

## Murray River: Stage 1 Kosciuszko to Albury

### The Alpine Adventure

Friday 23 February, 2018 to Monday 26 February, 2018

### Day to Day

Imagine waking up in the early daylight and looking around a comfortable motel room and wondering where you are. Is it an alpine village or a golf resort on the Murray River? Either way, you want to get up, get ready and be on your bike again for another day on the AllTrails Murray River Ride, from Source to Sea.

After a hearty breakfast you're on your way as the AllTrails team load your luggage and head up the road to set up your morning tea. The food breaks are at set times enabling all riders to plan their day and the amount of time required to enjoy the sights along the way so you depart morning tea with a clear focus on the next leg of the day to lunch which is arranged or prepared by our crew. Lunch is a great time to relax, refuel your body and chat to your friends, be it in a bakery, a country pub, the rest area of a remote highway, or down by the river.

Our safety and support vehicles are never far away. One vehicle trails the group, picking up cyclists who need a lift for any reason and also serving as a warning to motorists of the cycling group ahead. The other vehicle travels among and ahead of the group, preparing the food stops, arranging directional signage where required and being on-call for cyclists with mechanical failures or other requirements. We have 2-way radio communications with trucks and other large vehicles on the road to further increase safety for our cyclists and our staff are also first-aid and bike mechanic qualified. Safety is our number one priority and we strive to make each day as safe as possible - another great advantage of cycling with AllTrails.

After reaching your overnight destination (usually mid-afternoon) check in and relax, have a cuppa and snack, a shower or a soak in the bath. Explore the surroundings, go for a walk, share a cool drink with friends or simply relax. It is your life, it's your ride, enjoy it. A briefing at 6pm before the evening meal is always interesting, finding out what happened that day, and a run-down on the sights, special attractions or dangers to look out for the next day. Lots of laughs and stories are shared before we settle down to a good healthy meal and a few drinks. The camaraderie developed on a bike ride like this lasts a lifetime...

Location	Distance	Date	B	L	D	A
Canberra Airport to Thredbo (bus) / Mt Kosciuszko walk	NA	Fri 23 Feb 2018	--	--	Y	Y
Thredbo to Khancoban	77km	Sat 24 Feb 2018	Y	Y	Y	Y
Khancoban to Walwa	65km	Sun 25 Feb 2018	Y	Y	Y	Y
Walwa to Albury	108km	Mon 26 Feb 2018	Y	Y	--	--
Total distance cycled	250km		3	3	3	3
Average daily distance	83km					

Meal and accom inclusions noted as B, L, D, A (Breakfast, Lunch, Dinner, Accommodation)

### **Canberra Airport to Thredbo (bus) / Mt Kosciuszko walk — NA — Fri 23 Feb 2018 — - - D A**

PRE TOUR: Today we will arrange a bus to Thredbo from Canberra Airport departing approximately 8:30am. There are flights from Melbourne, Sydney and Brisbane that arrive around or before 8:30am. Alternatively you can fly to Canberra anytime on Thu 22 Feb and stay overnight (we suggest the [Vibe Canberra Airport Hotel](#)). The bus trip is approx 2.5 hrs and will get the group into Thredbo by lunchtime. By then you'll be ready to stretch the legs and take on the optional walk up Mt Kosciuszko - the highest peak on the Australian continent. As you stand at the top of Australia, off in the distance to the south, there is a small marshy spring near a remote, inaccessible border of NSW/VIC where the Mighty Murray River begins. Way off to the west it finishes as it meets the sea in South Australia. We head off in search of that river tomorrow. The summit walk is not an extreme hike - the first section is on a scenic chairlift, then it's a 6.5km walk each way on an elevated mesh boardwalk, with only a gentle uphill gradient. More [details on the walk here](#). The 4-5 hour round trip will have us back in Thredbo for a group dinner and a great night around the welcoming lounge fire in our superb alpine hotel in this beautiful European-style village of Thredbo at the base of Mt Kosciuszko. What a way to start this adventure!

### **Thredbo to Khancoban — 77km — Sat 24 Feb 2018 — B L D A**

FIRST STAGE - THE ALPINE ADVENTURE: Today begins with a 6km climb up to Dead Horse Gap before the road flattens for a couple of kms, followed by a long downhill section as you drop nearly 1000m in around 17km. Spare a thought for our cyclists who did it in the opposite direction on our tour in 2013 (maybe you were one of them?). At the bottom of the climb we are nearly close enough to touch the early stages of the Murray River. We cross Snowy Creek (often dry in the summer) which just 200m away joins the Murray. You will spend the rest of the day rocking and rolling up and down the mountains past the Snowy Mountains hydro scheme, the largest engineering project undertaken in Australia, and a stop at Geehi by the river among the kangaroos. The kangaroos will marvel at your grace as you take on the climb up past Scammell's Lookout. The climb will test your stamina like it did the legendary stock-men who are now immortalised in the ballads and poems of this wild country. Lastly it's a winding downhill into Khancoban, a small alpine town who will host us for the night.

### **Khancoban to Walwa — 65km — Sun 25 Feb 2018 — B L D A**

It's a nice gentle start to the morning with a slight downhill as you head out of Khancoban and into the often-eerie alpine morning with its fresh crisp air biting at your face. It won't take long to warm up though as you head up the first of two small but significant climbs for the day. The first one takes you up to Cochran's Gap then down the other side to where we meet our travelling companion for the first time - The Murray River. As we cross the river we also cross the border into Victoria for the first time and leave the Alpine Way behind, the road which we have been travelling on all the way from Thredbo. The road becomes the Murray Valley Highway and gives you a scenic entry into the state over the flatlands before our second climb up to Towong Gap, with spectacular views across the valley to your right, just before you reach the top. After a long smooth descent we follow Murray River Road as it hugs the river itself, passing through the small townships of Towong and Tintaldra on the way to our beautiful accommodation at the Upper Murray Resort in Walwa, set on 180 acres of unspoiled bushland and hills with sweeping views across the Upper Murray Valleys and the Murray River. Why not head to the nearby golf club for a quick round? Hire clubs are available.

## Walwa to Albury — 108km — Mon 26 Feb 2018 — B L - -

We are clear of the alpine ranges now so there are no significant mountain passes to contend with today however the ride is still filled with constant undulations which take you to the valley floor then raise you up again providing panoramic views of the valley, the Murray River, which is never too far away, and into New South Wales on the other side of the river. It keeps the ride interesting and engaging as you rise and fall, taking in different vantage points on the pastures, rolling hills and the river. As you near the township of Bellbridge, the road crosses the river into NSW as the Murray meets Lake Hume - an extremely popular spot for watersports, activities and holiday-makers. After the Lake Hume Village it's not long before the rural outskirts of Albury turns into a thriving metropolis as we enter this major regional city for a night. Congratulations - Stage 1 complete! For those leaving the tour here the airport is just 10 minutes drive away and there are flights out of Albury tonight to Melbourne and Sydney with connections to Brisbane, Adelaide, Perth and others, or stay an extra night and fly home at your leisure tomorrow. Thanks for joining us!

