

# Ben Cruachan Walking Club – Walk Plan

Please register with Walk Leader before the day of the walk. See website: <a href="http://bencruachanwalkingclub.com/">http://bencruachanwalkingclub.com/</a>					
<b>Walk:</b>	<b>Mt Kosciuszko Sunrise &amp; Glacial Lakes</b>				
<b>Area:</b>	<b>Kosciuszko National Park</b>				
<b>Date:</b>	10-13/3/2017	<b>To be publicised in local papers?</b>		<b>No</b>	
<b>Grade:</b>	Walk 1: X-5-4 Walk 2: M-3-4	<b>Style:</b>	Multi-day base camp with cabin or tent accommodation & day walks		
<b>Walk Length:</b>	Walk 1: 22.5 km Walk 2: 15 km	<b>Walk Duration:</b>	Walk 1: 6 – 7.5 hrs Walk 2: 4.5 hrs		
<b>Meeting Place:</b>	TBA once participants known.		<b>Meeting Time:</b>	TBA once participants known.	
<b>Walk Summary:</b>	<p>The highlight of this weekend will be a moonlight walk to the summit of Mt Kosciuszko to watch the sunrise. Clear, well maintained and easy to follow by moon and torch light, the track winds upwards (610m over 9 km) to Seaman’s Hut, then along the Etheridge Ridge to Rawson Pass and the Summit. After sunrise and breakfast, we will continue along the Great Dividing Range and the Australian Alps Walking Track with stunning views of Albina Lake, and the Main Range Track via Blue Lake and Hedley Tarn and the uppermost reaches of the Snowy River. Enjoy breathtaking views, pristine alpine country, glacial lakes, rivers, herb fields, and, hopefully, an amazing flower show. We will need to start walking 2.5 - 3 hours before sunrise so as to reach the summit by sunrise. Although the circuit is 22.5 km the ascents and descents require only reasonable fitness. A shorter 18 km option can be taken by returning from the summit along the same track rather than completing the Main Range circuit.</p> <p>Although the weather mostly is stable at the time of year when we will be there, we will be in Australia’s highest alpine country, the weather can be very changeable, and the walk area is treeless and exposed. You should be prepared for anything, and carry at least 2 litres of water if a warm day. Cooking breakfast just off the summit will be weather dependent and cooking equipment will be arranged amongst participants once known – no fires. Bring your head torch.</p> <p>The plan is to travel to Jindabyne on Friday, have an early night, then leave our accommodation around 2 / 2.30 am on Saturday morning for the walk, subject to confirming sunrise times. If weather does not permit the sunrise walk on Saturday morning, we will have Sunday morning, before driving home on Monday.</p> <p>On the day we are not doing the summit sunrise walk, the Sawpit Creek – Pallaibo and Waterfall Tracks with eucalypt forests, waterfalls, bird and wildlife spotting (possibly a platypus) and wildflowers are highly recommended easier walks. Additional walks may be organised as energies permit.</p> <p>Accommodation will be decided once participants known. Options are a holiday park within Jindabyne on the lake, or a bush park. Both offer cabins and tent camping with full facilities. Please register interest, as soon as possible and no later than 31/1/2017 to enable cabin accommodation bookings to be made and costs finalised. Accommodation costs will depend on the number of people sharing cabins, type of cabin available and location.</p> <p>Park entry fees: \$17 per car per day. Seniors 20% discount, Pensioners (with blue concession cards only) free.</p>				
<b>Walk Leader:</b>	Anna Janca & Andrew Stevenson	<b>Email:</b>	annajanca@bigpond.com	<b>Phone:</b>	0419 178 445

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