

NSTC Alpine Escape
Monday 5 January – Sunday 11 January 2015
Thredbo Alpine Village

Purpose

The purpose of this week is to provide NSTC members with a different training environment and an opportunity to create their own week of training by selecting from a list of different activities. This is not a ‘coached camp’ as such but rather a week of training in an ideal location.

Flexibility within the week will allow for parents with kids to have a full week of training while still being able to spend time as a family. There will be enough children to justify one or even two qualified child minders to run semi structured programs for the kids while mum and dad are smashing themselves in the NSW Alps.

Structure

The idea is for morning activities to start early i.e. 5.30am – 6.00am. Nearly all of the rides are three hours or less (with the exception of Charlotte’s Pass which is likely to finish at 12 – 1pm). This should allow a tag team with families and provide opportunity for a second ride to commence at 9-10am if necessary.

Have a look at the sample schedule below and the Map My Ride or Strava links of the proposed activities. Closer to the time, once numbers are confirmed and child minding services are confirmed, we can produce a more definitive schedule for A and B groups.

Sample Schedule

		Ride	Run	Swim	Other
MONDAY	AM				
	MID				Arrive
	PM	RD1	RN1		
TUESDAY	AM	RD2			
	MID			TBA	
	PM				Yoga
WEDNESDAY	AM		RN4		
	MID			TBA	
	PM				Yoga
THURSDAY	AM	RD3			
	MID				
	PM			TBA	
FRIDAY	AM	RD4 - RN3 (Brick)			
	MID				
	PM			TBA	Yoga
SATURDAY	AM	RD5			
	MID				
	PM			TBA	Yoga
SUNDAY	AM		RN2		
	MID				Depart

Ride Descriptions

RD1	Leather Barrel	31km ride with a 50:50 of climbing : descending. A beautiful ride which follows the Alpine Way south over Dead Horse Gap and down into Leather Barrel Creek. Here we turn around and ride OUT.
RD2	Jindabyne	73km of pretty straightforward riding. Certainly easier heading out than coming home but most of the hills are gradual and easily conquered. Coffee stop in Jindy is a must.
RD3	Charlotte's Pass	140km and a hard day in the saddle. This ride follows the Alpine Way into Jindabyne where it turns left and follows the Kosciuszko Rd to Charlotte's. Then chuck a Uie and ride back. Around 2,500 vertical metres of climbing gives the quads a real buzz. See our version of this ride on STRAVA which includes a coffee in Jindy on the way out.
RD4	Penderlea	38km or half a trip to Jindy. You can turn at the Ski Tube if you don't want to climb 3.5km to the top of Pender Gap. Ideal ride for a brick session.
RD5	Tom Groggin	47km ride takes you along the Alpine Way past Leather Barrel and to the bottom. The return is a bit of a kick in the guts. 18km of about 6% average. This is one of the toughest climbs in NSW, and is also one of the most spectacular – surrounded by black sallys and snow gums, overlooking Pilot Mountain in the Victorian Alps. The 1.5km of 16% just before Leather Barrel is a treat. DON'T let the figures scare you though. It is easily conquered and a MUST DO.

Run Descriptions

RN1	Village & Golf Course Loop	7km run which consists of two loops. The first loop is around the village via Friday Flat. The second loop is around the Thredbo Golf Course walking trail. Both are spectacular.
RN2	Dead Horse Gap	10km trail and road run which basically follows the Thredbo River ALL the way up to Dead Horse Gap. Then turns left and returns via the Alpine Way back to the village. Spectacular trail run with a smash option on the way back.
RN3	The Bridges	9km run which follows the Thredbo River down. Since running this, two more bridges have been built extending the track to the ranger station and making it potentially a 15km run. The run is spectacular as are the bridges. At \$500,000 a pop they would want to be.
RN4	Kosciuszko	11km roughly. I haven't run this since GPS devices were invented. The trail between Thredbo and Kozi is scenic to say the least. You are literally running across Australia's roof top. The run is undulating, climbing only 300m from Crackenback to the Summit. But the air is pretty thin. Kosciuszko is at 2227m asl.

Accommodation

We have booked 3 lodges to be able to accommodate everyone and their families. Allocation to each lodge will be done on family requirements & bedding configurations. [Kiama Lodge](#), [Happy Wanderers](#) & [Redbank Lodge](#)

Costs for each lodge are approximate at this stage as below:

\$40 per adult per night	6 nights \$240
\$30 per child per night	6 nights \$180
Self-catering facilities – common commercial quality kitchen	
Common bathroom facilities	
Laundry Facilities	
Babysitting / Child minding will be arranged – extra cost pp	

An Alpine Escape Dinner will be held on Friday 9 January – the lodge managers will cater and organize this for us. Cost will be calculated on a per head basis.

- We are looking after bookings for the full week only, if you would like to come for part of the week you will need to arrange your own accommodation for the nights required.
- <http://www.thredbo.com.au/accommodation-packages/>

National Parks & Wildlife

When visiting Thredbo, you will be entering the Kosciuszko National Park. A fee applies to enter the park during our stay and the fees are listed here:

5 Day pass	\$64	(6 th day FOC)
Annual Pass	\$190	(NSW National Parks Pass)
1 Day pass	\$16	

Family Activities in Summer

Summer Pass

This All Mountain pass includes unlimited access to the Leisure Centre, Bobsled rides, Tennis court hire, golf & unlimited chairlift rides

We have been able to secure the Summer passes again for 2015 at a 50% discount so we can take advantage of all the facilities and activities that Thredbo has to offer. We will take orders for passes in November 2014. Follow the link above to see the various options.

We have scheduled a kids' evening activity on Friday 9 January – while the adults are having the Club dinner. The kids' activity will involve an adventure walk and BBQ dinner. Cost tbc

<http://www.thredbo.com.au/summer/>

Alpine Leisure Centre (25m & 50m pool, water slide)	\$67 ten pack adults / \$50 ten pack kids
Chairlift	\$64 family 1 day pass \$32 per person 1 day pass
Mountain Bike Hire	Downhill, Cross Country, Trail Rides, Tours
Bobsled	\$7 per ride
Bush Walks	Guided or Self-guided
Wild Brumby Schnapps Distillery	Alpine Way halfway between Jindabyne & Thredbo
Squash	\$20 per hr court hire

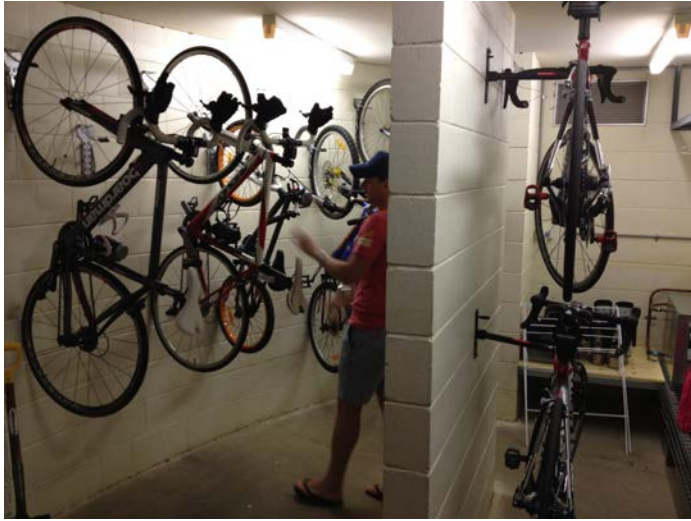


The Thredbo to Charlottes ride is the biggest challenge for the week.

On the return we stop off at the kiosk at the bottom of Ayre T-Bar. A burger with the lot, coke and piccolo coffee is definitely on the cards. And why not, the next 38km was predominantly downhill.



One of the spectacular bridges on the bridges run. This is a fantastic jog. Just remember though, from the turn around it's ALL uphill back to the lodge.



Quite good storage in each lodge, and the Club will bring the bike racks down as well.



The weather can be quite cool, or really hot.....unpredictable really! So pack for all conditions.



The hero shot of the week. Not the highest point we ride to, but 20m short of a mile high is not too bad.