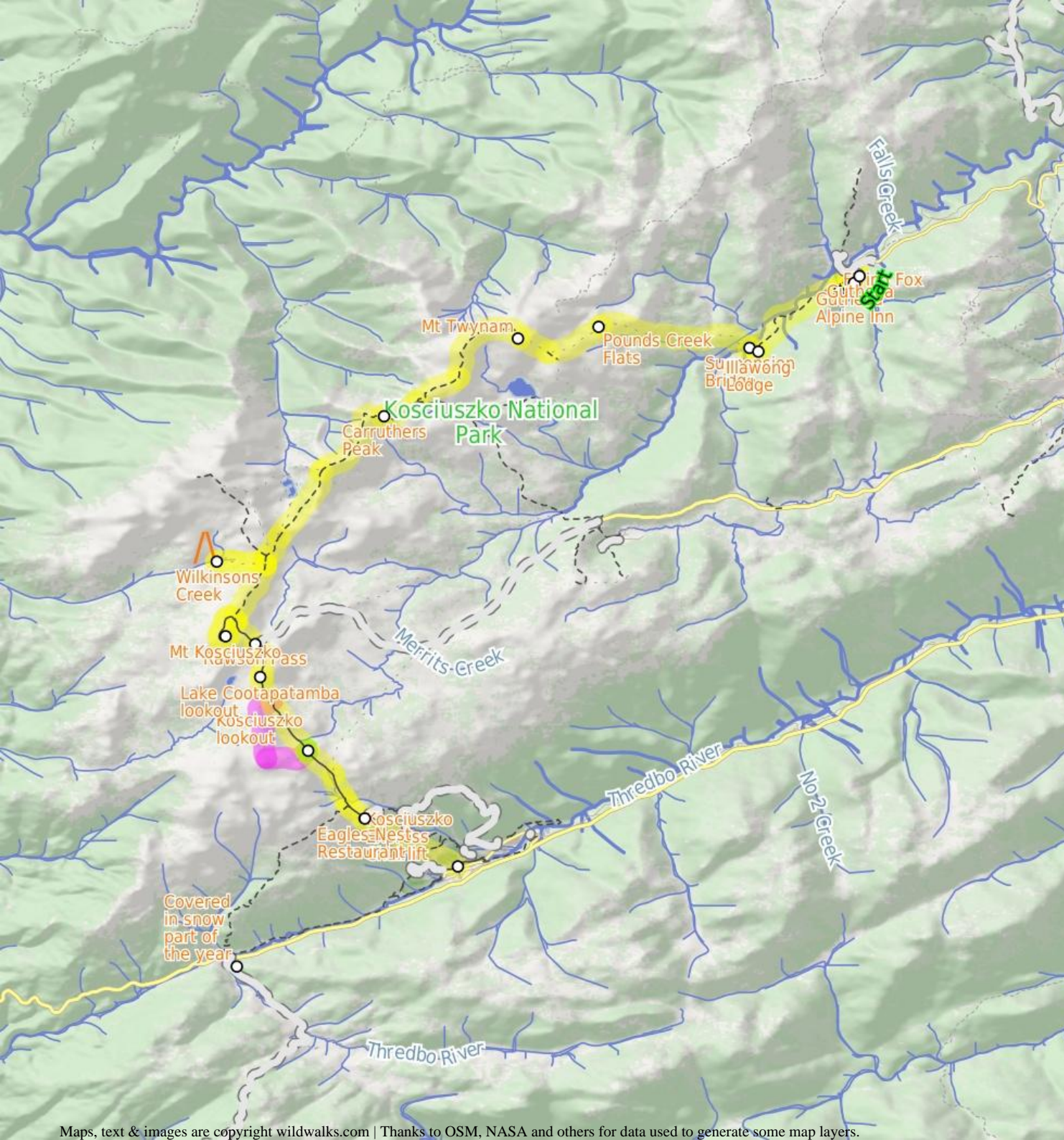



## Guthega to Thredbo camping overnight at Wilkensons Creek



**2 Days**

**Experienced only**

**5**

**25.8 km One way**  **1364m**

This great overnight walk explores the Kosciuszko National Park between Guthega and Thredbo, visiting some fantastic sights along the way like the Snowy River, Blue Lake and Mt Twynam, Lake Albina and Mt Kosiuszko. The Wilkensons Creek camping area is a nice place to stop and reflect as the sun sets. There is even a chance for a bite to eat at Australia's highest restaurant, at the top of the chair lift.

2222m

1371m

Kosciuszko National Park

## Covered in snow part of the year

This walk leads through an extreme alpine environment and all walkers must be well prepared. During summer, be prepared for both very hot and cold weather, high winds, rain, snow, extreme UV levels and some sections of snow or ice on the ground. Before starting this walk, check advice with [Snowy Region Visitor Information Centre](#) (02) 6450 5600, the [weather forecast](#) and the [snow conditions](#) then change your plans as needed. These notes, grades and walking times have been written for use in the summer months only. Between May and the end of October, this walk is likely to be covered in snow/ice, visitors should be carrying and be prepared to use snowshoes or cross country skis. When there is a chance of significant snow on the ground, visitors will need particularly strong navigation and snowcraft skills - tracks and signage may not be visible. For most visitors, it is best to consider this walk closed during the colder months.

## Guthega

Guthega is a relatively small township, north of Perisher, and comprises mostly of hotel and lodge-style buildings. The most popular service in town is the Guthega Alpine Inn, open year round. The town is remote and access is by an all-weather dirt road. There are great views over the main range and the Guthega Pondage (part of the Snowy River Scheme). Guthega offers a great place to ski in winter, and to holiday in summer. In summer, there is plenty of walking, mountain biking, fishing and relaxing to be done. Walkers please note - there is no public water supply in the township, please fill water bottle before coming (or be willing treat and use the creek water).

## Guthega Alpine Inn

Guthega Alpine Inn is on Guthega Road, about 500 metres past the base of the chairlift and 'Guthega Centre'. The hotel provides a year-round service including accommodation and meals. The hosts are friendly and the hotel provides a great base for walkers and other holiday makers. Please phone and book ahead for meals and accommodation. Phone 02 6457 5383 [More info.](#)

## Flying Fox

This metal flying fox was put in place to provide a safer option for crossing Blue Cow Creek when the water rises over the rocks. There are many flying foxes in the area to help people cross creeks, especially useful during snow melt when water is cold, deep and fast-moving. In 2010, a metal bridge was installed over this creek, parallel to the flying fox, and the bridge is now the safest way to cross.

## Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Snowy Mountains District](#))
- 2) Fire Dangers ([Monaro Alpine, Southern Slopes](#))
- 3) Park Alerts ([Kosciuszko National Park](#))
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

## Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

- T** Take adequate supplies of food, water, navigation and first aid equipment.  
**R** Register your planned route and tell friends and family when you expect to return.  
**E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).  
**K** Keep to your planned route and follow the map and walking trails.

## Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

**1:25 000 Map Series:**85252S PERISHER VALLEY, 85241N CHIMNEYS RIDGE

**1:100 000 Map Series:**8525 KOSCIUSZKO, 8524 JACOBS RIVER

## Grade

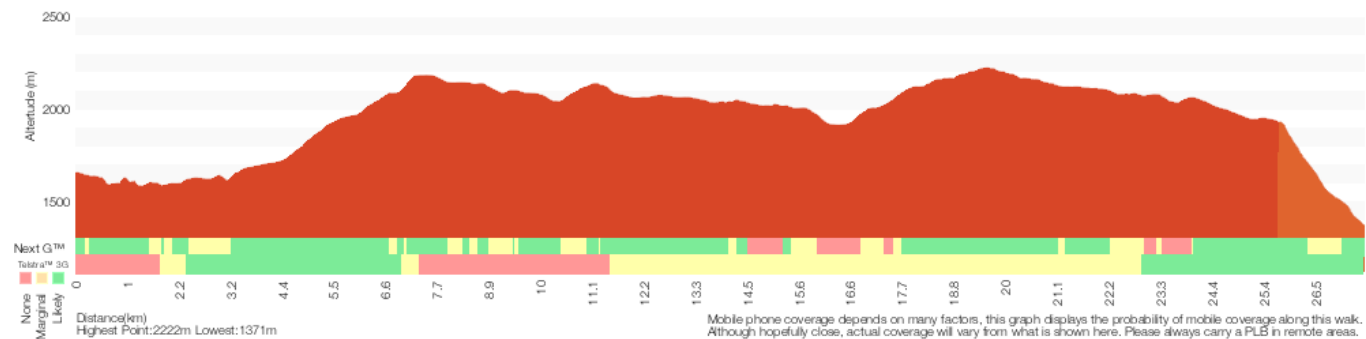
This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 5/6  
Experienced only

<b>Length</b>	25.8 km One way
<b>Time</b>	2 Days
<b>Quality of track</b>	Rough unclear track (5/6)
<b>Signs</b>	No directional signs (5/6)
<b>Experience Required</b>	High level of bushwalking experience recommended (5/6)
<b>Weather</b>	Forecast, unforecast storms and severe weather likely to have an impact on your navigation and safety (5/6)
<b>Infrastructure</b>	No facilities provided (5/6)

\* This walk passes through very remote areas and sections have no visible track. At least one person in your group should have training and experience in off track walking and navigation. Even with these notes and a GPS these extra skills and equipment are required.



### Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking. **Experienced walkers only: This walk passes through very remote areas and sections have no visible track. At least one person in your group should have training and experience in off track walking and navigation. Even with these notes and a GPS these extra skills and equipment are required.**

**Getting there** Traveling by car is the only practical way to get to Car park below Guthega Alpine Inn (gps: -36.382, 148.3726). Car: A park entry fee is required for driving into the park.

Traveling by car is the only practical way to get back from Bottom of Kosciuszko Express chairlift (gps: -36.504, 148.304). Car: A park entry fee is required for driving into the park.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/gtcoawc>

### 0 | Covered in snow part of the year

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### 0 | Guthega

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### 0 | Car park below Guthega Alpine Inn

(480 m 10 mins) From the car park (just below Guthega Alpine Inn, on Guthega Rd, 500m past the Guthega Centre), the walk follows the concrete road down the hill, keeping the main valley to the left. The road passes a small stone building and light post, just before coming to an intersection with

another road heading off to the left, below the building named 'Toibunga'.

Turn sharp left: From the intersection, the walk follows the concrete road down the hill towards the dam. After about 100m, the track veers right at another intersection, following the lower track. The concrete track turns to the right, but this walk continues straight, onto the wide dirt management trail (between the small boulders). Soon the trail bends right and comes to an intersection with a bush track.

### 0.48 | Int. of Guthega road servicetrail and Flying fox t

(330 m 9 mins) Turn left: From the intersection, the walk heads between the boulders and is fairly flat initially, then, near a snow gum, the track steps down steeply and then winds down the hill to a 'T' intersection above Blue Cow Creek. (There is broken glass along this section of track, left over from Snowy River Scheme Camps).

Veer left: From the intersection, the walk initially steps over a small, eroded gap in the track and then heads upstream alongside Blue Cow Creek, keeping the creek to your right. Before long, the track comes closer to the creek, and reaches a rocky crossing with a bridge and a flying fox over the creek.

### 0.81 | Flying Fox

This metal flying fox was put in place to provide a safer option for crossing Blue Cow Creek when the water rises over the rocks. There are many flying foxes in the area to help people cross creeks, especially useful during snow melt when water is cold, deep and fast-moving. In 2010, a metal bridge was installed over this creek, parallel to the flying fox, and the bridge is now the safest way to cross.

### 0.81 | Blue Cow Creek crossing

(2.2 km 50 mins) Turn right: From the intersection, the walk crosses the creek on the bridge next to the metal flying fox. The walk then follows the bush track on the other side as it climbs to the top of the ridge. From the top of the hill, the track then winds down towards the Snowy River then turns left and generally follows it upstream. Soon the walk crosses a small creek and continues up the other side, undulating through the valley, crossing several more small creeks. The track winds left, away from the Snowy River, to climb the short hill to Illawong Lodge.

### 3.03 | Illawong Lodge

In 1956, the year after the Guthega Dam was first filled, the Kosciuszko State Park Trust gave permission for the conversion of the then-dilapidated hut into the present simple lodge. The lodge is maintained by members of Illawong Ski Tourers and friends. The nearby suspension bridge over the Snowy River and the flying fox over Farm Creek were built by members of Illawong. NPWS now maintains the suspension bridge and a new bridge over Farm Creek which has replaced the flying fox. The lodge can be reserved by members of the general public - see [illawong.asn.au](http://illawong.asn.au). There is also a small emergency shelter in the base of the hut, on the western wall, with enough room for a few people to see out a blizzard, with some water, blankets and other emergency supplies. [More info.](#)

### 3.03 | Illawong Lodge

(160 m 4 mins) Turn right: From the west side of Illawong Lodge (where the emergency shelter is located), the walk heads down towards the creek following the bush track. The track winds through scrub, passing through a grass clearing along the way. The walk soon comes to a cable suspension bridge.

### 3.19 | Suspension Bridge

Constructed and maintained by Illawong Ski Tourers, and only a stone's throw from Illawong Lodge, this cable suspension bridge provides a safer way to cross the upper Snowy River. This provides the main access between

Guthega and the Main Range. The bridge also provides great views of the valley.

### 3.19 | Suspension bridge

(2.6 km 1 hr 13 mins) Continue straight: From the suspension bridge, this walk crosses the Snowy River to the west bank and climbs the hill, tending to the left of the top of the hill, and continuing up through the thick scrub. This section of the walk their is not track please fan out and minimise your impact. The walk winds up the ridge line through some more shallow scrub, passing through a thin tree line. The walk continues around to the left side of the ridge, where it gets much steeper, staying high out of the gully (which is to your left). The walk continues to the top of the ridge where it is much rockier, next to the large flats near the headwaters for Pounds Creek.

### 5.78 | Pounds Creek Flats

Located in the far upper reaches of Pounds Creek, this large flat area on the side of the ridge makes a great place to camp. The plateau forms a shallow hanging swamp in the few months after winter, when the snow melts and pools in the area. This campsite is flat and sheltered from the wind by the mountain. Water supply from the creek is unreliable.

### 5.78 | Pounds Creek flats

(1.1 km 29 mins) Veer left: From the flats, this walk heads south-west, following the ridge line that runs up the steep hill. The walk winds up and around the left side of the flats towards Little Twynam, bending around to the right as it approaches the top, then climbing up into the saddle between Little Twynam and Mt Twynam.

### 6.85 | Twynam saddle

(580 m 13 mins) Turn right: From the saddle, this walk heads north up the grassy hill towards Mt Twynam, climbing up the steep hill and winding through rocky outcrops. The walk turns to the north-west and continuing up to the trig station at the top of Mt Twynam.

### 7.42 | Mt Twynam

Mt Twynam is the largest peak on the ridgeline that winds around behind Blue Lake. It was once the location of a trig station, which was used for navigation until it was taken down. The metal frame, which was the lower half of the station, still sits on the peak today.

### 7.42 | Mt Twynam

(2.9 km 1 hr 1 mins) Continue straight: From the top of the mountain, this walk heads north-west, away from Little Twynam. The walk winds down through the rocky outcrops onto the ridge line, where it meets the old management trail and follows it west along the ridge line. The trail heads anticlockwise around Blue Lake until coming around to the south. The walk continues down and along the trail until coming to the right-hand side of the last knoll.

Continue straight: From near the top of the hill, the walk follows the old 4WD trail south-west, down along the ridge line. At the end of the ridge, the trail winds down the steep, grassy hill into the saddle and around behind a signpost to the intersection with the Main Range track.

### 10.32 | Int of Main Range and Mt Twynam tracks

(860 m 18 mins) Turn right: From the intersection, this walk follows the 'Main Range Track' sign across the saddle then uphill along the clear track. The track winds up along the ridge and in time comes to a rocky clearing on the eastern side of Carruthers Peak (where a short detour will reveal views down to Club Lake). Here the walk bends right and follows the clear track as it winds up the hill to the views at the top of Carruthers Peak.

### 11.19 | Carruthers Peak

Carruthers Peak is a prominent mountain that is found along the Main Range track, from which you can see great views down over Club Lake and out across the valley to Charlotte Pass. Carruthers Peak was named after the NSW Minister for Lands and Premier, Joseph Carruthers. This name was given in 1991 by Richard Helms, who had previously named it Crummer.

### 11.19 | Carruthers Peak

*(4.4 km 1 hr 33 mins)* Continue straight: From the top of Carruthers Peak, this walk follows the clear track west as it winds down the ridge. After about 50m, the track passes an 'I30' survey marker (more good views) where the track bends left and follows the stone path and steps down the hill. At the end of the stone path, the track bends left and heads down the hill, over a few lengths of metal grate and comes to a saddle with good views down to Club Lake (on your left). The walk then continues across the saddle, following the clear track to soon pass the 'Rarest Alpine Plant Community' information sign. Heading around the side of the hill (keeping the valley to your right), the walk then comes to another rocky saddle. About 320m beyond this saddle, this track leads to a very faint intersection where the ridge (that leads to the northern end of Albina Lake) on the right meets the main track.

Continue straight: From the intersection, the walk follows the gravel Main Range track south, keeping the valley and Albina Lake to your right. The track heads downhill and then winds around beside a rocky saddle (a short side trip to the left over the small rise reveals some views into the valley). This walk continues along the clear track as it traverses fairly gently around the side of the very steep hill. In a few places, the track has been cut into the rock and provides great views down into the Albina Lake - take care not to slip. The walk continues to another large saddle and just as the track starts to dip down past the saddle, the track comes to a faint intersection with an old management trail (leading to Lake Albina, on your right).

Continue straight: From the intersection, the walk follows the rock-paved Main Range track south. The track steadily winds around the side of the hill (keeping the large valley to your left). After heading between a rocky outcrop, the track becomes gravel and starts to head over the ridge before gently winding down the hill. Just before flattening out on the large saddle, the track comes to a faint intersection (with the Muellers Peak and Mt Townsend tracks on your right) marked with a rock cairn (on your right).

Veer left: From the intersection, this walk heads south along the main track to the low point in the saddle (where there is a faint intersection with a pad leading down to Wilkinsons Creek on your right).

### 15.61 | Int of Main Range and Wilkinsons creek track

*(780 m 16 mins)* Turn right: From the low point in the saddle, this walk heads west, off the main track, over the grassy rise. Soon finding an overgrown management trail that leads down towards the creek at the bottom of the valley. The walk continues down the side of the hill passing through some low scrub to find many boulders and flat areas beside Wilkinsons Creek.

### 16.39 | Wilkinsons Creek

Wilkinsons Creek meanders through a beautiful and broad valley. Nestled in the valley between Mt Kosciuszko and Mt Townsend, this is a great spot to cool down or camp for a night. The large, flat, grassy plain, with a scattering of boulders, makes this great place to stay, although can be pretty exposed to westerly winds. You can often get great sunset views from the rocks at the western end. There are no facilities, please remember to use minimal impact techniques when visiting this area. Water is available from the creek. Camp more than 100m from the creek, and if staying for more than a day or two, move your camp to minimise the risk of damage. No fires - use fuel stoves only (there are a few gravelly areas to set your stove up to avoid destroying the grass).

### 16.39 | End of day 1

This is the planned overnight stay for the end of day 1, happy camping.

### 16.39 | **Wilkinsons creek**

(2.2 km 54 mins) Turn around: From the creek, the walk heads east, up the valley following the old overgrown management trail. The walk climbs up through the boulders through some low scrub to the grassy gap. Just over the rise this walk comes to a 'T' intersection with the Main Range Track.

Turn right: From the intersection, this walk heads south along the clear track, climbing up out of the saddle and along the side of the hill, keeping the valley to your left. The walk heads up many stone steps for about 600m, then flattens out for a little while before coming to a clear and signposted three-way intersection. (Here, the track on the right leads up to the summit of Mt Kosciuszko.)

### 18.62 | **Int of Main Range track and Kosciuszko path**

(970 m 23 mins) Turn sharp right: From the intersection, this walk follows the 'Mt Kosciuszko' sign uphill along the upper track. This track winds steadily up and around the peak of the mountain, passing a stone-paved section of track, and also a metal grate before climbing a few steps to the cairn at the peak of Mt Kosciuszko.

### 19.59 | **Mt Kosciuszko**

Mt Kosciuszko is the highest peak on the Australian continent, at 2228m above sea level. It was named by the Polish explorer Count Paul Edmund Strzelecki and named in honour of the Polish national hero General Tadeusz Kościuszko. Now a popular tourist attraction, thousands of people walk up to the summit each year. On a clear day, the 360-degree views from the summit across the roof of Australia are fantastic. There are higher mountains elsewhere on Australian territory. 'The highest mountains in Australian Antarctic Territory are Mt McClintock (3490 meters) and Mt Menzies (3355 meters)'.

### 19.59 | **Mt Kosciuszko**

(1.6 km 39 mins) Turn around: From the cairn at the peak of Mt Kosciuszko, this walk heads down the steps and past the information sign. The walk heads gently downhill along the gravel track then over a metal grate and a stone path, where the gravel path then leads the rest of the way around the side of the peak to come to the signposted intersection with the 'Main Range Track'. Veer right: From the intersection, this walk follows the gravel track towards 'Rawson Pass' gently downhill, keeping the main valley to your left. The track almost immediately passes an 'Alpine Walks' information sign and map as it continues south. After about 500m, the track becomes a stone path that leads a little further to the clearly signposted three-way intersection at 'Rawson Pass'.

### 21.24 | **Rawson Pass**

Rawson Pass is where the old Kosciuszko Road, from Charlotte Pass, meets the metal walkway from Thredbo. It is home to highest public toilet in Australia, this recently-added facility is perfectly positioned for those taking the walk up to the top of Kosciuszko. Rawson Pass is well signposted and 500m south east of Mt Kosciuszko (by straight line). There is also a place for to park mountain bikes for those cycling along the old road from Charlotte Pass.

### 21.24 | **Rawson Pass**

(790 m 14 mins) Veer right: From 'Rawson Pass', this walk follows the 'Kosciuszko Walk - Lake Cootapatamba Lookout' sign south along the metal walkway as it gently winds down along the side of the hill. Keeping Lake Cootapatamba on your right, the path soon leads up a short hill to find the signposted 'Lake Cootapatamba Lookout'.

### 22.02 | **Lake Cootapatamba lookout**

Situated on the Kosciuszko walk, this platform looks down over Lake Cootapatamba, in the valley on the western side of the path. This is a pleasant place to stop and enjoy the mountains and views.

### 22.02 | **Lake Cootapatamba lookout**

(600 m 12 mins) Continue straight: From the lookout, this walk follows the metal walkway heading south down the gentle hill, initially keeping the view to Lake Cootapatamba to your right. The path leads down the ridge across the saddle to find a faint intersection with a foot pad, where the spur from the rocky North Rams Head (on your right) meets the track.

### 22.63 | **Alternate Route Int of Kosciuszko path and North R**

(2.2 km 50 mins) Turn right: From the intersection, the walk heads south-west up and out of the saddle. The walk climbs up onto the ridge, then winds all the way along this ridge line (south), through heavily scattered rock outcrops, to the base of the North Rams Head. The walk then winds up through the large rocks to the peak of North Rams Head.

Turn left: From the peak, the walk heads east towards the Kosciuszko path, initially climbing down through the large rocks to the base of the small mountain. The walk continues east, down the hill, winding through and around many rock outcrops and boulders, then through a grassy pass and down the steep hill. From here, the walk continues through the shallow scrub all the way to the intersection of the Kosciuszko path and the lookout walkway. Now Turn right to rejoin the main walk .

### 22.63 | **Int of Kosciuszko path and North Rams Head loop**

(1.3 km 28 mins) Continue straight: From the intersection, this walk heads south along the metal walkway, keeping Rams Head ridge line to your right. The walk follows the metal walkway past the 'Endangered Mammals live between boulders' sign then across the upper reaches of the Snowy River. Here the walk heads up this hill to find a three-way intersection of metal paths, with the Kosciuszko lookout track (on your left).

### 23.96 | **Optional sidetrip to Kosciuszko lookout**

(50 m 1 mins) Turn sharp left: From the intersection, this walk heads north-east along the metal path that branches off the main path. The path leads a short distance up some steps to soon come to the metal platform at the Kosciuszko lookout. At the end of this side trip, retrace your steps back to the main walk then Veer left.

### 23.96 | **Kosciuszko lookout**

Kosciuszko lookout is about 30m off the main Kosciuszko walk, along a metal walkway. At the lookout, there is a larger platform with an information sign about how the landscape was formed over the years. Granting a great view of the Snowy Mountains to the summit of Mt Kosciuszko.

### 23.96 | **Int of Kosciuszko path and lookout walkway**

(1.3 km 31 mins) Continue straight: From the intersection, the walk follows the metal walkway south, up the hill (away from the lookout). The track leads over the gentle rise and soon comes to 'A rocky mountain home' information sign and a 'Thredbo 1.5km' tag pointing down the hill. Here the walk heads down a series of steps to mostly flatten out at the 'Flowers emerge with warmer weather' information sign. Soon after this, the walk comes to a 'Plant communities - keeping a low profile' information sign, marking an intersection (where the snow-pole line on your left joins the main track). Continue straight: From the intersection, this walk follows the metal walkway south, downhill, soon passing a 'Plant communities - keeping a low profile' information sign and a 'Thredbo 1.0km' badge welded to the track. The walk continues to follow this track down the hill, then past the 'Everything is connected' information sign and the large 'Kosciuszko Walk' sign. At the bottom of the steps, this walk comes to an intersection (with a

minor track on your left) just before a bridge at a lovely spot beside the creek.

### 25.24 | **Start of metal walkway**

(550 m 9 mins) Continue straight: From the end of the metal walkway, this walk crosses the creek using the metal bridge and follows the paved path up and over the gentle rise, heading towards the ski lifts. Soon the path leads past a small alcove with two information signs. Here the walk continues along the path a short distance to find a signposted intersection with the 'Dead Horse Gap' track (on your right), where there is also an arrow pointing back to 'Mt Kosciuszko Lookout'.

Continue straight: From the intersection, this walk follows 'Eagles Nest Restaurant' sign down along the paved path towards the chairlift building. The path gently winds down the hill to find the top of the 'Kosciuszko Express' chairlift and the Eagles Nest Restaurant.

### 25.79 | **Eagles Nest Restaurant**

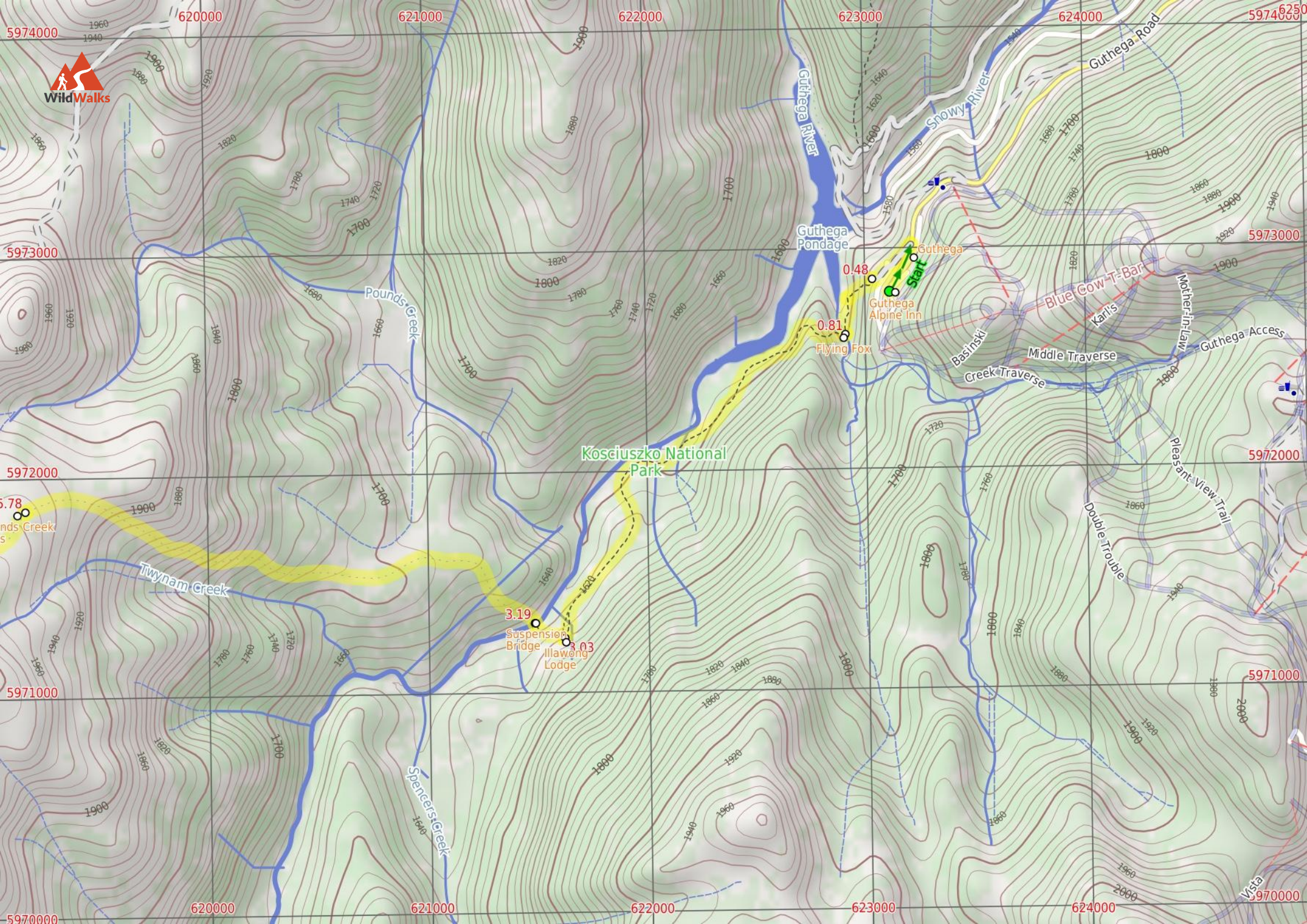
This is Australia's highest restaurant, providing great food and outstanding views. It is easily accessible, nestled on the mountain directly opposite the top of the Kosciuszko Express chairlift, and is open year-round. For more information, call (02) 64576019.

### 25.79 | **Kosciuszko Express Chairlift**

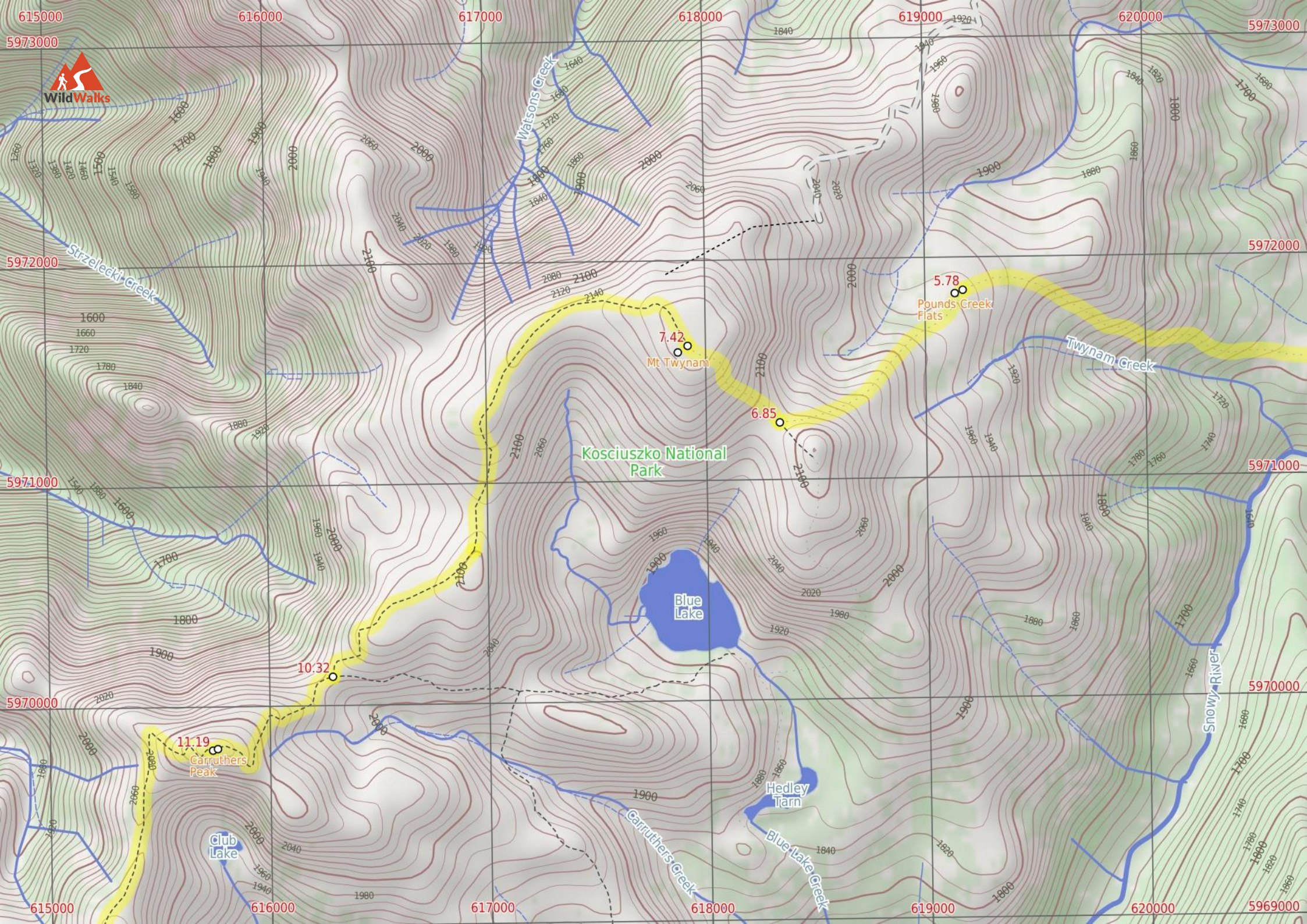
This is one of the few lifts operating in the summer months at Thredbo, and is made quite popular by thousands of people walking to the summit of Mt Kosciuszko each year. Lift tickets can be purchased from the store at the bottom of the chairlift. Lift tickets are \$31 return (\$25 one way) per person. This lift is generally closed during November and May for maintenance each year, but the the Snowgum chair can be used at this time instead, this will add extra walking time to you walk. [More info.](#)

### 25.79 | **Top of Kosciuszko Express chairlift**

(1.9 km 20 mins) Turn left: From the top terminal, walk up to the platform as directed by the chairlift operator and sit down in the seat, letting it scoop you up. Once seated, pull down the safety bar and enjoy the ride down to Thredbo village. :) After alighting at the bottom, this walk turns right to almost immediately turn left down a set of steps and heads through the building to find an open area at the front of the 'Valley Terminal' building where there are some large maps.



WildWalks



WildWalks

Kosciuszko National Park

Blue Lake

Hedley Tarn

5.78  
Pounds Creek Flats

7.42  
Mt Twynam

6.85

10.32

11.19  
Carruthers Peak

Club Lake

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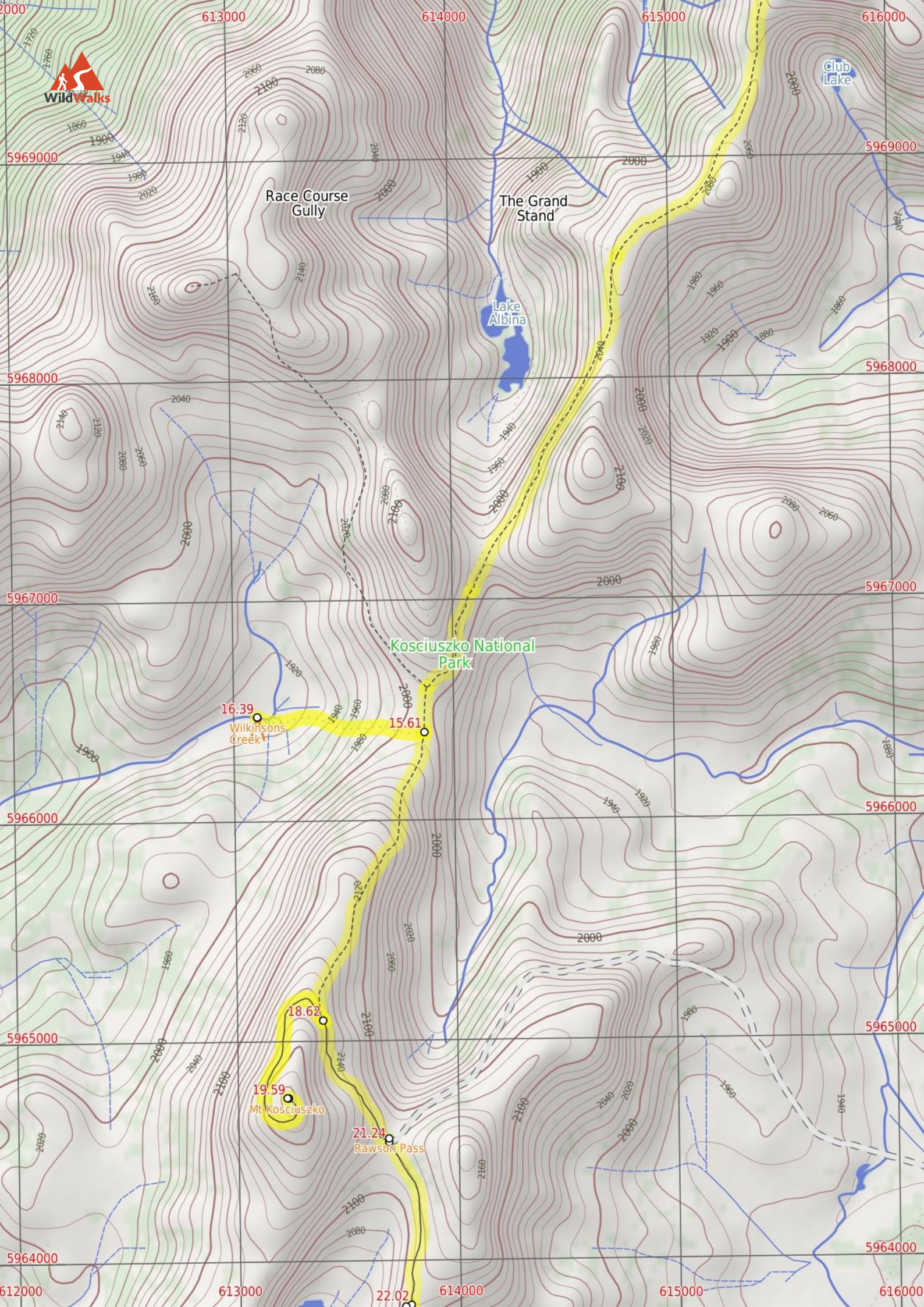
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Race Course Gully

The Grand Stand

Lake Albina

Club Lake

Kosciuszko National Park

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Wilkinson's Creek

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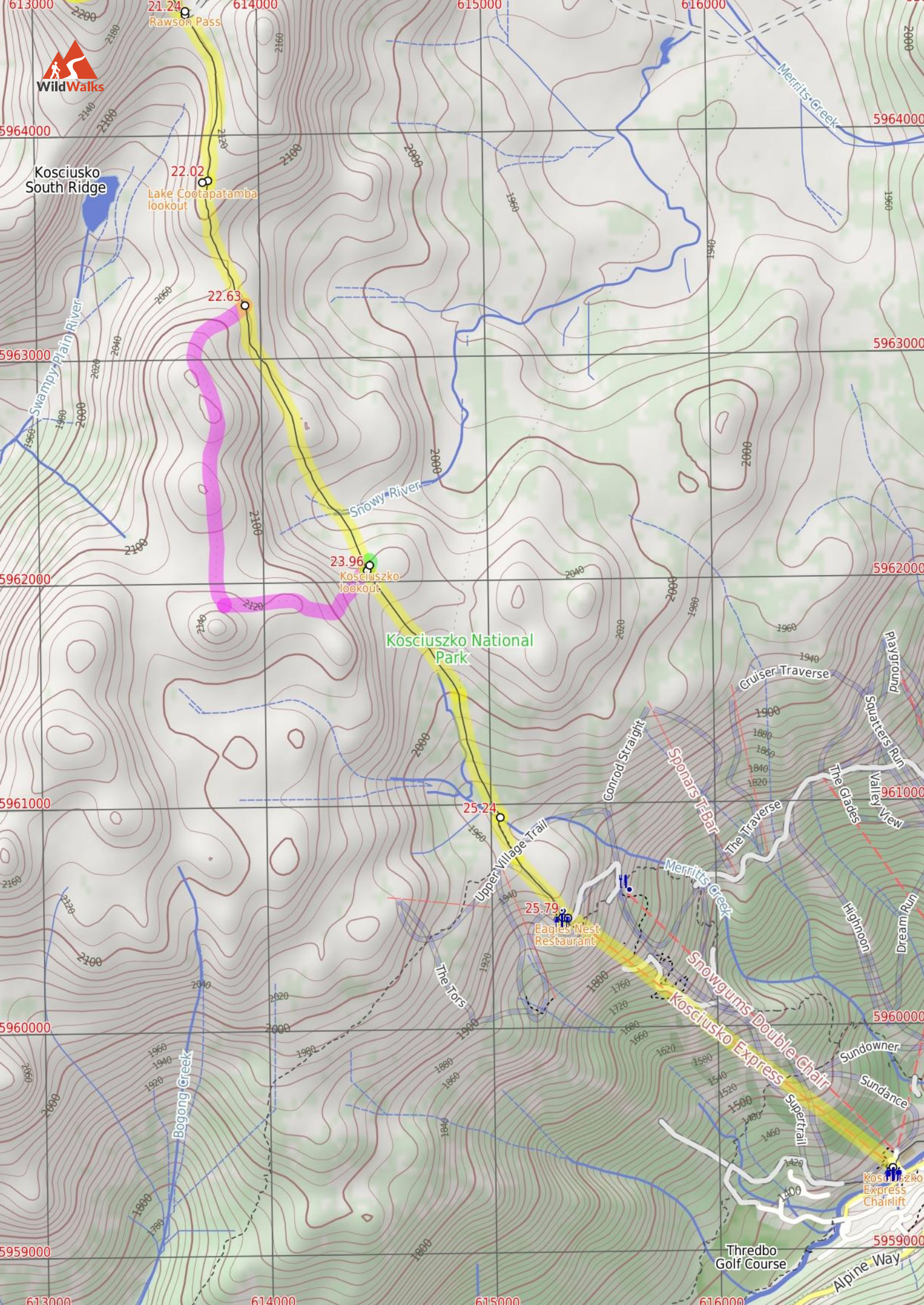
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## Summary navigation sheet for the Guthega to Thredbo camping overnight at Wilkenson's Creek



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Car park below Guthega Alpine Inn -36.382,148.3726 (GR Perisher Valley, 231728)	6 -34	480 m 10 mins	From the car park (just below Guthega Alpine Inn, on Guthega Rd, 500m past the Guthega Centre), the walk follows the concrete road down the hill, keeping the main valley to the left.
0.48	Int. of Guthega road servicetrail and Flying fox track -36.3815,148.3717 (GR Perisher Valley, 230729)	15 -44	330 m 9 mins	Turn left: From the intersection, the walk heads between the boulders and is fairly flat initially, then, near a snow gum, the track steps down steeply and then winds down the hill to a 'T' intersection above Blue C...
0.81	Blue Cow Creek crossing -36.3838,148.3704 (GR Perisher Valley, 229726)	129 -87	2.2 km 50 mins	Turn right: From the intersection, the walk crosses the creek on the bridge next to the metal flying fox.
3.03	Illawong Lodge -36.3962,148.3562 (GR Perisher Valley, 216712)	0 -28	160 m 4 mins	Turn right: From the west side of Illawong Lodge (where the emergency shelter is located), the walk heads down towards the creek following the bush track.
3.19	Suspension bridge -36.3956,148.3546 (GR Perisher Valley, 215713)	342 0	2.6 km 1 hr 13 mins	Continue straight: From the suspension bridge, this walk crosses the Snowy River to the west bank and climbs the hill, tending to the left of the top of the hill, and continuing up through the thick scrub.
5.78	Pounds Creek flats -36.3911,148.3288 (GR Perisher Valley, 192719)	131 0	1.1 km 29 mins	Veer left: From the flats, this walk heads south-west, following the ridge line that runs up the steep hill.
6.85	Twynam saddle -36.3965,148.3196 (GR Perisher Valley, 183713)	97 0	580 m 13 mins	Turn right: From the saddle, this walk heads north up the grassy hill towards Mt Twynam, climbing up the steep hill and winding through rocky outcrops.
7.42	Mt Twynam -36.3934,148.3149 (GR Perisher Valley, 179716)	26 -166	2.9 km 1 hr 1 mins	Continue straight: From the top of the mountain, this walk heads north-west, away from Little Twynam.
10.32	Int of Main Range and Mt Twynam tracks -36.407,148.2969 (GR Perisher Valley, 163701)	99 -2	860 m 18 mins	Turn right: From the intersection, this walk follows the 'Main Range Track' sign across the saddle then uphill along the clear track.
11.19	Carruthers Peak -36.41,148.2908 (GR Perisher Valley, 157698)	108 -242	4.4 km 1 hr 33 mins	Continue straight: From the top of Carruthers Peak, this walk follows the clear track west as it winds down the ridge.
15.61	Int of Main Range and Wilkenson's creek track -36.4409,148.2705 (GR Perisher Valley, 139664)	1 -94	780 m 16 mins	Turn right: From the low point in the saddle, this walk heads west, off the main track, over the grassy rise.
16.39	End of day 1 -36.4403,148.262 (GR Perisher Valley, 131665)	0 0	0 m	This is the planned overnight stay for the end of day 1, happy camping.
16.39	Wilkenson's creek -36.4403,148.262 (GR Perisher Valley, 131665)	253 -3	2.2 km 54 mins	Turn around: From the creek, the walk heads east, up the valley following the old overgrown management trail.
18.62	Int of Main Range track and Kosciuszko path -36.4527,148.2653 (GR Perisher Valley, 134651)	76 -15	970 m 23 mins	Turn sharp right: From the intersection, this walk follows the 'Mt Kosciuszko' sign uphill along the upper track.
19.59	Mt Kosciuszko -36.4559,148.2636 (GR Perisher Valley, 132647)	23 -127	1.6 km 39 mins	Turn around: From the cairn at the peak of Mt Kosciuszko, this walk heads down the steps and past the information sign.
21.24	Rawson Pass -36.4577,148.2687 (GR Perisher Valley, 137645)	6 -16	790 m 14 mins	Veer right: From 'Rawson Pass', this walk follows the 'Kosciuszko Walk - Lake Cootapatamba Lookout' sign south along the metal walkway as it gently winds down along the side of the hill.
22.02	Lake Cootapatamba lookout -36.4643,148.2698 (GR Perisher Valley, 138638)	2 -31	600 m 12 mins	Continue straight: From the lookout, this walk follows the metal walkway heading south down the gentle hill, initially keeping the view to Lake Cootapatamba to your right.
22.63	Int of Kosciuszko path and North Rams Head loop -36.4693,148.2717 (GR Perisher Valley, 139632)	95 -115	2.2 km 50 mins	Alternate Route Int of Kosciuszko path and North Rams Head loop. Turn right: From the intersection, the walk heads south-west up and out of the saddle.
22.63	Int of Kosciuszko path and North Rams Head loop -36.4694,148.2717 (GR Perisher Valley, 139632)	43 -63	1.3 km 28 mins	Continue straight: From the intersection, this walk heads south along the metal walkway, keeping Rams Head ridge line to your right.

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km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
23.96	Int of Kosciuszko path and lookout walkway -36.48,148.2778 (GR Perisher Valley, 145620)	0 -1	50 m 1 mins	Optional sidetrip to Kosciuszko lookout. Turn sharp left: From the intersection, this walk heads north-east along the metal path that branches off the main path.
23.96	Int of Kosciuszko path and lookout walkway -36.48,148.2778 (GR Perisher Valley, 145620)	0 -117	1.3 km 31 mins	Continue straight: From the intersection, the walk follows the metal walkway south, up the hill (away from the lookout).
25.24	Start of metal walkway -36.4899,148.2844 (GR Perisher Valley, 150609)	7 -24	550 m 9 mins	Continue straight: From the end of the metal walkway, this walk crosses the creek using the metal bridge and follows the paved path up and over the gentle rise, heading towards the ski lifts.
25.79	Top of Kosciuszko Express chairlift -36.494,148.2875 (GR Perisher Valley, 153605)	1 -558	1.9 km 20 mins	Turn left: From the top terminal, walk up to the platform as directed by the chairlift operator and sit down in the seat, letting it scoop you up.