

MEDIA RELEASE



18 September 2013

Walk from Lake Crackenback Resort & Spa

Some guests can't wait to walk away from Lake Crackenback Resort & Spa in Australia's Snowy Mountains, with a new trekking holiday combining the best of the great outdoors with the friendly service and hospitality of Lake Crackenback Resort & Spa.

The 'Best of Both Worlds' trekking package includes three nights accommodation at Lake Crackenback Resort & Spa, two guided-day walks along spectacular trails, daily breakfast, free use of resort facilities and each guest receives a \$50 resort dining voucher. Packages start from \$564 per person (based on four people sharing a two bedroom lake view apartment).

The dates for the Best of Both World's treks are:

- 23-24 November 2013
- 21-22 December 2013
- 18-19 January 2014
- 15-16 February 2014
- 22-23 March 2014
- 11-12 April 2014

The Best of Both Worlds Trek lets holidaymakers explore ancient glacial lakes and rare scientifically significant Alpine peat bogs.

The first walk starts from Australia's highest village, Charlotte Pass and crosses the beautiful Snowy River and Club Lake Creek. Guests walk in the shade of Mt. Kosciuszko and Carruthers Peak to witness the splendor of the Kosciuszko National Park's deepest glacial lake, Blue Lake. Hewn out of granite by crashing rivers of ice, Blue Lake is 28 metres deep and is framed by magnificent cliffs.

The second guided walk takes guests right into the heart of wild brumby country. From Charlotte Pass the trek follows the Old Summit Road to Rawson's Pass before reaching the summit of Mt Kosciuszko via the fortified stone shelter, 'Seamans Hut.' On the homeward trek, walkers descend

to glacial Lake Cootapatamba via South Kosciuszko Ridge and climb to the high ground of the Ramshead where stacks of granite boulders stand precariously perched. The walk then joins the infamous Dead Horse Gap track that winds past the rocky peaks of the southern end of the Main Range and descends through snow gum forests.

When guests aren't walking, or relaxing in their spacious self-contained accommodation, they can dine in a choice of two restaurants or pamper themselves in the applauded Spa and Wellness Centre.

Not only can they enjoy a massage, facial or body treatment traditionally found in resort spa's but they can also benefit from healing wellness treatments including acupuncture, massage with cupping, massage with muscular dry needling, as well as a consultation with a qualified naturopath.

For more information about Alpine Guided Walks from Lake Crackenback Resort & Spa please visit <http://www.lakecrackenback.com.au/kagw/best-of-both-worlds-trek> or call freecall 1800 020 524.

Further media information:

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About Lake Crackenback Resort & Spa:

Don't expect a run of the mill resort experience when you stay at Lake Crackenback Resort & Spa. The property features more than 100 rooms ranging from overwater lake view apartments to mountain view chalets. Lake Crackenback Resort & Spa is located on the border of the Kosciuszko National Park and is just 15 minutes from the ski-fields of Thredbo or a 15 minute ski tube train ride away from Perisher Ski Resort. A free shuttle bus takes guests to the ski tube each day as the station adjoins the property. When you are not skiing or boarding, you can enjoy the extensive facilities at Lake Crackenback Resort & Spa including an impressive day spa and wellness centre which draws on natural nurturing therapies of the Snowy Mountains, two restaurants and an array of free activities including golf, trampolines, canoeing, tennis, archery and more than 20 kms of mountain bike and walking trails. Before you leave Lake Crackenback Resort & Spa you should definitely try a Segway Eco Tour where you explore the local bush terrain on a no-emissions personal transporter and discover the winter beauty of the 150 acres of land around Lake Crackenback Resort & Spa on mountain bike. Another must-do activity (not in winter) is to go river sledding on the Thredbo River where you will see the beauty of the region from an incredible aspect: floating down the river on an inflatable sled and experience just a little bit of an adrenaline rush as you negotiate the rapids.