



## **STEP UP WITH SHAKE IT UP**

### *Trek to the summit of Mount Kosciuszko for Parkinson's*

**4 DAYS | 28 KMs | Track grading: 2-4  
Easy-moderate | \$2,500 fundraising  
requirement**

Join us for a curated journey through the stunning Snowy Mountains. This tour will immerse you in the wonderful habitats of this iconic Australian Alpine region.



### **WHAT TO EXPECT ON THIS WALKING EXPERIENCE**

Experience Park Trek's 4-day guided walking adventure in the Kosciuszko National Park, exploring diverse ecosystems and reaching the summit of Mount Kosciuszko, the highest point in Australia.

This trek is designed for all levels of fitness and experience, and you will walk about 28 kms in total, covering different terrains and altitudes. You will also learn about the history and culture of the region, from its Aboriginal heritage to its pioneering past, and stay in lovely accommodation in the Thredbo Valley.

This is more than a walk, it's a journey of transformation and discovery. You will meet new friends who share your passion for adventure, challenge yourself physically and mentally, and reconnect with nature. You will return home refreshed, re-energised and inspired by this unforgettable experience.





# TRIP ITINERARY

## Day One

Thredbo River Track

Distance: 5 kms

- Begin the journey with a drive from Canberra to Cooma, where the group will visit the Snowy Hydro Discovery Centre to watch a short film and grab a morning coffee.
- Continue onward to the lodge-style accommodation in the scenic Thredbo Valley, where a hearty lunch will be served before preparing for the first walk of the tour.
- The walk begins at Dead Horse Gap and follows the Thredbo River back into Thredbo village. This picturesque route offers stunning views of the Crackenback Valley, featuring snow gum woodlands and the cascading waters of the Thredbo River.
- Keep an eye out for local wildlife such as trout and platypus or unique alpine flora and fauna that thrive in the region.
- After completing the walk, meet with the second guide in Thredbo Village, who will transport the group back to the accommodation.
- Wind down the day with pre-dinner nibbles and a delicious two-course meal prepared by the guides, enjoying the cozy atmosphere of the lodge.

## Day Two

Porcupine Rocks

Distance: 6 - 8 kms

- This morning, we take a walk through the start of the alpine zone and up into the snow gums and rock boulders of Porcupine Rocks.
- At the summit, take in breathtaking views of the Thredbo River Valley, Bullocks Flat, Perisher, and the Main Range. The sweeping vistas are a highlight of the day.
- Depending on conditions, the walk may be completed as a loop or an out-and-back trail, with guides tailoring the experience to suit the group and weather.
- After the hike, explore Perisher Valley at your own pace. Visit the Information Centre or treat yourself to a well-earned coffee or ice cream in town.
- Return to the lodge in the late afternoon to relax with pre-dinner nibbles and enjoy another delicious two-course dinner prepared by the guides.







# TRIP ITINERARY

## Day Three

Mount Kosciuszko Summit  
Distance: 13 kms

- Take a scenic chairlift from Thredbo Village to the top of the ski fields, where breathtaking views of the Main Range and alpine landscapes set the stage for the day.
- Follow a well-maintained trail through alpine meadows and snow gum forests, gradually ascending towards the summit. The hike includes steady climbs and spectacular viewpoints, offering plenty of opportunities to pause and take in the vistas.
- Reach the summit of Mount Kosciuszko, Australia's highest peak, and celebrate with panoramic views of the surrounding mountains and valleys.
- Retrace your steps back to the chairlift and descend to Thredbo Village, enjoying more incredible scenery along the way.
- Conclude the day with a delightful dinner at a local restaurant in Jindabyne Village, a perfect end to a rewarding adventure

## Day Four

Meadows Nature Track  
Distance: 3 kms

- After breakfast and packing up, return to Thredbo Village for a final walk along the Meadows Nature Track.
- This scenic circuit explores diverse environments, including open ski runs, mossy creeks, and forested trails, offering a gentle yet rewarding conclusion to the trip.
- Enjoy a special farewell lunch at the Wildbrumby Kitchen & Distillery in the Crackenback Valley, savoring a delicious meal while reflecting on the experiences of the past four days.
- Return to Canberra by approximately 5 pm, with a drop-off at the Crowne Plaza to wrap up the adventure.





## TRIP DETAILS

### ***Meals On Tour***

The food served on tour is designed to be healthy, hearty and home style. Our menus seek to showcase regional produce, including local cheeses, yoghurt, fruit, vegetables and meats, and to support local farmers and minimise food miles. Our tours can accommodate most dietary needs, however these should be specified at the time of making your tour booking.

**Breakfast:** A continental spread featuring muesli, fruit, yoghurt, toast, and spreads, with coffee and tea always available.

**Lunch:** May vary day to day, but includes sliced meat, salad, rolls, bread and wraps, with occasional variations like roasted chicken.

**Dinner:** A two-course meal of main and dessert, prepared by the guides using fresh produce. Meals may include options like roast lamb, curry, or similar, with desserts such as apple crumble, mini pavlovas, or fruit salad.

**Snacks and antipasto:** Includes fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. Each night we offer cheese, dips and crackers as pre-dinner nibbles and self-serve trail mix selection at the start of each day.

**Alcohol:** Park Trek tours do not include alcoholic beverages, but guests are welcome to bring their own wine or beer, ensuring bottled items are securely packed.

### ***Travel Insurance and Medical Clearance***

Park Trek and Shake It Up Australia Foundation strongly recommends travel insurance, please check with your individual provider for more information regarding coverage for unforeseen circumstances, e.g. flight delays, illness or COVID-19.

All participants are required to provide a letter from their GP clearing them to participate in this trek. Please take these trip notes to your appointment so your GP can assess your medical clearance.

### ***Pre and Post Tour Info***

**Pick-up location and time:** We depart from The Crowne Plaza Canberra, meeting at 7:30am for a 7:45am departure. Park Trek guests enjoy special pre- and post- tour rates at Crowne Plaza Hotel.

**Drop-off location and time:** We return to The Crowne Plaza, Canberra at around 5pm on the final day of tour.

If flying out that night, we recommend booking a flight no earlier than 7pm.





## TRIP DETAILS

### **Required Gear For Your Adventure**

The two most important items to bring with you are a reliable and comfortable pair of walking boots or shoes that are worn in, and a good quality rain jacket. Runners and flat-soled shoes are not recommended except to wear after the day's activities. The weather can be quite variable in the Snowy Mountains so your waterproof jacket is an essential item while on tour, regardless of the weather forecast.

**Your day pack:** Park Trek recommends a day pack of at least 20 litre capacity, with a load bearing harness and the ability to carry a water bladder and your required gear.

Here is a suggested list of what walkers will need to be wearing or have in their day pack:

#### **Essential Items**

- A good quality rain jacket, seam sealed with a hood
- Fleece jacket for layering
- Extra warm windproof jacket, and thermal top and bottom
- Wide-brimmed hat for sunny days
- Beanie or woollen hat and gloves for cold days
- Water bladder and water bottle with capacity to carry 2 litres
- Electrolytes and hydrolytes
- High factor sunscreen and lip balm
- Blister pads and / or tape for any rubbing and / or blisters
- Antiseptic hand gel
- Sunglasses
- Tupperware container to pack and carry your lunch

#### **Optional Extras**

- Walking poles
- Gaiters
- Camera
- Binoculars
- Spare batteries for all devices / charger
- Keep cup for any café stops

**Your main bag:** Please bring your gear in a soft bag rather than a hard suitcase to help our guides pack the trailer. Your main bag is transported for you, you only carry your day pack while walking.

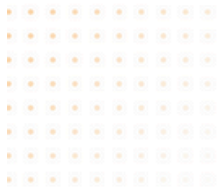
- 2 pairs long and / or short pants (preferably loose fitting, lightweight and quick drying)
- 2 x long sleeved shirts light and breathable - for sun protection
- 4 x T-shirts
- Fleece jacket / woollen sweater - something warm
- Swimmers / bathers and lightweight towel for swimming days
- Walking socks and underwear
- Thermals to keep you warm in the face of blustery conditions
- Waterproof, reusable bag for worn clothing
- Comfortable shoes / clothing for evenings and activities
- Toiletries - shampoo / conditioner, body wash, deodorant, toothpaste, personal items and insect repellent etc.
- PPE - Masks, hand sanitiser and rapid antigen tests





**Step Up with Shake It Up**  
**Trek Mount Kosciuszko for Parkinson's**

*Fast Facts*



**Dates**

Monday 24th November –  
 Thursday 27th November 2025



**Costs**

Twin Share \$2,675  
 Single Person \$3,075



**Difficulty**

28 Kilometres  
 Easy-moderate



**Fundraising**

\$2,500  
 minimum



**Fundraising for Parkinson's Research**

You will be required to fundraise a minimum of \$2,500 as part of this trek experience. Our Fundraising Manager will assist you with this fundraising by providing an online fundraising page, fundraising ideas and resources.

**What's Included in Your Trek Fees**

- Two Park Trek guides who are experienced, accredited and safety gear equipped to guide, drive, cook and facilitate your tour experience. Park Trek guides are story tellers, chefs, and legends in the field.
- Transport which includes collection from, and return to Canberra. We use comfortable 12-seater minibuses with a luggage trailer. We also use the minibus to drop off and pick up during the course of each day.
- Meals throughout, 3 breakfasts, 4 lunches and 3 dinners, and snacks throughout, including trail mix, antipasto, fresh fruit, biscuits or cake. We always have a thermos with plenty of tea, coffee or hot chocolate.
- 3 night's accommodation on a twin share basis (single supplement available at additional cost, subject to availability).
- Snowy Hydro experience, plus all National Parks fees and passes.

**Not included in the trek fees: your flights, transport to the initial meeting point, and travel insurance.**





## TRIP DETAILS

### *About Shake It Up*

Shake It Up Australia Foundation is a not-for-profit organisation established in 2011 and in partnership with The Michael J. Fox Foundation for Parkinson's Research (MJFF) promotes and funds Parkinson's disease research in Australia aimed at better treatments and ultimately a cure.

Shake It Up was founded by Clyde Campbell after his own Parkinson's diagnosis at age 44. Clyde decided not to sit back and wait for the rest of the world to find a cure for Parkinson's but to join the action. The Foundation is unique as 100% of all donations received go directly to research, so you can be sure your support is making a real impact. This is made possible by our founding directors, who cover all overhead and administration costs.

We have funded **85 research projects** at **24 research institutes** to the value of **\$36.5 million**.

*Our mission is clear: to slow, stop and cure Parkinson's disease.*

### *About Park Trek*

Park Trek has been walking iconic landscapes for over 20 years. They are small-group, day-pack only walking experts, so you can relax to enjoy iconic places. The Park Trek team take care of everything. Their guides keep you safe, informed and well nourished. All you need are walking boots and a spirit for adventure!

**Sustainable tourism commitment** - As part of their commitment to being an Eco-friendly tour operator, which includes minimising and offsetting carbon emissions, Park Trek suggests you bring along your own food containers (medium size for lunch, and small for trail mix), beeswax lunch wrap, keep cup etc, if you have them. Please do not buy any of these items if you don't have them. They will supply containers for lunches.

**Our commitment to reconciliation** - Park Trek and Shake It Up acknowledge the Traditional Owners of Country and recognise their continuing connection to land, water, skies and culture. We pay our respects to their elders past, present and emerging. We support the Uluru Statement from the Heart, and through Park Trek's RAP (Reconciliation Action Plan), among other things, they are committed to reconciliation.





## READY TO STEP UP WITH SHAKE IT UP?

We would love to speak with you further about joining our trek through Kosciuszko National Park for Parkinson's research.

Please contact Isobel Moore on **0455 040 309** or email [isobel@shakeitup.org.au](mailto:isobel@shakeitup.org.au) to secure your spot on the trek.

**A deposit of \$300 is required on booking to secure your spot. Places are limited so get in touch today to ensure you don't miss out!**



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