

Information 2021-2: AHF Ten Peaks, Kosciuszko NP

Adventure Facts:

Dates:	19-23 November 2021 and 11-15 February 2022
Start & Finish at:	Thredbo, NSW
Duration & distance:	66 km trekking over 4 days
Lodge:	4 nights twin share
Meals provided:	4 Breakfast; 4 Lunch; 4 Dinner
Group Size:	10- 18 (larger and smaller groups can be negotiated)
Activity split:	1 travel day, 4 days hiking
Cost:	\$ 1,350 ex Thredbo per person

Highlights:

- Climb the ten highest peaks in Australia with Zac Zaharias or Mike Edmondson, Australia's most experienced guides providing 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 with a warm shower at the end of each day and a relaxing drink or two.
- Fully catered delicious fresh meals for breakfast and dinner and a packed lunch with snacks for the walk.
- A celebration dinner at a local restaurant on the last night
- 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

Introduction

Peak Learning Adventures invites you to participate in the Top Ten Aussie Summits Challenge in Australia's high country. The challenge is to climb the ten highest peaks in Australia over a four-day period with some of Australia's most experienced Mountain Guides. The Ten highest peaks in order are as follows:

- | | |
|---------------------------------|-----------------------------|
| 1. Mt Kosciuszko, 2228 m | 2. Mt Townsend, 2209 m |
| 3. Mt Twynam, 2195 m | 4. Rams Head, 2190 m |
| 5. Etheridge Ridge Peak, 2180 m | 6. Rams Head North, 2177 m |
| 7. Alice Rawson, 2160 m | 8. Abbot Peak, 2159 m |
| 9. Abbot Peak East, 2145 m | 10. Carruthers Peak, 2145 m |

The Ten Peak Program

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 rough-rocky tracks, snowdrifts (springtime and snowgrass sections that require waterproof footwear with ankle support (i.e. boots). The second day is the hardest day, and depending on the time of year, we may finish in the dark as we miss the last chair and have to descend 600 metres from the top of the chair to the valley floor. We cover a distance of 66 km in four days with a total climb of almost 2500 metres.

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 but a "Challenge by Choice". 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	Event	Dist	Total climb	Remarks
0	Arrive Thredbo			Settle in, welcome drinks & brief
1	Mt Twynam, 2195 m Carruthers Peak, 2145 m	17.20 km	736 m	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	971 m	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	444 m	Access via Thredbo chairlift
4	Rams Head, 2190 m Rams Head North, 2177 m	8.30 km	345 m	This is the shortest day. Access via Thredbo chairlift.
TOTAL		65.22	2,496 m	

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, Africa and Australia. 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. We have some of Australia's most experienced high-altitude climbers, qualified guides and military historians.

Evening Program

As the trekking program is very full, the evenings are spent relaxing and enjoying each other's company. On day three, there is 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.

On the last night we will be having a celebration dinner in one of the fabulous local restaurants (usually the Denman). During the dinner, there will be two short 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 climbing and trekking in the Himalayas. The actual presenter (or presenters) will vary from program to program depending on availability.



Accommodation and meals

You will stay in one of four private Ski Lodges (depending on availability), all of which are centrally located in Thredbo. These lodges are: Dulmison Ski Club, Navy Ski Lodge, Currawong Lodge or the Kiama Ski Club Lodge. Accommodation is on a twin share basis, with some beds in some lodges being bunk-style. In some instances we may need to allocate three to a room, depending on the size of the group. Rooms are good quality with communal bathroom facilities, although most rooms in Dulmison Lodge have an en-suite. Linen, pillows, doona and a towel are provided. The lodges have laundry facilities with a washer and dryer and a separate drying room. Your booking includes all meals (dinners cooked by a local chef at the lodge; a hot breakfast and a pack lunch with snacks to nibble on during the day).

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. There is a small supermarket, bakery and a small 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 has been a popular annual fundraiser for the Australian Himalayan Foundation (AHF) since 2016. 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. All donations to the AHF above \$2 are tax-deductible. We do ask that you aim as a minimum goal that you raise \$ 500.

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) including linen, bathmat and towel
- 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 (2-3 guides depending on group size)
- Satellite phone coverage and rescue
- Full public liability insurance
- Photographic record of the trek
- Ten Peaks Achievement certificate

What's not included

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

Booking Form

If you would like to Book for the AHF Ten Peaks, please complete the booking form and email to Zac Zaharias or Pam Sherpa.

Contact and Information

Peak Learning Adventures:	Zac Zaharias
Phone:	0402-286257 or 02-6257 2208
Email:	info@peaklearning.com.au
Administration and Bookings:	Pam Sherpa
Email:	pam@peaklearning.com.au
Website:	www.peaklearningadventures.com.au



Sunset on the Main Range | Mike Edmondson