

Information 2021: Ten Peaks, Kosciuszko NP

Adventure Facts:

Dates:	Various dates March 2021
Start & Finish at:	Thredbo, NSW
Duration:	4 days
Lodge:	4 nights twin share
Meals provided:	4 Breakfast; 4 Lunch; 4 Dinner
Group Size:	10 -20
Activity split:	1 travel day, 4 days hiking
Cost:	\$ 1,000 ex Thredbo

Highlights:

- Climb the ten highest peaks in Australia with Zac Zaharias, Mike Edmondson and other veteran Guides. They are some of Australia's most experienced guides who provide expert leadership, high levels of safety and intimate knowledge of Australia's high country.
- Enjoy the comfort of a lodge-based trek in the heart of Thredbo allowing a warm shower at the end of each day and a relaxing drink or two.
- Fully catered delicious meals for breakfast and dinner with snacks and pack lunch provided for the walk.
- Stunning audio-visual presentation by one of our guides as part of our evening program.
- Medical wilderness trained leader with 24hr phone access to advice from a Peak Learning Doctor.



The summit of Mt Kosciuszko (2228 m) | Mike Edmondson

About Peak Learning Adventures

Peak Learning Adventures is a veteran owned and run small business focused on customised treks, tours and expeditions to the Himalayas, Papua New Guinea (PNG), South America and Africa. The Himalayas has been our adventure playground for nearly 40 years. PNG is at Australia's doorstep and offers genuine wilderness trekking in a landscape free from modern intrusions. Many of our PNG treks are battlefield study tours of the major campaigns during the Pacific War, including the world-famous Kokoda Track. Other PNG treks and battlefield study tours include Shaggy Ridge, Mt Giluwe, Mount Victoria and East New Britain.

Director and Head Guide is Zac Zaharias, who served 46 years in the Australian Army including service as a UN Military Observer in Kashmir. He holds a Certificate 4 in Outdoor Recreation. He is a highly experienced Expedition Leader and a veteran of over 100 expeditions and adventures worldwide including 21 major expeditions to the Himalayas. Peak Learning Adventures has an impeccable record for quality, safety, fun, adventure and learning. Our standard groups are small (between 4 and 12 people) and cater to your needs, whether it is the first time you are venturing into the mountains or jungle, or you are a seasoned climber returning for another challenge.

We have some of Australia's most experienced high-altitude climbers, qualified guides and military historians. We prioritise employment of former Defence members who bring specialist skills and knowledge to our expeditions. We are expert at managing risk and supporting expeditions to remote areas. We ensure that our trips provide an enjoyable culinary experience and relatively comfortable accommodation as our clientele appreciate being looked after.

One of the underlying philosophies of Peak Learning Adventures is to educate, teach and allow individuals to learn and grow through the medium of adventure. We feel that by empowering our clients the experience is more meaningful, and long lasting. Many of our clients have come back from our expeditions fully recharged from previous hectic lifestyles. Others have found them positive life changing experiences.

About K7 Adventures

K7 Adventures was formed in 2005 and is the Snowy Mountains Region leading Outdoor Adventures Company. K7 specialises in a range of summer and winter activities predominantly in the Kosciuszko National Park but also covers the southern NSW Region and the ACT. K7 Adventures is a collaborative business of highly experienced professional guides - each person an expert in their field. K7 Adventures and the affiliated guides love the natural environment, outdoor experiences and guiding and sharing those experiences. K7 Adventures is built around professional guides providing memorable outdoor experiences.

The Ten Peaks program is delivered by Peak Learning Adventures in collaboration with K7 Adventures, the licenced Kosciuszko National Park commercial Tour Operator.

The Ten Peak Program

The top ten Aussie Peaks Challenge is run in Australia's high country. K7 Adventures is an Eco-Pass licenced tour operator in Kosciuszko National Park with Peak Learning Adventures providing the guides and logistical services on behalf of the licensee.

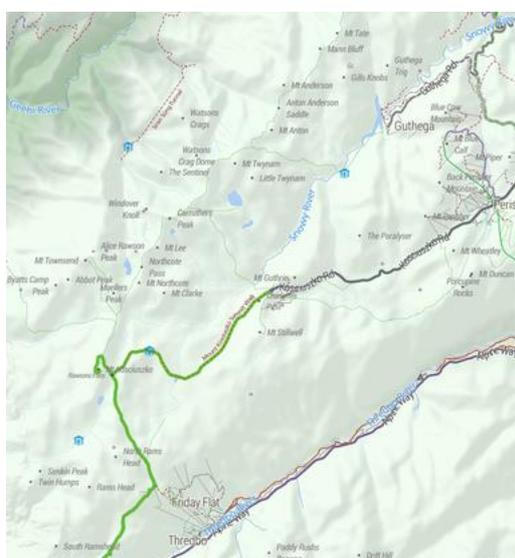
The challenge is to complete all Ten Peaks over four days. We recommend a reasonable level of fitness. All ten peaks are over 2000 metres in altitude that have strong uphill elements at times. However, the trek is more endurance in nature (distance and time), rather than climbing high. The track is variable, from gravel to rougher rocky roads, possible snowdrifts and snowgrass sections that require waterproof footwear with ankle support (i.e. boots).

Please note that while we aim to get all the participants to the summit of the Ten Peaks, this is not an exercise in misery, and if you are not feeling up to climbing all Ten Peaks there are opportunities to opt out at various times along the way. Please discuss any concerns and options you may like to take with the guide(s) at any time.

An outline of the four-day program is below, but note that we may amend this to take into account weather forecasts (e.g. we may extend one day to reduce walking on another day when poor weather is forecast):

Day	Date	Event	Dist	Remarks
0		Arrive Kiama Lodge or Navy Lodge		Settle in, welcome drinks & brief
1		Mt Twynam, 2195 m Carruthers Peak, 2145 m	17.20 km	Drive to Charlotte's Pass
2		Mt Townsend, 2209 m. Alice Rawson, 2160 m Abbot Peak, 2159 m Abbot Peak East, 2145 m	26.35 km	This is the longest day and can take up to 11 hours. Access via Thredbo chairlift.
3		Mt Kosciuszko, 2228 m Etheridge Ridge Peak, 2180 m	13.37 km	Access via Thredbo chairlift
4		Rams Head, 2190 m Rams Head North, 2177 m	8.30 km	This is the shortest day. Access via Thredbo chairlift.
TOTAL			65.22	

The map below depicts the general area where the Ten Peaks challenge is conducted. The green track is a sealed road to Charlotte's Pass, and then a dirt track to Mt Kosciuszko. From Mt Kosciuszko there is a metal walk-track that ends at the top of the Crackenback chairlift.



Evening Program

Our evening program includes audio-visual presentations from your experienced Mountain Guides. Mike Edmondson is a renowned mountain photographer and cross-country ski instructor with K7 Ski School. Mike's award-winning mountain photographs are showcased in a gallery in Jindabyne. Zac Zaharias, CSM is one of Australia's most experienced and successful high-altitude mountaineers, K7 Adventures Nordic ski instructor and Senior Guide with his own business, Peak Learning Adventures. Zac is a three-time Everest climber and he will provide a fascinating presentation on a range of treks and climbs around the world. The actual presenter (or presenters) will vary from program to program depending on availability.

The last night will be a celebration two-course dinner in one of Thredbo's iconic restaurants, The Denman. The cost of the dinner is included in the package (drinks are extra). There will also be plenty of time to relax around the fire, enjoy some of Thredbo's cafes and restaurants and for the adventurous, a ride down the alpine slide.

Accommodation and meals

You will be staying either at the Kiama Lodge or the Navy Ski Lodge. Both are centrally located in Thredbo Village. Rooms are good quality bunkroom style with communal bathrooms (double beds may be available on request for an extra charge in Kiama Lodge only). We provide you with linen, pillowslips and a towel, so there is no need to pack these. The lodges have laundry facilities with a washer and dryer and a separate drying room. A sauna, table tennis table and TV are provided for your relaxation and entertainment. There is a large modern communal kitchen.

We are close to restaurants, the golf course and chairlift. Thredbo Village has a wonderful charm and is a great place to relax after a hard day's walk. Your booking includes all meals (breakfast and dinners at the lodge and a pack lunch with snacks to nibble on during the day). There is a small supermarket, bakery and limited bottle shop in Thredbo, so it is advised that you bring your own alcoholic drinks that you require.



Walking along the Main Range to Mt Kosciuszko in spring | Mike Edmondson

Fundraising and Sponsorship

The Ten Peaks challenge is a popular fundraiser and a great way to fundraise for Soldier On. The combined height of all ten peaks is 21,788 metres (although you won't actually ascend that height). There are a number of options for seeking sponsorship from friends such as ascents per metres (\$217.88) or perhaps even a set amount per peak, say \$1-\$100 per peak.

What's included

The package is designed to minimise the purchase of the more expensive items of personal and group equipment and organisation required for participants. Your trek cost includes the following:

- Accommodation (twin-share)
- All meals (including the celebration dinner on the last night at the Denman Restaurant)
- National Park fees (but does not include Visitor/car entry pass)
- 3 x Chair-lift passes
- Full Guiding services

- Satellite phone coverage and rescue
- Full public liability insurance
- Digital photographic record of the trek
- Ten Peaks Achievement certificate

What's not included

- Travel to and from Thredbo
- National Parks Visitor/Car Entry fees
- Alcoholic drinks, eating out.
- Personal clothing and equipment

Contact and Information

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Sunset on the Main Range | Mike Edmondson