

## MT KOSCIUSZKO THE SEVENTH SUMMIT (K7)



Mt Kosciuszko - the traditional "7th Summit" - is the highest mountain on the Australian continent at 2228 m ASL. ([http://en.wikipedia.org/wiki/Mount\\_Kosciuszko](http://en.wikipedia.org/wiki/Mount_Kosciuszko)) Best access is via Thredbo or Charlotte Pass during non winter months (Nov-May) and via Thredbo during winter.

**GPS: Latitude -36.45583 Longitude 148.2635 (GDA94 = WGS84)**

Weather Warning: The Kosciuszko region is subject to extreme weather due to its proximity to the ocean and sub-Antarctic weather systems that feed cold air from the Southern Ocean onto the mainland. Winter weather from the Pacific Ocean typically delivers moisture-laden snowfalls which have additional risk factors including for hypothermia if exposed in the alpine area without adequate protective clothing and shelter. It is important to be well equipped and well prepared for sudden changes in temperature and weather conditions. It is also prudent particularly during winter months, to allow a 'weather window' of at least 3 days or more, typically 4 days and 5 nights in the Snowy Mountains region. Hasty travel plans and insufficient time during winter may cause your trip to be aborted or a 'walk in the blizzard' without the spectacular views and scenery on offer on sunny winter days! Ask K7 Adventures for local and up to date information on the weather.

e: [contact@k7adventures.com](mailto:contact@k7adventures.com) or **SMS:** 61 402 298 821 **SKYPE:** k7adventures

**AUSTRALIAN BOM WEATHER FORECAST:** <http://www.bom.gov.au/nsw/forecasts/alpine.shtml>

## JOIN THE SEVENTH SUMMIT LIST HERE

<http://k7adventures.blogspot.com/2010/12/mount-kosciuszko-7th-summit-7.html>

## SEND YOUR NAME AND DATE OF ASCENT TO K7



Winter Trips: Ascend Mt Kosciuszko on snow shoes and enjoy spectacular winter views towards Victoria and to the north, the beautiful Mt Jagungal. Trips depart from Thredbo.

WHAT TO BRING: <http://www.k7adventures.com/shoeing.htm>

See images here: <http://www.flickr.com/photos/k7adventures/5235429179/in/set-72157624512998804/> or <http://www.flickr.com/photos/k7adventures/sets/72157624151297724/with/4738192610/>

Summer Trips: Ascend Mt Kosciuszko during January to enjoy the best of the Australian Alpine wildflowers. Extend your Summit Walk to include the K7 Adventures Glacial Lakes Walk. Remember, October and November expect snow drifts. Easter to June expect snow and possible blizzard conditions. Always bring good hiking shoes and weather and windproof shell jacket and overpants, gloves and head protection (woolen hat or similar). Essential item to carry - your camera!



WHAT TO BRING: <http://www.k7adventures.com/walking.htm>

### WHAT YOU WILL RECEIVE WITH K7 ADVENTURES GUIDED TOUR TO K7 - KOSCIUSZKO THE 7TH SUMMIT.

Experienced **local** guide, Kosciuszko Express Chairlift ticket, packed lunch and energy snacks, snow shoes and poles for winter trips, 'CERTIFICATE OF ASCENT MT KOSCIUSZKO', Listing on the K7 Adventures 7th Summiteers Page, transfers from your accommodation packaged accommodation on request.



## Summit Options:

**Direct Ascent** from Thredbo approx 5 hours return

**Direct Ascent** from Thredbo including walk up from Thredbo (600m) via Merritts Nature Walk and walk down to Thredbo (600m) 7 hrs

**Long Ascent** via South Ramshead suitable during Nov-May or with sufficient snow cover during winter visit approx 7 hours return **or** Ascend Mt Kosciuszko and Descend via Ramshead Range and South Ramshead Peak or Dead Horse Gap Track approx 7 hours.



**Kosciuszko Ascent combined with Glacial Lakes Walk** ex-Thredbo or Charlotte Pass (Nov-May) Summit Mt Kosciuszko and extend journey via the spectacular Glacial Lakes Walk approx 7 hours.

### Packaged Accommodation:

K7 Adventures packages with THE DENMAN HOTEL at Thredbo for 7 Summiters. The Denman is a 4.5 star hotel with superb customer service including pick up from Snowy Mountains airport or car valet service within Thredbo Village and provides lunch and Kosciuszko Chairlift tickets as a part of the 7th Summit trip.

K7 Adventures will book your accommodation on request or book directly with The Denman. **w:** <http://www.thedenman.com.au/> **e:** [info@thedenman.com.au](mailto:info@thedenman.com.au)

**SUMMER SEASON ACCOMMODATION BOOKING:** (Mid-October - May). Allow two nights. Talk to us about the weather forecast first.

**WINTER SEASON ACCOMMODATION BOOKING** (June - Mid-October) Allow at least 3-4 nights to ensure 'good weather' window. Extend your stay to enjoy snow shoe tours of the Snowy Mountains, Ski Touring or Nordic Skiing with the Kosciuszko Cross Country Ski School at the Perisher Nordic Shelter.

## **Transport:**

**Summer (Oct-April)** Fly to Canberra via Sydney and hire a car then drive to Thredbo **or** Fly to Sydney and connect with Aeropelican Flight to Cooma.

<http://www.aeropelican.com.au/>

**Timetable:** <http://www.aeropelican.com.au/Timetables.html#>

**Winter. (May-September)** Fly to Sydney and connect with Aeropelican Flight to Cooma.

## **Transfers**

Remember to book your transfer to Thredbo if flying with Aeropelican. The Snowlink Snowy Mountains Airport Shuttle **meets every flight** at Snowy Mountains Airport .

**Bookings are essential:** [shuttle@snowymountainsairport.com.au](mailto:shuttle@snowymountainsairport.com.au) or phone: **61 2 6452 4455**

