

# Summer in the mountains

Come and enjoy a few days of mountain and road bike riding in January at Falls Creek.

There will be some (semi) organised events and plenty of free time to enjoy the mountain.

Dates: 8<sup>th</sup> to 10<sup>th</sup> of January (or longer if you want too)

Bookings: the usual manner (via the online booking form or by emailing the booking officer)

Cost: \$40/p/night (\$300 summer minimum booking fee waived for this special weekend)

What to bring: your own mountain and / or road bikes (or hire on the Mountain), walking shoes, food (there is no catering at the lodge in summer), linen (byo towels and sheets) and the expectation of a fun time with good company.

There will be a range of riding

- flat for families
- hilly for high heart rates
- scenic for social
- choose your own adventure
- Falls Creek mountain bike trails
- ...



BYO or hire on the mountain or at

Falls Creek (<http://www.falls creek.com.au/mountainbiking>)

Mt Beauty (<http://www.rockyvalley.com.au/>)

Information about MTB trails, shuttles and more: <http://www.falls creek.com.au/mtb>

Questions: Angie Fearon (0469 696 799), Myra (0409 256 102), Tom (0458744064)

## Proposed program

### Any time rides:

Easy: Ride the Aqueduct, Ride from the lodge to the Plaza along the road, ride the extended aqueduct (across the dam wall)

Easy /Moderate: Sun Valley loop ride, Mt McKay Loop (Moderate)

Hard: Ride the Mountain Bike trails; ride to Omeo and back, ride to Mt Beauty and back.

Information about Village trails: <http://tinyurl.com/fcmtb2016>

Information about longer Aqueduct rides and fire trails: <http://www.falls creek.com.au/attractions/mtb-fire-trails>

## Friday 8th

Arrive and explore the MTB trails on the Mountain, ride the aqueduct, ride Mt McKay ride  
Afternoon - Wide game (expected to take 4 hours) (a long duration for small people, but not a hard ride)

## Saturday 9th

Ride from Mt Beauty (Hard ++)

Explore the MTB trails on the Mountain, ride the aqueduct, ride Mt McKay ride

## Sunday

### For those that want a challenge

#### Three peaks: The Summit, Mt Nelse and Mt McKay (Hard ++)

- Leave from the Lodge: Climb out of the bowl via **Pipe line** and **Eagle Rock** to the **Summit**
- Ride along on the **Frying pan spur** and descend via **High Voltage and Wishing Well** (or alternatively ride down McMckay Rd if you are inexperienced at single track down hill riding).
- Follow the Bogong High Plains Rd over the dam to **Langfords Gap**. Climb Up **Marum Point Paralyser** and ride across the High Plains via **Marum Point Paralyser** track to the return track to **Mt Nelse**. Take this to **Mt Nelse** and return the same way to **Marum Point Paralyser** track.
- Go down to the **Bogong High Plains Rd** via the continuation of **Marum Point Paralyser** and back across the dam.
- Climb up **Mt McKay Rd to Mt McKay Loop (back via Ruin Castle)**
- (Option to take trip to Pretty Valley and on to Tawonga hut)

### For those who are not quite up to this you can do some of it or

A picnic at Pretty Valley may well be in the offering. Or drive up to Mt McKay and then ride...

- Mt McKay to Summit
- Mt McKay to Pretty Valley
- Summit to Ruin Castle
- Ruin Castle down McKay Rd, follow the road to the village, or take a short cut down Wombats or a MTB tail.