



## **Mt Kosciuszko**

**Friday 26<sup>th</sup> November to Sunday 28<sup>th</sup> November, 2021**

Welcome to our Mt Kosciuszko Walk, approximately 23kms of walking to the summit of Mt Kosciuszko from Charlotte Pass and return.

Our Mt Kosciuszko Walk will commence with all participants meeting on Friday evening at our accommodation at Jindabyne before commencing the Mt Kosciuszko Walk on Saturday morning, and then staying overnight at our accommodation again on the Saturday night, before a leisurely Sunday brunch before heading home, having climbed Australia's highest peak.

The Walk will take in the Main Range trail, which connects with the Summit Walk and then returns to Charlotte Pass, the return trip of 22-23kms will take between 7-8 hours, so it will be your responsibility to ensure that you can walk that distance over 8 hours, to ensure that the group can enjoy the walk and exploring the local area. This is not a Walk for inexperienced hikers, and we strongly encourage you to have participated in one of our other walks prior to attempting the Mt Kosciuszko Walk.



**Our accommodation will be a mixture of single beds, bunk beds and double beds in comfortable connecting houses.**

**This document is not a comprehensive guide of all equipment you would need, nor does it provide everything you need to do in order to ensure your fitness levels are adequate for the Walk. BANG Fitness Adventures will discuss each individual's fitness and medical concerns with the individual and will provide a training guide to be followed as well as free training events that participants can attend. Interstate and International participants will need to source suitable training facilities however BANG Fitness Adventures will endeavour to assist where possible with advice and support.**



**As a general rule, cross training will be the most suitable form of training, a mix of cardiovascular and resistance training to ensure adequate muscle strength and endurance and heart health. The intensity of each leg of the Mt Kosciuszko Walk will depend on many factors, some of which include weather, incline, surfaces, duration of each leg etc., so the more variety you can implement in your training the better prepared you are likely to be.**

**It is important to note though that the Mt Kosciuszko Walk is an experience, not a race. We will walk as a group, and participants can rest as required, and frequent breaks will be had to ensure we rehydrate and eat as well as stop to enjoy the stunning views.**

**The Mt Kosciuszko Walk will follow the plan laid below. Please note that the daily start/stop points may vary slightly due to inclement weather etc., however if we are prepared physically and with appropriate clothing etc., we shouldn't have any dramas.**

**All meals, snacks, accommodation, park fees and guided walk on Mt Kosciuszko are included in your package fee.**

**Please ensure you advise of any dietary preferences or health issues prior to booking your place.**



After meeting the evening before for dinner at our accommodation at Jindabyne, we will have a hearty breakfast and then commence walking around 8am towards the Summit, crossing the infamous Snowy River along the way. We expect to average between 3-5kms an hour depending on the steepness of the terrain at times, however we will have plenty of time to enjoy the views at the top of Australia!

We will have lunch near the summit, before returning back to our start point, taking our time to experience this amazing view. Upon returning to our start point we will return to our accommodation and enjoy a celebration of our achievement, knowing that we have a comfy bed awaiting, and a delicious brunch the next morning before we head home.

Obviously we have no refrigeration facilities during the day so snacks need to be non-perishable and we are also highly aware of leaving the environment as we found it, so all rubbish and containers must be carried home with us so that the next users of the trail may enjoy it the same way we have.

We may meet other groups on the Mt Kosciuszko Walk and we encourage you to introduce yourselves and share experiences and impressions along the way. We are all there to enjoy an incredible experience and meet like-minded people.

We want this to be an experience to savour, to relish and to immerse yourself into, coming out the other end with an appreciation of exactly what you are capable of and with a sense of perspective about how you can overcome future challenges in your lives.

Information on payment details for payment, referrals of friends and family and clients to our Mt Kosciuszko Walk can be found in the document BANG Fitness Adventures Mt Kosciuszko Walk Info and Payment Plan. Places will be limited on this Adventure with a maximum of 14 participants.

Please feel free to contact Matt Jolley on 0400 207 303 or e mail [info@bangfitness.com.au](mailto:info@bangfitness.com.au) for more information or head to our website at [www.bangfitness.com.au](http://www.bangfitness.com.au) and click on the Adventures tab for our events.

BANG Fitness Adventures is here to help you find ways to make things happen for you. To help you overcome fears and doubts about what you can really achieve in your life, to help you create a new belief system based on you actually experiencing life. We are pleased that you have considered us to be a part of your experiences and we look forward to sharing the Mt Kosciuszko Walk with you.



**Warm Regards**

**Matt and Danielle Jolley**  
**Adventure Coaches**  
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**Licensed Parks Victoria Tour Operator**  
**Licensed Parks Tasmania Commercial Visitors Service Operator**  
**Parks NSW Eco Pass Holder**  
**Registered Fitness Professional Level 3 Fitness Australia**

**See next page for Payment Plan Information!**



## Mt Kosciuszko Walk Payment Schedule

Call 0400 207 303 or e mail [info@bangfitness.com.au](mailto:info@bangfitness.com.au) to register TODAY

Type	Date Due	Amount	Balance Outstanding
<b>PAY IN FULL PRICE WITHIN 7 DAYS</b>			<b>\$695.00</b>
<b>OR</b>			
<b>Initial Deposit (non-refundable – see terms below)</b>	<b>Immediately to secure your place</b>	<b>\$70.00</b>	<b>\$695.00</b> <b>TOTAL PAYABLE \$765.00</b>
<b>Paid by instalments interest free through our Payment Partner, Pay Right</b>			
<b>Please note there is a discount for twin share or couples, however places are subject to availability</b>			

See below for details pertaining to obligations and rights of Participants, BANG Fitness Adventures and their agents:  
**PAYMENT OF TOUR FEES:**

The Mt Kosciuszko Walk tour fees agreed between the Participant and the tour operator shall be payable as follows:

- i. A deposit at the time of booking Non Refundable
- ii. Balance of tour fees as specified above

Your Mt Kosciuszko Walk Adventure will be an investment of \$695.00, which includes, two nights' accommodation at Jindabyne, park entry fees, all meals, guided tour, training advice and support leading up to the event.

Please refer to your invoice that will be issued upon you accepting a place on our Mt Kosciuszko Walk:

**Important information:** Please use your invoice number as the reference on bank transfers which will allow us to credit your progress payment to your account.

You may cancel the contract at any time before midnight on the thirtieth business day after payment of the Initial Deposit in writing to BANG Fitness Adventures. A business day is any day except a weekend or public holiday. This notice may also be given by email as shown on the front of this page. As this trip includes travel costs and accommodation to be incurred by the tour provider, a portion of your fees will be utilised to pay for these and as such refunds will be limited, so please ensure that you are able to attend this trip as we do not provide refunds for change of mind or if your financial circumstances change. The refund will only be paid via direct debit within 30 business days. No cash refunds will be issued.

Prior to paying your initial deposit, please ensure you have communicated with BANG Fitness Adventures staff as to your general health and wellbeing, any dietary concerns, medical conditions and questions you may have regarding your ability to undertake the Mt Kosciuszko Walk.