Imagine an incredible two days of walking across the spectacular Snowy Mountain range with Australia’s only glacial lakes as a backdrop. A challenging 50 km hike, conquering the top 10 Peaks in Australia as well as visiting all five remaining glacial lakes. The Mates4Mates Aussie 10 Peaks Adventure Challenge will take you on this journey.

Dates & locations

Dates: 17-20 October 2017
Location: Kosciuszko National Park
Duration: 3 nights and 4 days
Meals: Most meals are provided.

Accommodation: Shared accommodation
Travel: We will make travel arrangements in consultation with participants.
Psych Screening: 3-10 August 2017
Is this challenge for you?

Trekking with a difference, a chilly and snowy difference! The Aussie 10 Peaks Adventure Challenge is one not to miss.

During the two days of trekking, you will experience gorgeous alpine scenery, all in our own back yard. The bonus - cross the spectacular Snowy River and discover incredibly beautiful flora and fauna and a stunning 360 degree mountainous view that will take your breath away. The highest Aussie 10 Peaks you will trek include:

- Mt Kosciuszko 2,228m
- Mt Townsend 2,209m
- Mt Twynam 2,195m
- Rams Head 2,190m
- Unnamed Peak on Etheridge Ridge 2,180m
- Rams Head North 2,177m
- Alice Rawson Peak 2,160m
- Byatts Camp SW of Abbott Peak 2,159m
- Abbott Peak 2,145m
- Carruthers Peak 2,145m

Is this challenge for you?

Prior experience and pre-training

Trekking experience and a good level of fitness is required.

This Adventure Challenge tested me mentally and physically. It made me want to stay in the fight with myself personally and not give in.”

Previous Adventure Challenger 2017.

Please Note:

All Mates4Mates programs and challenges are alcohol and drug free activities.

How to apply

1. Read
   the “Guide to completing EOI applications”.

2. Complete
   ✓ EOI form
   ✓ Medical form
   ✓ Participation Acknowledgement form
   ✓ Letter of recommendation from your treating psychologist or psychiatrist (if external to Mates4Mates).

3. Return
   all your forms to us before the closing date.

4. Receive
   an acknowledgement receipt for completed application.

5. Contact
   We will let you know the outcome of your application.