



Photo by [Andrea Schaffer](#)

Mt Hotham to Mt Kosciuszko - it's like climbing Everest from sea level and descending again!

Choose your challenge and support the eviDent Foundation:

- 10 days: 230kms — 8850m ascent, 8840m descent
- 6 days: 143kms — 5395m ascent, 4105m descent
- 4 days: 87kms — 3435m ascent, 4735m descent

Your hike along the Australian Alpine Walking Track will be a challenging, humbling and extremely rewarding experience, guaranteed to provide memories that you will never forget.

Register now at www.evident.net.au

For more information contact:
Roula Papatheodorou
ask@evident.net.au or 03 8825 4600

Challenge yourself and support the eviDent Foundation

The Australian Alpine Walking Track winds 655kms from Walhalla in Victoria to Tharwa in NSW. Our challenge will encompass one third of the trail, through one of the most pristine alpine environments in Australia and is considered one of the best walks in the world. The walk is so challenging that few people have ever done the whole track.

Funds raised for the eviDent Foundation will directly benefit vital research projects on diseases such as oral cancer and gum disease; and to promote the importance of general oral hygiene and healthcare.

Key highlights:

- Choose between a 4, 6 or 10 day trek option
- Up to 9 nights camping
- Optional extra hikes along the way
- Celebratory dinner at Thredbo
- Hike a track that few are able to do

Included:

- Safety equipment, telecommunications for emergency use
- Transport to and from start and finish camps
- Meals and tent accommodation during the hike
- End of walk celebratory dinner and accommodation at Thredbo (for 6 and 10 day options)

Not Included:

- Personal travel insurance
- Personal spending
- Transport to/from Bright

This is your chance to walk with fellow hikers through mountainous paths, taking in some of the most breathtaking scenery along one of Australia's most well known, yet lesser trodden, tracks, whilst supporting a very worthy cause.

Details

Options:

- 10 days: Mt Hotham to Mt Kosciuszko (230kms)
- 6 days: Taylors Crossing to Mt Kosciuszko (143kms)
- 4 days: Mt Hotham to Taylors Crossing (87kms)

Accommodation:

Camping

Dates:

- 10 days: departs Bright, 28 October 2016
- 4 days: departs Bright, 28 October 2016
- 6 days: departs Bright, 31 October 2016

Payment & booking:

- 10 days:
\$1,800 registration with an expected fundraising target of \$2,200
- 4 and 6 days:
\$1,600 registration with an expected fundraising target of \$1,400

Complete booking form
available at www.evident.net.au

eviDent
Foundation

Meeting Point Hotel & Arrival Information

All hikers will make their own way to Bright Chalet. Those choosing the **4 or 10 day option** should **arrive by no later than 5pm on 27 October**, and those choosing the **6 day option** should **arrive by no later than 2pm on 31 October**.

Itinerary

Day 1, 28 October 2016 Mt Hotham to Cope Hut 21.8kms 8 Hrs Hiking

Following a short drive from Bright Chalet to Mt Hotham, the 4 and 10 day hikers will walk past Mt Lock, Derricks Hut and down to Dibbins Hut on the banks of the wild Cobungra River. From there it's up to the high plains to camp at Cope Hut.

Day 2, 29 October 2016 Cope Hut to Big River 19.7kms 7.5 Hrs Hiking

Today's walk will take in some of Victoria's highest peaks and see many historic bush huts until we descend off the Bogong High Plains to camp along the start of the Big (Mitta) River, where we might be lucky enough to catch a trout for dinner.

Day 3, 30 October 2016 Big River to Mt Wills 19.8kms 9.5 Hrs Hiking

Today is the **tcl Precision Orthodontics Alpine Ascender Challenge** where the climb of 1,655 metres is achieved over 19.8 thigh-burning kms, before camping at Mt Wills. This climb is definitely worth the burn as climbers are rewarded with the spectacular panoramic views of both the Bogong High Plains and the Kosciuszko Range.



Day 4, 31 October 2016 Mt Wills to Taylors Crossing 26.1kms 12.5 Hrs Hiking

For those on the 4-day trek, this is the longest day in both distance and time with stops at Omeo Highway and Gill Creek. To keep motivation high, this challenging day ends with a well deserved BBQ dinner and drinks, along with a night's 'luxury' camping at Taylors Crossing. Here, we celebrate with, and farewell, the 4 day group and meet the 6 day team where stories will be told and hints and tips for the remaining 6 days will be shared.

Day 5, 1 November 2016 Taylors Crossing to Johnnies Top 23.6kms 8.5 Hrs Hiking

Our 4-day hikers depart as the rest of the group head to Johnnies Top via a true alpine ridge. This is a good hard start for the 6-day hikers, with a 1,540 metre ascent.

Day 6, 2 November 2016 Johnnies Top to Buckwong Hut 23.8kms 9 Hrs Hiking

Today's long descent takes us to a pristine montane sub-alpine valley where majestic creeks are followed to Buckwong Hut. This is a rarely walked part of the track.

Photo by Dr Jeremy Sternson

Itinerary cont...

Day 7, 3 November 2016 Buckwong Hut to Bulley Creek 24.5kms 15.5 Hrs Trekking

Today, hikers will sidle along the spectacular Cobberas, past an old plane wreck, and across to the state border into NSW. Here, at Cowombat Flat, the Murray is barely 50cm wide. This is where the group enters the Kosciuszko National Park.

Day 8, 4 November 2016 Bulley Creek to Tin Mine Huts 27.9kms 8.5 Hrs Trekking

Optima Wilderness Explorer Distance Day. Today is a corker of a day, with testing 27.9kms of track to cover. Along the way, the group will pass Mt Pilot (short side-trip), and camp at the historic Tin Mine Huts, built in 1938.



Day 9, 5 November 2016 Tin Mine Huts to Thredbo River 22.7kms 6.5 Hrs Trekking

The end isn't far away now as the air is filled with aroma of the alpine daisies. This exciting day leads up to Cascades Hut through real Elyne Mitchell silver brumby territory. Tonight's camp is a stone's throw from Dead Horse Gap on the bank of the Thredbo River.

Day 10, 6 November 2016 Optional Extras

Our final day offers two bonus options:

Option 1— From Dead Horse Gap, trek to Thredbo and take the chairlift (finally dropping off your pack!). Walk 13.6 glorious pack-free kms to Kosi via Rawson Pass.

Option 2—For those not ready to say goodbye to the pack just yet, it's a 19.4 km hike to Kosi via a different route. Don't worry, you will still get to experience the chairlift on the way down.

Here the group enjoy a well-earned rest and celebratory dinner before returning to Bright the following morning.

Photos by Dr Jeremy Sternson



Physical Rating

The hike is considered demanding. You will be walking on steep mountain terrain for 6.5 to 12.5 hours a day whilst carrying a pack. You should train to prepare for the hike by building up your walks to 7 hours a day, and choosing hills with steep ascents.

Meals

All meals are included whilst trekking (breakfast, lunch, dinner). Some snacks are supplied, but it is recommended that hikers carry high energy bars or snacks to suit their needs. Breakfast will usually consist of dried breakfast bars, cereals and powdered milk. Lunches will usually consist of crackers, wraps, meats, cheeses, fish, fruits and spreads. Evening meals will usually consist of a variety of delicious dehydrated meals such as risottos and pasta.

Vegetarian alternatives and intolerances, such as gluten and nuts, can be catered for.

What to take?

You are responsible for carrying your pack, so keep it as light as possible. You should avoid taking valuable items.

Personal Gear	Optional	Other
75-85 litre backpack with good solid, comfortable frame and padded straps	Camera	Travel insurance
Light-weight sleeping bag rated to 0 degrees at least and sleeping mat (inflatable down-filled or self-inflating best)	Book	Spending money
Swiss army knife or similar	Cards	
Garbage bags/ dry bags for wet weather	Binoculars	
Aluminium water bottle (3L)	Trekking poles	
LED torch and spare batteries		
Mug, plate/bowl, cutlery		
Whistle		
Matches or lighter		
Pencil and small notebook		
Miniatures of usual toiletries, hiking towel and toilet paper		
Blister kit, rehydration salts, small first aid kit and any personal medication you use		
Well worn-in hiking boots (preferably leather) with good ankle support and spare shoelace or nylon cord		
Hiking socks		
Lightweight/ quick drying clothing		
Waterproof, breathable jacket and pants		
Warm fleece, beanie, gloves, thermals		
Sunscreen, hat, high UV sunglasses		
Thongs, hut booties or crocs for campsite		

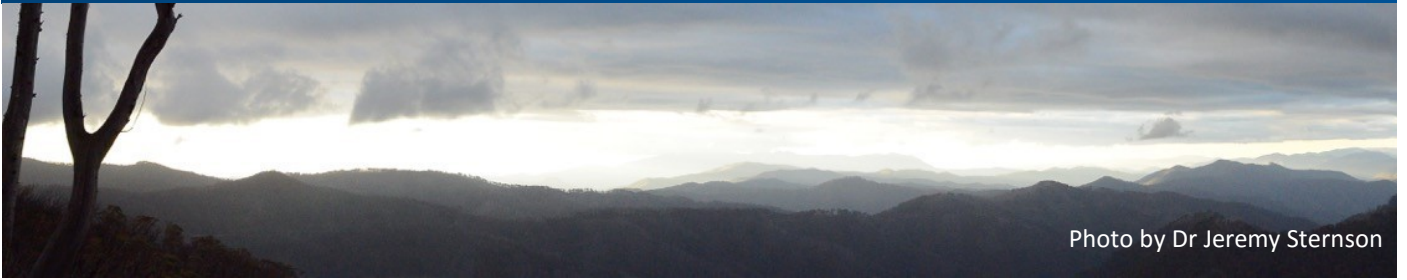


Photo by Dr Jeremy Sternson

Shared Gear

It is expected that most participants will have some, or all of the following. To assist us in avoiding unnecessary duplication, please advise us on the registration form which of the following gear you would be willing to share:

- Fuel stove
- Compass
- Tents
- Lightweight cooking gear
- Scourer packs
- Small foldable spade

Health and First Aid

Vaccinations are not compulsory, although tetanus is recommended.

You will need to be in good physical health.

We will have first aid kits for emergencies, but we recommend you carry supplies for common ailments as well as personal medical requirements. We will be in remote areas that are far from medical facilities. We are unable to dispense or administer any type of drug, including headache tablets and antibiotics. It is therefore recommended taking:

- Headache tablets
- Diarrhoea treatment
- Band-aids
- Blister pads
- Antiseptic for cuts
- Sunscreen
- Insect repellent and antihistamine

Emergency Contact

In the case of a genuine emergency, please ask relatives or friends to contact the office on 03 8825 4600.

Responsible Travel

Leave only footprints; take only photographs and memories.

Your Fellow Trekkers

Group dynamics can sometimes be challenging. We ask that you are:

- Respectful
- Punctual
- Understanding of the needs of others
- Helpful