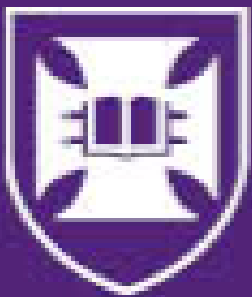




**QBI Steps for Dementia Research  
Snowy Mountains High Country Escape  
6th - 10th November 2025**



**THE UNIVERSITY  
OF QUEENSLAND**  
AUSTRALIA

CREATE CHANGE



## **Raising Critical Funds For QBI Dementia Research**

The Alastair Rushworth PhD Alzheimer's Endowment Fund at UQ's Queensland Brain Institute provides critical support for a young scientist researching dementia. Join the Walking Escapes/QBI team to walk the trails of the Snowy Mountains to raise funds to support this important research.



### **The Snowy Mountains High Country Escape 6th - 10th November 2025 - Price \$3999.00 per person (twin share ex Canberra).**

#### **Inclusions:**

- Professionally Guided 3.5 days of walking.
- Transfers from Canberra Airport & the trail.
- Comfortable accommodation.
- All meals.
- Full Itinerary & packing list.
- Walking Escapes personalised service every step of the way.

#### **Exclusions:**

- Airfares to Canberra.
- Discretionary items ie: Beverages.
- **Travel Insurance is compulsory for the trip.**

# Itinerary

## **Thursday 6th November: Sawpit Creek to Thredbo River 6km (3 hours - Grade 3)**

We will arrive at Canberra Airport dressed ready to walk and then transfer to Jindabyne arriving early afternoon to start the walk from Sawpit Creek and finish at Thredbo River. After the walk we transfer to our comfortable accommodation (4 nights) and gather early evening for welcome drinks prior to dinner.

Meals: L/D

## **Friday 7th November: Charlotte Pass to Mt Kosciuszko Retraverse 19km (7-8 hours - Grade 3.5)**

We will walk through the ancient snow gums and through alpine vegetation. The first half of the trail is a slow climb which turns into a medium uphill gradient for the last 4km. It's downhill back to Charlotte Pass and we return to our accommodation late afternoon

Meals: B/L/D

## **Saturday 8th November: Horse Camp Hut 10km (5.5 - 6.5 hrs - Grade 3)**

We will visit the scenic Horse Gap with a steady uphill for part of the way and then the rest of the day is a slow downhill with lovely views. We will return to our accommodation late afternoon with time to relax before dinner.

Meals: B/L/D

## **Sunday 9th November: Charlotte Pass to Perisher 13km (5 -6 hrs - Grade 3)**

The trail today will be gently undulating as we walk amongst the forests, wildflowers and along meandering creeks. The views are stunning and after lunch we will descend into Perisher and return to our accommodation.

Meals: B/L/D

## **Monday 10th November: Free Morning & Canberra Airport**

The morning is yours to wander Jindabyne and then we will depart for our special celebratory lunch before heading to Canberra Airport for an early evening flight.

Meals: B/L



# Final Notes

## Fitness

The trip is considered a Grade 3 walk and will require you to be fit. It is strongly recommended that you do regular walks each week. We will also meet with Lisa 6 weeks prior to departure (Wednesday & Saturday mornings) for social walks to ensure you are ready for those hills. Lyn will provide more details at a later date.

## Gear

You will be sent a comprehensive packing list to assist you in preparing for the walk. If you require any walking gear Lyn can meet you at Paddy Pallin in Fortitude Valley to help you select the right clothes/boots. You will receive a Walking Escapes discount on your purchases in store.

## Booking Conditions

Deposits for the trip will be non-refundable once the trip has 12 persons and is a guaranteed departure. **Travel insurance is compulsory** in the event that you have to cancel from the trip. Walking Escapes is an agent for Covermore Travel Insurance and can offer you an obligation free quote with a 10% discount.

Once the deposit is paid, additional payments will be over 2 instalments through direct bank transfer.

## Itinerary

You will be sent a full itinerary and packing list once the trip is a guaranteed departure. Please note that the itinerary may change due to weather conditions or circumstances beyond our control.

