



RAW NRG

THREDBO MOUNTAIN BIKE TRAILMAP

THREDBO'S LEGENDARY CANNONBALL RUN! CANNONBALL INITIATION

For the first time Cannonballer, Raw NRG has an action packed day for you! After a brief skill assessment, you'll be whisked away to the highest lifted summer point in Australia, Eagles Nest, at the top of the Kosciuszko Express Chairlift. At 1930 metres above sea level and with Thredbo Village a distant speck, Raw NRG's Instructors will impart all the skills and knowledge you will require for a fun and action packed trip to the bottom, ready for the trip back up. In short, if you can ride a bike, we'll teach you to Cannonball! Full face helmets are a mandatory requirement with body armour and dual suspension bikes highly recommended. Some Cannonball stats:

- Base elevation 1350m
- Top elevation 1930m
- Vertical 580m
- Length 4.6km

Nos of Cannonballers since 1992: over 35,000

Fastest time 5:33.48 Chris Kovarik, Feb 2002 National Championships

Slowest ever run about 3 hours - not saying who

Did they enjoy it? - yes!

Chairlift ride around 12 minutes

Grade: Reasonable experience required

Length: 4.6 km (Chairlift to Eagles Nest then 600m vertical drop!)

Costs:

- \$187 for the Full Monty (Full face helmet, body armour & Regular Dual Suspension Bike
- \$242 with Full Monty & Deluxe Dual Suspension Bike
- \$99 with your own bike & helmet

Note:

- Optional rental insurance is available and covers damage to the bike extra \$15 per bike per day

Inclusions:

- 3 hour guided tour of the mountain with an experienced Raw NRG Instructor then free riding for the afternoon
- chairlift use all day (check chairlift times)
- technical instruction

Meet: Raw NRG Mountain Bike Centre - Ticket Office, Valley Terminal, 9-00am

When: Daily from November 29 2003 to early May 2004

What to Bring: Sturdy shoes. Suncream and water bottle. Be prepared for a change in the weather - dress in layers.

Finishes: Last lift approx. 4-00pm (check on the day!)

General Information: Raw NRG DIRT Guides circulate all day with spare parts for bikes and bodies.

SOMETHING FOR EVERYONE

Whether it is the ultimate downhill adrenaline rush or a more sedate cruise through the sub-alpine forests of the Kosciuszko National Park that you are after, Raw NRG has it here, packaged for you. As a finalist in the 1999 NSW Tourism Awards for Excellence, Raw NRG has been recognised by the tourism industry as being the cutting edge in mountain bike tour operations.

Sample this..... Test yourself on the Cannonball Run Race Track, work on your bike handling and balance skills on our 4X track or take a leisurely cruise around the valley floor - Thredbo's MTB Park has something for everyone.

Raw NRG rental fleet reflects all these different types of riding with Iron Horse SGS Pro DH bikes for the Cannonball, Redline BMX for the 4X and Iron Horse Warrior for the cross country enthusiast. Our rental armour consists of high quality SIXSIXONE knee and elbow guards, and pressure suits as well as FOX back and chest plates. Our PRYME helmets are the mustard. Bring your own bike and gear or rent high quality stuff from Raw NRG - your call.

There are also trails for the less adventurous which have been designed with the novice rider in mind. Raw NRG Instructors will teach you all you need to know about chairlift riding, mountain tracks and those special technical tips needed to enjoy your day on the Cannonball Run!

TOM GROGGIN EASY 25KM DOWNHILL

When you are in the mountains, it's downhill to everywhere! Well, almost, a 5 minute ride in Raw NRG's 20 seater bus west from Thredbo to Dead Horse Gap sees you marvelling at the views over towards the Victorian Alps. Beginning at 1650 metres and surrounded by the twisted snowgums of the sub-alpine region, you'll descend an exhilarating 1000 vertical metres through the alpine ash forest and warmer climate ferns to the famous Tom Groggin camping ground on the headwaters of the Upper Murray, where you can then relax and enjoy a sumptuous sausage sanga. Utilising the fully-sealed Kosciuszko Alpine Way, no experience is necessary for this easy ride, making it a perfect family expedition for all ages.

The Tom Groggin tour includes Raw NRG bus transport, BBQ meal, bike and helmet. The ride leave daily at 5.30pm and takes approximately three hours.

CONTACTS

For further information on all Raw NRG tours and a full price list, see

Website www.rawnrg.com.au

Phone (02) 6457 6282

or **Email:** info@rawnrg.com.au

Where is Thredbo? It's situated in the heart of the Snowy Mountains, 503km from Sydney and 520km from Melbourne. See our website for information on how to get here.

RIDING IN THE KOSCIUSZKO NATIONAL PARK

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sports access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association.

- 1. Ride On Open Trails Only** - Respect trail and road closures (ask if uncertain).
- 2. Leave No Trace** - This means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.
- 3. Control Your Bicycle** - Inattention for even a second can cause problems.
- 4. Always Yield Trail** - Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others.
- 5. Never Scare Animals** - All animals are startled by an unannounced approach, a sudden movement, or a loud noise. Give animals extra room and time to adjust to you.
- 6. Know your equipment** - your ability, and the area in which you are riding - and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear. Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.



Ramshead

North Ramshead

Mt Kosciuszko Lookout

Lake Cootapatamba
Mt Kosciuszko 2228m

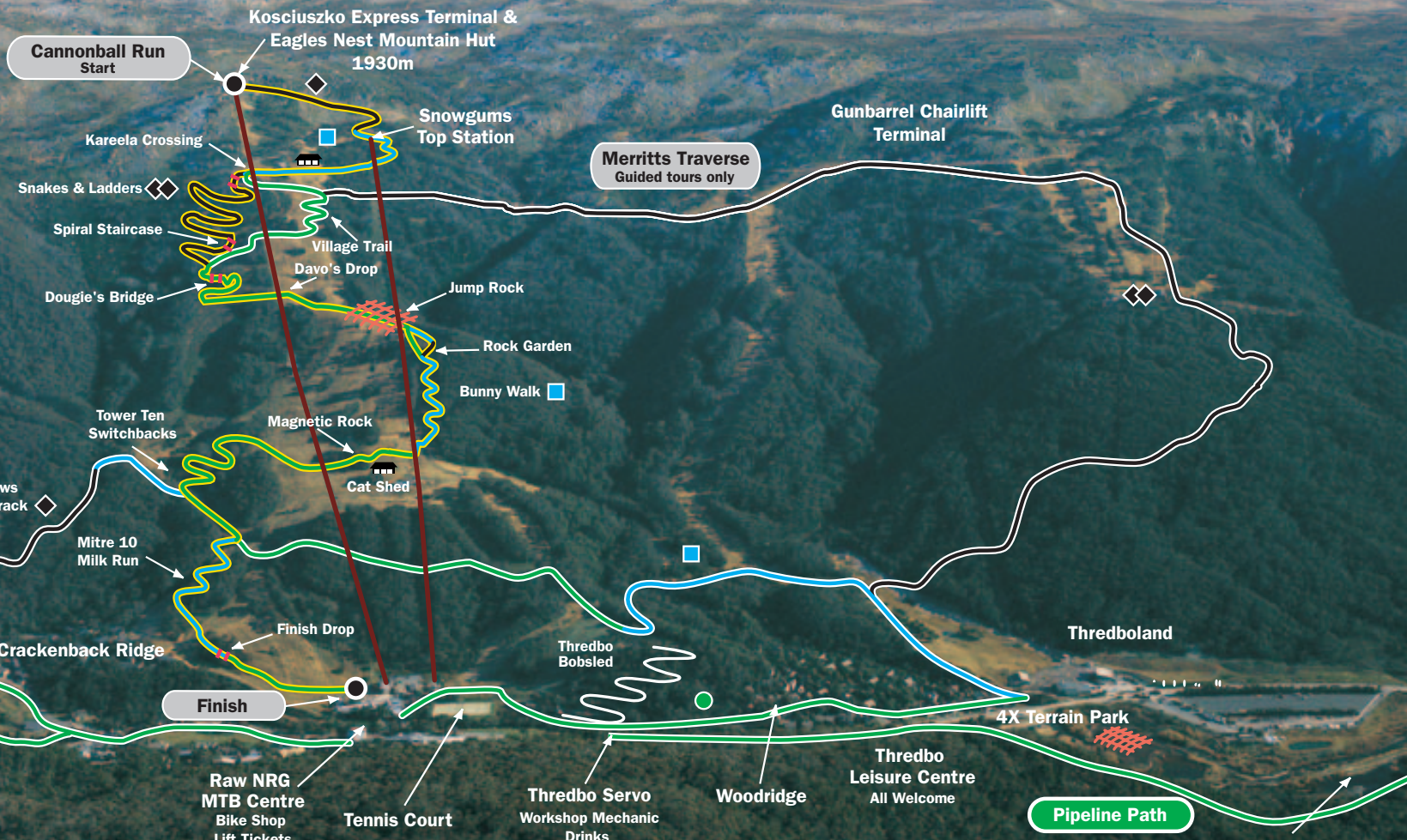
Rawson Pass

Mt Townsend

Mt Alice Rawson

Mt Lee

- Double Black Extreme
- Hardest
- Moderate
- Easiest
- Terrain Park
- Chairlift
- Ramps & Ladders
- Cannonball Run



www.rawnrg.com.au

To Friday Flat Ponds, BBQ & pontoon