Pass (Nov-May) Summit Mt Kosciuszko and extend journey via the spectacular Glacial Lakes Walk approx 8 hours.

Summit Certificate

All Seven Summiteers will receive an official, 'Mt Kosciuszko Certificate'.

K7 Adventures is a fully licenced and fully insured Commercial Tour Operator within Kosciuszko National Park, with NSW NPWS / OEH.