



Alpine Lakes Walk Information Sheet

Important information – please keep for your reference.

The Alpine Lakes walk requires preparation! It is **essential** that all participants carry waterproof clothing with them, as the weather in the mountains can change quickly.

You will need to pick up your hire clothing before the walk is due to depart.

As the **19km walk** starts in the cool of the morning and finishes when the day is warming up, it is important that participants *use a layering system* of clothing. By using this method you can add or remove a layer as required. In the alpine environment it is better to wear many thin layers of clothing than several bulky ones. Thermals are ideal for layering, but not essential.

An example of layering for the upper body includes a thermal singlet or t-shirt, followed by a skivvy then a lightweight fleece or jumper, a vest and a waterproof jacket. On the lower body, a pair of tights, thick stockings or thermals, followed by long pants and waterproof over pants. Shoes need to be strong and comfortable with a well-textured rubber sole, runners/trainers are **NOT** adequate for this particular walk. A beanie and some woollen gloves are important, as is a baseball cap or some other hat for when the sun comes up.

Like many memorable experiences, the Alpine Lakes walk requires some effort on your behalf. You need to be prepared to accept several challenges including:

- exercising at higher altitudes, that you may not be used to and,
- walking on a track that is often slippery with dew.

This is a *moderate to difficult walk* so a reasonable level of fitness is required. The walk is along a mesh and paved walkway then onto grassy areas. There are some steep uphill and downhill sections.

Your guide will be there to make sure you are safe and can enjoy this once in a lifetime experience. Included in the Alpine Lakes walk package is chairlift pass, champagne and snacks on arrival at Charlottes Pass and transport back to Thredbo.

Please ensure that you bring all of the items listed below, yet travel lightly. If you have any questions please call Thredbo Sports on 6459 4119.

Essential items to bring:

- Sturdy walking boots or shoes with soft rubber soles as opposed to plastic ~ runners/trainers are **NOT** suitable for this particular walk.
- Waterproof jacket
- Light woollen jumper or fleece,
- Long sleeve top, skivvy or thermal top
- Gloves and warm hat
- Water at least 2 litres**
- Lunch and Snacks**
- Hat/sunscreen/sunglasses
- Daypack to carry the above
- Insect repellent and camera are optional

**Please meet at Thredbo Sports at Valley Terminal by 8.50am at the latest,
to ensure we get going right on 9.00am.**