

NSTC Multisport Alpine Escape
Sunday 3 January – Sunday 10 January 2016
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 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
SUNDAY	AM				
	MID				ARRIVE
	PM	RD1	RN1		
MONDAY	AM	RD2			
	MID			Y	
	PM				Yoga
TUESDAY	AM	Mtn RD4	RN5		
	MID			Y	
	PM				Yoga
WEDNESDAY	AM	RD3			
	MID				
	PM	Mtn RD2		Y	
THURSDAY	AM	RD4 - RN3 (Brick)			
	MID				
	PM	Mtn RD3		Y	Yoga
FRIDAY	AM	RD5			
	MID				
	PM			Y	Kids Triathlon
SATURDAY	AM	Mtn RD5	RN4		
	MID				
SUNDAY	AM	RD1	RN2		
	MID				DEPART

Road 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. We will be making contact with the Eyre T-Bar Kiosk this time so that we can collect a burger with the lot before we descend back to Jindabyne.
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.

Mtn Bike Ride Descriptions

Mtn RD1	Pipeline Trail Beginner	2km ride with Stunning views around Thredbo River, single track.. Starting at the main bridge crossing and following the Thredbo River this is the easiest trail that Thredbo offers. It is a great way of linking up with the Bridle Trail Loop or the Friday Flat Trail.
Mtn RD1	Bridle Trail Loop Intermediate	3km featuring Climbing Skills, Single track. A more technical section of single-track this trail offers riders a chance to test their climbing skills on the short steep mid section. It also is the access point for the Thredbo Valley Trail
Mtn RD2	Golf Course Trail Intermediate	3km Rock Rollovers and smooth berms, single track.. This picturesque trail starts at the community Centre and goes in an anticlockwise direction around Thredbo's Golf Course returning alongside the Thredbo River. This is some of Thredbo's easiest single-track still providing enough of a challenge to get the blood pumping.
Mtn RD3	Thredbo Valley Track Loop to Rangers Station Intermediate	12km Rollovers and smooth berms, spectacular alpine scenery.. This is a great ride with a nice mix of terrain and highlights. The shared use trail takes riders down the picturesque Thredbo Valley across three impressive suspension bridges to the old Rangers Station. It meanders along the banks of the famous Thredbo River, undulating through eucalypts and grasslands. The Thredbo to Rangers Station section is the easier part of the ride with climbing required on the return trip. This is a shared use trail so it is used by walkers and bikers.
Mtn RD4	Thredbo Valley Track One way to	15km to the Diggings / 20km to Lake Crackenback Same ride as above but head over the bridge just before the Rangers Station, to the other side of the river. Here you will find

	Thredbo Diggings / Lake Crackenback Intermediate	more rolling downhills with uphill bursts through forests and open woodlands. This is a must do ride. You continue on along the Thredbo River to the riverside spot of the Thredbo Diggings. If you still have energy head onto the well-maintained trails of Lake Crackenback Resort.
Mtn RD5	Cascade Hut Trail Intermediate	22km Spectacular Alpine Scenery. You ride up the Alpine Way from Thredbo to Dead Horse Gap. From there you leave the Alpine Way at the Bob's Ridge Walking track & travel through the Pilot Wilderness. It is a moderately difficult ride up to Bobs Ridge where you can see the Victorian Alps, then a fun descent to Cascade Hut. Keep an eye out for the locals, the Brumbies. For a challenging long day, continue on past Tin Mine Hut to the Nine Mile Trail. This very steep section will take you to the Pinch campground on the Barry Way. As this ride is not a loop you will need to organise a car at the other end.

[Run & Walk 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	12km return. 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 vertical from Crackenback to the Summit of Kozi. But the air is pretty thin. Kosciuszko is at 2227m asl. This run is performed two ways each year. Start at 6.00am and climb 2.5km ave 35% to the top of Thredbo and then run to Kozi and back. OR Start at 8.00am, catch the first chairlift up and run to Kozi and back. The benefit of the 6.00am start is you have the entire main range to yourself. It is a fantastic way to start the day.
RN5	Thredbo Valley Track One Way to Lake Crackenback	15km to the Diggings / 20km to Lake Crackenback This is a great run with a nice mix of terrain and highlights. The shared use trail takes us down the picturesque Thredbo Valley across three impressive suspension bridges, past the Old Rangers Station, before you burst through forests and open woodlands. This is a must do run. You continue on along the Thredbo River to the riverside spot of the Thredbo Diggings. If you still have energy head onto the well-maintained trails of Lake Crackenback Resort. They do a pretty spectacular breakky there too. You will need a lift home so there is some coordination required for this run.

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:

\$35 per adult per night	7 nights \$210
\$20 per child per night	7 nights \$120

(When booking for 7 nights you only pay for 6 and get the 7th night free)

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 8 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 2016 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 2015. Follow the link above to see the various options.

We have scheduled a kids' evening activity on Friday 8 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

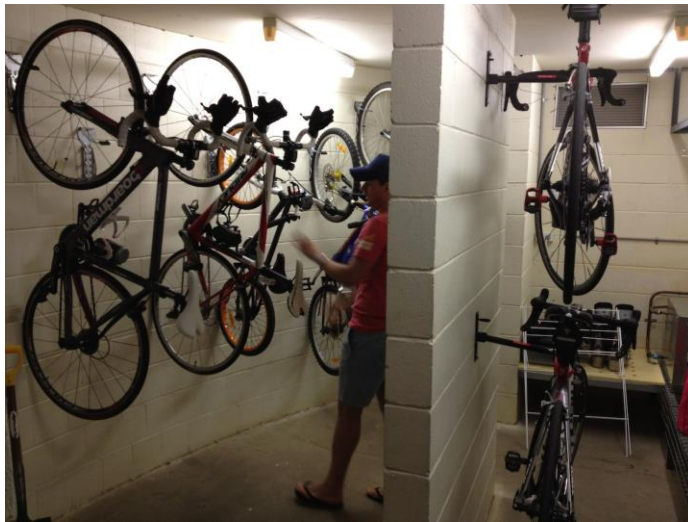


The Thredbo to Charlottes ride is the biggest challenge for the week.

The highlight on the running program was the Thredbo to Lake Crackenback 20km run via the Thredbo Valley Trail.



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



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.

Kids Triathlon – held on Friday afternoon starting at the Thredbo Leisure Centre
100m or 200m swim / 2km or 4km ride / 1km or 2km run

