

## EXPEDITION DOSSIER

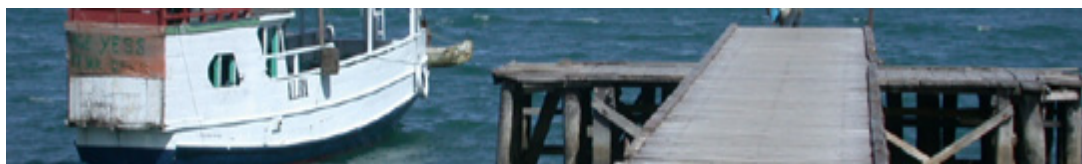
CATHEDRAL RANGES - AUSTRALIA

CODE XPD302

2 DAYS

GRADE - MODERATE

ITINERARY – COSTS – INCLUSIONS



FOR ANY MORE DETAILS OF EXPEDITIONS IN NEPAL, BHUTAN,  
INDONESIA AND PAPUA NEW GUINEA CALL US ON (03) 9502 3789  
OR SEE OUR WEBSITE AT [WWW.NOROADS.COM.AU](http://WWW.NOROADS.COM.AU)

## EXPEDITION OVERVIEW

The Cathedral Mountains treks will take you along one of Australia's most spectacular mountain ridges. The 3577 ha park itself is dominated by a 6km rocky outcrop that forms an enormous natural wall. From this ridge you will have spectacular vistas across the Great Dividing Range. This 2 day trek will take you from pristine mountain streams to exciting climbs to the park's exposed peaks.

Our 2 day itinerary is perfect for those training for longer expeditions such as Kokoda, Rinjani, Kilimanjaro or Everest. While the days will not be too long, 6 hours of trekking per day, they will be tiring and will give you a chance to test your fitness and of course ask your No Roads guide questions about our other trips.

## EXPEDITION GRADE

We consider this expedition to be Moderate. You will need to have an average level of fitness as we walk approximately 20km over some steep and rocky terrain. There are sections that are climbed on exposed ridges and peaks. Alternatives to these routes can be found if necessary. This is an excellent training walk for all those planning longer expeditions overseas.

## ITINERARY

### Day 1 Marysville – Cathedral Ranges - Marysville

There is no point getting up too early unless we are expecting a very hot day. After breakfast we will head out by 9am towards the Cathedral Ranges just outside of Buxton. There we will camp at Ned's Gully and start our climb up then down and then up to the Cathedral Circuit. The track is narrow at stages and quite steep, great for those training for other expeditions.

From the Ridge we will visit Little Cathedral and Ned's Peak for spectacular views behind the Ranges. From there we head to Cathedral Peak for more great views over farmland to the west.

After lunch we will continue along the ridge line to The Farmyard via North Jaw Bone Peak and then to South Jawbone Peak for more spectacular views. We will head back down the Jawbone Carpark to our cars.

Back to the Fruit Salad Farm for a delicious meal and drinks by the fire place.

Accommodation: Fruit Salad Farm

Walking distance: approx. 11 km / 4 - 5 hours walking

Meals included: Breakfast, Lunch and Dinner



## Day 2 Marysville – Cathedral Ranges - Melbourne

Today we will experience the most difficult parts of the Park. However, after a good nights rest you will be up to the challenge.

We head back to Jawbone Creek Track, straight back up to the Farmyard and follow the spectacular Razorback Ridge. There are several ways to tackle this section, some easier than others so we will assess how we feel on the day which way to trek.

From the Razorback Ridge we will approach the highest point of our journey, Sugarloaf Peak. We will explore this area extensively, with treks up to the Peak via Wells Cave (very hard) and the Canyon Track.

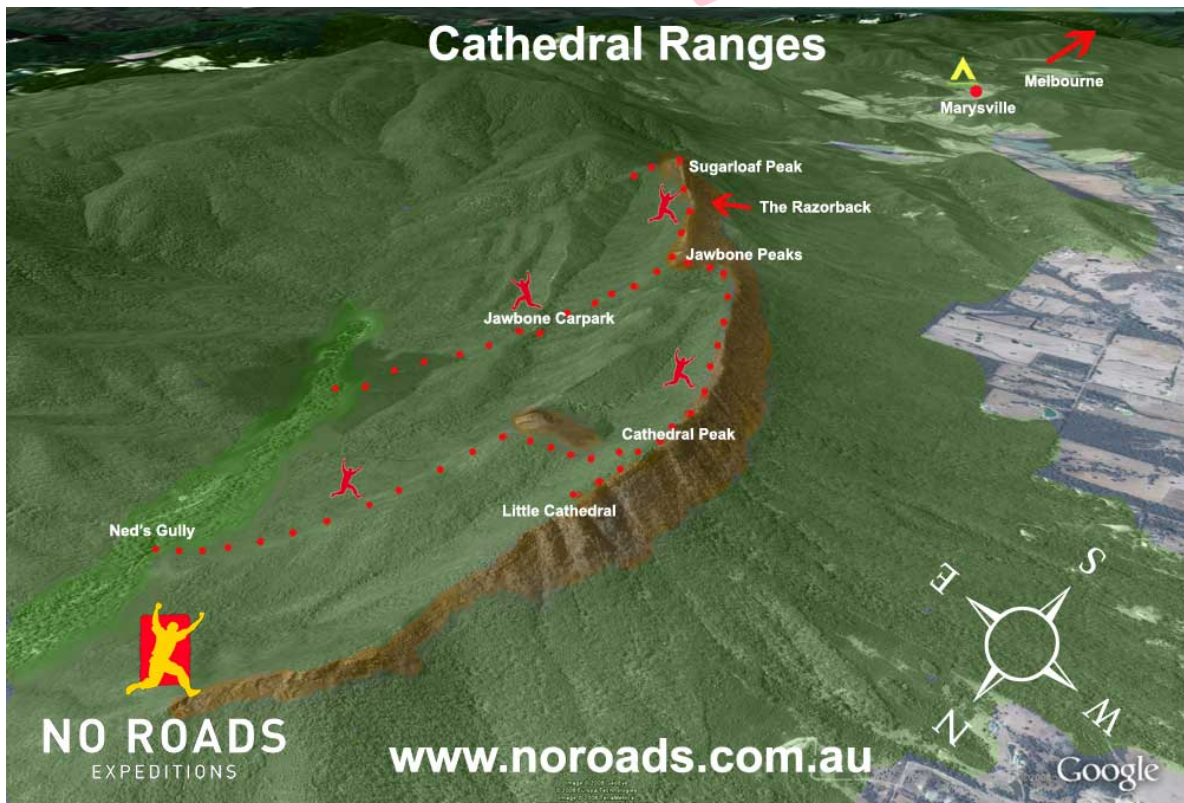
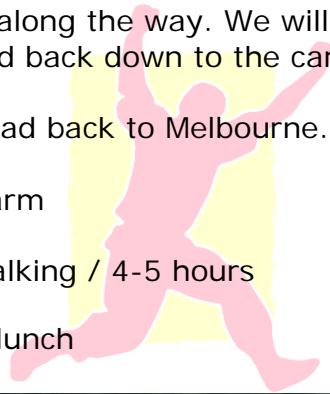
The Wells Cave Track is great for those that want a bit more excitement with high open and exposed places along the way. We will then have lunch at the Sugarloaf Saddle and then head back down to the cars.

From here we are all free to head back to Melbourne.

Accommodation: Fruit Salad Farm

Walking distance: approx. 8 walking / 4-5 hours

Meals included: Breakfast and lunch



## Joining Point

The Joining Point for this expedition is the Fruit Salad Farm, Marysville.  
Accommodation is dorm style and will be available from 2pm the day before the expedition. Your No Roads Guide will be at the Fruit Salad Farm by 5pm the day before the expedition. He/She will introduce themselves to you when they arrive.

Fruit Salad Farm

30 - 32 Albury-Cuzens Drive, Marysville 3779

(Turn left off the main road just before town where it says Fruit Salad Farm)

Phone : 1800 645 494

## How to get there

No matter where you come from in Melbourne, you will need to get onto the Maroondah Hwy heading towards Healesville and Narbethong. Once you arrive in Marysville just follow the signs on the left before town to the Fruit Salad Farm.

You will receive directions of the Cathedral Ranges once you arrive in Marysville.



## INCLUSIONS

- Electrolyte supplements such as Gatorade on expedition
- 2 nights accommodation in bunks at the Fruit Salad Farm
- All food on expedition component
- Park fees and Park insurance
- No Roads Guide
- 1<sup>st</sup> nights' dinner (end of Day 1)
- Cooked breakfast and cereals

## EXCLUSIONS

- Dinner the night before expedition
- Other drinks and beverages

## EXPEDITION DATES

**This expedition is run with a minimum of 8 per trip. Please register your interest for this expedition and we will notify you of the next expedition date. For Private Expeditions of 8 or more we can run a trip any day of the week. For bookings register with us via email or call us directly. This trip runs from Friday Night to Sunday and is led by an experienced Australian guide.**

[www.noroads.com.au](http://www.noroads.com.au)

## PRICE

**AUD\$275 ex Marysville**

## GROUP SIZE

**Maximum 20**

## PRIVATE EXPEDITIONS

**We are able to organize private expeditions for those that want familiar people to join them or our scheduled departures don't suit. We are also able to organize personalized itineraries. We can have up to 20 people on a Private Expedition.**

## NOTE

1. Please note that this is Victoria which is famous for its ever changing and unpredictable weather conditions ('four seasons in one day'). Please ensure you are prepared with the right clothing. Warm jacket, thermals, woollen hat is advisable year round. A hat and sunscreen is essential from October to April due to high UV radiation.

2. In extreme heat conditions we will shorten the walks.



3. Please notify us in advance of any special meal requirements.

## What To Bring

Generally speaking, you should pack as lightly as possible. Your luggage will remain at the Farm while we are out walking. You will also need to bring a day pack to carry at least 2 litres of water, camera, packed lunch, waterproof, warm top, snacks, sunscreen etc.

### Personal Items

- High factor sunscreen
- Mosquito repellent (Summer Only)
- Sunglasses
- Toiletries
- Watch or alarm clock
- Ear plugs (in case room mate snores!)
- Plastic bags for wet or dirty clothing
- Wet wipes or antiseptic hand gel

### Clothing

- 2 T-shirts / long sleeved T-shirt
- Pair of sport sandals
- Walking shoes or boots (trainers are sufficient)
- 1 pair of knee length shorts (Summer Time)
- Light sweater for evening
- Light weight waterproofs
- Sun hat
- Clothes to relax in
- 2 water bottles
- Warm thermals (Winter Time)
- Warm Jacket (Winter Time)
- 3 pair thick socks (Winter Time)
- Beanie (Winter Time)
- Warm Gloves (Winter Time)

### Other Suggestions

- Camera
- Adapter for recharging digital camera
- Small binoculars
- Reading material
- Penknife
- Torch / head torch
- Favourite snacks for energy boost e.g. 'Power Bars', dried fruit or nuts, snakes, banana

**Note : If you are using this trip as a training program for a longer expedition, we recommend you wear the shoes and carry the pack you will be using on that expedition. This is a great opportunity to break in your equipment.**



## Heritage

The range was declared a State Park in 1979 due to its outstanding landscape features and diverse woodland types. It also protects significant pre and post European historic sites. A visit to Cooks Mill timber mill site and the adjacent nature walk by the picturesque Storm Creek will enhance the interested visitors understanding of this highly accessible park.

## Aboriginal Traditional Owners

Parks Victoria acknowledges the Aboriginal Traditional Owners of Victoria - including its parks and reserves. Through their cultural traditions, Aboriginal people maintain their connection to their ancestral lands and waters.

## Fauna

Satin bowerbirds may be seen at the base of the range, beside the Little River. Koalas can be seen throughout the valley area, particularly along the nature walk at Cooks Mill. Their bullet-shaped droppings can be seen under the manna gums and at night their loud, pig-like grunting calls can be heard.

## Vegetation

Many native orchids appear in spring and early summer. These include the alpine greenhood along the streams with pink fingers, wax lips and the common bird orchid on the drier slopes. Extensive remnant manna gum habitat along the Little River supports a recently reintroduced koala population.

## Spending Money

You will need to buy dinner the day before the expedition starts. You may like to bring along some beer, wine or whatever takes your fancy for the evenings at the Farm.

## Local Dress

Australia has relaxed attitudes towards standards of dress; however the extreme sunshine can cause sunburn - particularly in the summer. We recommend that you bring loose, cool, cotton clothing to protect yourself from the harsh sunrays. A sunhat and sunglasses are a must.

## Safety

Dehydration is the biggest risk when undertaking a physical activity. It is so important to be aware of your fluid intake and to constantly drink water throughout the day (even when you do not feel thirsty).



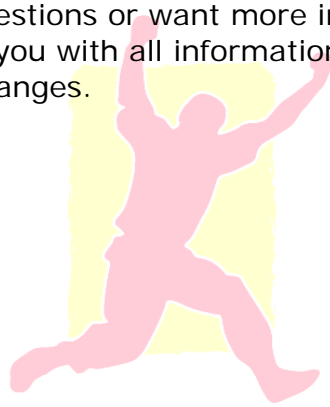
We will also be in constant contact with our team via radio and phone along the track. If there are an emergencies, help is not far away.

### Your Fellow Walkers

As you will travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. We ask you to be understanding of the various needs and preferences of your group. We will operate the walks as a sweep system with a leader in the front and also at the back. We will have regular stops to regroup with photo opportunities (which are around every corner!). In this way we can cater for a variety of walking speeds.

### INFORMATION AND SUPPORT

If you have any comments, questions or want more information, please let us know. We are here to support you with all information to help you prepare for your travels in the Cathedral Ranges.



# NO ROADS EXPEDITIONS



## EXPEDITION GRADE (EXPEDITION DIFFICULTY)

### GRADE 1 - EASY

Very little walking involved and when there is, it is usually for a short distance.

### GRADE 2 - MODERATE

Moderate trekking 900m/3,000ft. and 2,000m/10,000ft. but possibly involving side trips to higher elevations.

### GRADE 3 - DIFFICULT

Reasonably demanding trekking at altitudes up to 4,000m/13,000ft. Some expeditions included here will, in part, be well away from villages on ill- defined mountain trails.

### GRADE 4 - STRENUOUS

Expeditions of a demanding nature, requiring all participants to be fit and in excellent health, often in remote alpine areas and sometimes reaching altitudes in excess of 5000m/18,000ft.

### ALPINE

Extremely demanding treks sometimes in very remote areas on rough terrain and perhaps including (in Nepal) one or more of the so called 'trekking peaks' - maximum altitude, Mt. Mera at 6,461m/21,192ft. Participants should have at least a basic knowledge of use of crampons and ice axes, though first time climbers may be accepted on some of the so called 'easy' routes on these peaks. Medical certificates are required prior to acceptance on any climbing treks.

### BOOKINGS

If you would like to discuss this or any other matter with us please feel free to call us on (03) 9502 3789 or email us at [info@noroads.com.au](mailto:info@noroads.com.au)

