



#GetDirtyDownUnder #TreXTri

Snowy Mountains cross triathlon

ITU World Championships 2016

presented by **TREX**
CROSS TRIATHLON

November 18–20, 2016
Lake Crackenback Resort & Spa

trextriathlon.com.au



Welcome from the NSW Government



On behalf of the NSW Government I'd like to invite you to Lake Crackenback Resort & Spa in New South Wales, Australia, for the 2016 ITU World Cross Triathlon Championships, to be held in November next year.

The NSW Government is proud to have secured the World Cross Triathlon Championships for the Snowy Mountains, through our tourism and major events agency Destination NSW in partnership with In2Adventure and Triathlon Australia.

The Snowy Mountains is an ideal host for the World Championships, and I am sure that visiting competitors will be enthralled by the region's breathtaking beauty. The Snowy Mountains has everything you would want from an adventure sports location, from stunning mountain bike trails to pristine lakes, with plenty of space to compete, train or just explore.

I encourage all visitors to the Snowy Mountains to take some time to experience everything the region has to offer, with top class restaurants, hotels and attractions as well as the inspiring landscapes.

New South Wales also has much more to offer competitors and visitors, from our global city, Sydney, to our spectacular coastline and wide variety of natural landscapes.

I wish all competitors the best of luck in Sardinia and we look forward to welcoming you all to New South Wales for the 2016 ITU World Cross Triathlon Championships.



Stuart Ayres

*Minister for Trade, Tourism and Major Events
Minister for Sport*



Sydney is a city on the move, with exciting new harbourside precincts featuring world-class hotels and sleek shopping districts.

Add to the mix our cool and innovative young chefs and mixologists, dining spots that run the gamut of grand waterfront locations to hidden laneway delights, and you've got the perfect holiday lined up.

In summer, Sydney shines brighter than ever, with the famous harbour at its shimmering best and a lifestyle punctuated by ocean dips, watersports and fabulous regional short breaks on the city's doorstep. A world-class calendar of summer events includes international sporting extravaganzas and artistic and cultural happenings across the state.

We invite you to enjoy New South Wales, Australia's most exciting state. We guarantee you'll love every second of the summer fun.



Photo Credit: Destination NSW

SYDNEY ON THE MOVE

Exciting new waterfront precincts and glamorous hotels opening in 2015 and beyond will give visitors a whole new perspective on Sydney.

HARBORSIDE TRANSFORMED

Darling Harbour is undergoing a \$3.4 billion transformation that will see this waterside site completely reinvigorated. Prepare to indulge in a host of new bars and restaurants, fabulous shopping, the luxurious new 600-room Sofitel Sydney Darling Harbour, a harbourside public domain and the cutting-edge International Convention Centre Sydney, scheduled for completion in late 2016.

Barangaroo is the name on everyone's lips. Located on a 22ha prime foreshore site, it's destined to become a new financial and business hub, with a waterfront promenade running the length of this impressive site. Chill out on the shady lawns at Barangaroo Point Reserve (pictured) or walk or cycle along Sydney's newest harbourfront pathways. Plan ahead to experience Noma Australia, the pop-up restaurant at Barangaroo that will see renowned Danish chef Rene Redzepi embark on his own grand Sydney food adventure in January 2016.

CITY STYLE

Sydney is also undergoing something of an accommodation renaissance, with a host of fabulous new hotels, and old favourites undergoing thoroughly modern makeovers in some of the city's most vibrant quarters.

Following a \$30 million refurbishment, The Langham Sydney has just been named one of the Top 100 Hotels of the World by US connoisseur publication, Robb Report. Situated on a quiet back

street in the historic Rocks quarter, this property also offers an eye-catching Pink Taxi, available to transport guests locally. Four Points by Sheraton, already the largest hotel in the city with 683 rooms, is building a new tower wing that will add another 222 rooms, plus new dining areas and bars. Also from the Starwood hotel group, Aloft Sydney is scheduled to open late in 2016 in the iconic Druids House building in Pitt Street, bringing funky and affordable accommodation to the city's vibrant Koreatown district. Hotel accommodation continues to boom at Sydney Airport, with the opening of the Accor group's \$100 million five-star Pullman Sydney Airport scheduled for May 2016 and the 209-room Travelodge Sydney Airport opening later in the year.

The Urban Newtown brings a funky, post-industrial style to this exciting inner-west dining and nightlife district. In artsy Chippendale, the city's most happening neighbourhood, the Old Clare Hotel and the Carlton United Brewery Administration Building are being transformed with a multimillion-dollar refit. In avant-garde Surry Hills, 57 Hotel on Foveaux Street offers slick retro styling complemented by the latest in techno-toys.

BEAUTIFUL BAYS

Just 2km to the west of Sydney's CBD, the Bays Precinct will revitalise the city's inner harbour area with new housing, shops, tourism and maritime facilities spread along 5.5km of waterfront. It will be the city's largest urban renewal project since the Sydney 2000 Olympics.

Download our free digital travel guide for Sydney and regional NSW, plus the special travel and event apps. Get started by heading to sydney.com and visitnsw.com.

Photo Credit: Ethan Rohloff; Destination NSW

SYDNEY ADVENTURE

SUMMER FUN IN GREATER SYDNEY

From multicultural taste sensations to whitewater thrills and walks through history, the suburbs west and southwest of Sydney offer an eclectic mix of summer treats.

Created for Sydney's Olympic Games, **Penrith Whitewater Stadium** is a whitewater rafting paradise. Sign up for an exhilarating rafting trip with an expert river guide, take a self-guided tour or try your hand at whitewater kayaking. More than 300m long, the course designed to test the skills of the world's best paddlers now provides unlimited action for novices.

Sprawling across more than 400ha, the **Australian Botanic Garden Mount Annan** incorporates hills, meadows, wild bushland, picnic areas, barbecues and wetlands. It also provides a sanctuary for rare and endangered species, including its stand of 1000 Wollemi pines. While you're welcome to hike the hills or watch the birdlife from wetland hides, the garden also encourages the unleashing of wilder passions. Fly a kite, fling a frisbee, play cricket, kick a football or ride a mountain bike on a 12km competition-standard mountain bike trail that dishes out the rough stuff.

Getting wet doesn't get any better than at **Wet'n'Wild Sydney**, the aquatic fun park located at Prospect, just a 40-minute drive from the heart of Sydney. Ride the water slides, enjoy an adrenaline-pumping experience on the Aqua Tube, race your friends down the H2GO, soar through the Riptide, take a ride into the dark side on T5 or indulge in a wild slalom as you zoom down six storeys on 360Rush. If that's not enough, book in for an introductory session at **iFly Downunder** in Penrith, where you'll be effortlessly lifted into flight inside a tall, glass tunnel.

Australia's second-oldest European settlement, **Parramatta** is known as Sydney's living museum. Bordering the Parramatta River, Parramatta Park incorporates woodlands, water features and an outstanding collection of historic buildings, including Australia's first observatory and Old Government House.

As well as the giant ANZ Stadium, **Sydney Olympic Park** is home to a popular aquatic centre, hectares of parklands with walking and cycle paths, an Urban Jungle Adventure Park, an archery centre and **Circus Arts Sydney**, where aspiring high flyers can polish their raw talents on the trapeze in perfect safety. **Cabramatta** is Sydney's own little Vietnam, a magic carpet ride to the Orient with all the flavour and bustle of a southeast Asian street market. A specialty at the thriving cafe and restaurant scene along John Street is pho (say "fur"), the beef broth with rice noodles that features on just about every Vietnamese breakfast table.



Photo Credits: Photo 1-Circus Arts, Photo 2-Dave Paull, Fusion Media, Photo 3-Destination NSW

SYDNEY FAMILY FUN

ANIMAL ENCOUNTERS

Sydney offers plenty of options for interacting with the creatures that hop, crawl, burrow and fly across this incredible island continent.

SEA LIFE Sydney Aquarium is the best place to see Australia's marine life without getting wet. Located on the edge of Darling Harbour, just five minutes' walk from the CBD, this dazzling aquarium displays the fish and reptiles that live in our rivers and oceans, including saltwater crocodiles from Australia's tropical rivers and multi-coloured marine life from the Great Barrier Reef. See-through tunnels give you a fish-eye view of the underwater world while sharks and rays glide overhead.

Taronga Zoo is home to some of the superstars of the animal kingdom, including lions, komodo dragons, rhinos, red pandas,

seals and snow leopards, in surroundings that recreate the animals' natural habitats. Cute new faces helping to celebrate the zoo's 200th anniversary include a boisterous Australian sea-lion pup, a new addition to Taronga's western lowland gorilla family and a koala joey.

Diving with sharks is the ultimate thrill, and that's exactly what Shark Dive Xtreme at **Manly SEA LIFE Sanctuary** is all about. After a full briefing, divers are kitted out in wetsuits and scuba gear before plunging into a tank with huge grey nurse sharks, giant stingrays and sea turtles. Suitable for anyone over 14, and accompanied by a divemaster. Located just a short stroll from the ferry wharf at Manly, the sanctuary features a spectacular ocean tunnel and a large collection of Australian marine animals.



At Doonside in Greater Sydney, **Featherdale**

Wildlife Park is a rollcall of Australia's extraordinary and elusive animals and birds. With a flourishing population of koalas, kangaroos, reptiles and birds, it offers a great opportunity for close encounters with some of the most remarkable species on the planet in their native habitats.

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GREAT SUMMER OUTINGS

A guided tour is a fantastic introduction to any city and the perfect way to immerse the kids in a variety of memorable experiences.

Bonza Bike Tours reveals another side of Sydney on its fun two-wheeled tours, taking in the likes of Sydney Opera House, the Royal Botanic Gardens, Manly, Chinatown and Darling Harbour.

Sydney Out Back winds its way on a magical journey through some of the pristine national parks bordering the city. Explore golden beaches, rugged bushland and Aboriginal rock engravings.

Aboriginal Heritage Tours of Sydney's spectacular **Royal Botanic Gardens** are held on Fridays, led by an Aboriginal guide. Explore the culture, artefacts and bush foods of the Cadigal people, the original inhabitants of this amazing oasis that's celebrating its 200th anniversary in 2016.



5

Guided tours of the landmark **Sydney Opera House** building include a Junior Tour, Family Package or Back-stage Tour, each providing a fascinating private glimpse into the inner workings of this architectural jewel overlooking the harbour.

For more insider tips, go to sydney.com

“THERE'S NOTHING BETTER THAN WATCHING A MOVIE UNDER THE STARS AT SUNSET CINEMA IN NORTH SYDNEY. TAKE A PICNIC AND HIRE A BEAN BAG.”

Brendan Host,
Bird Show Keeper,
Taronga Zoo



6

Photo Credits: Photos 1, 5 & 6 - Taronga Zoo, Photo 2 - Pierre Toussaint; Destination NSW, Photo 3 & 4 - Destination NSW

Photos: 1, 3, 5, 6 - Taronga Zoo, 2 - Sydney Aquarium, 4 - Royal Botanic Gardens

NSW GREAT OUTDOORS

AQUATIC WONDERLANDS

Well supplied with golden beaches, lakes, slow-moving rivers and fast-flowing streams, NSW is home to amazing coastal and aquatic experiences.

Moving at a gentle pace, the **Murray River** has some of the best canoeing and kayaking in the country. For travel in the slow lane, glide silently along backwaters, creeks and lagoons on one of the river's picturesque paddling trails – an ideal family adventure or just for couples.

Fly fishing is all about subtlety, but generates powerful passions. The streams and lakes of the **Snowy Mountains** are known for their fighting trout, and the region is well supplied with fishing guides. Lakes are open for fishing all year.

At the historic village of Kangaroo Valley, the **Kangaroo River** makes a winding, wandering journey through bushland where tall eucalypts hang low over the water. Join a three-hour canoe and kayak

trip downstream, with whip birds and water dragons for company.

Jervis Bay is one of the crown jewels of the NSW coast. The bay's beaches are glorious, a series of scalloped coves cradled between knuckles of rock and backed by blackbutt, ti tree and mahogany forest. Take a stroll along Hyams Beach, paddle a sea kayak, admire the crimson rosellas and king parrots at Green Patch and the bay's dolphins, which often display their aquabatic skills close inshore.

Deep on the south coast in the jaws of Twofold Bay, **Eden** sees the last of the whales that migrate along the state's south coast in spring, with whale-watching cruises operating between late September and November. At other times of the year, cruises take in the bottlenose dolphins, seals and penguins in the bay.

On the north coast, the city of **Newcastle** has two superb sea pools, perfect for a dip

along the city's 5km Bathers Way coastal trail. Newcastle Ocean Baths is noted for its Art Deco design while Merewether Ocean Baths is the largest in the southern hemisphere.

The aquatic playground of **Port Stephens** is also the state's dolphin capital where close to 200 bottlenose dolphins live in the bay. Dolphin-watch cruises offer close encounters with these agile mammals throughout the year. Just north is **Myall Lakes National Park**, a vast system of shallow, paperbark-fringed lakes connected by rivers and channels. The lakes provide a habitat for pelicans, sea eagles, kangaroos and koalas, and are a natural playground for anyone who loves leisurely travel aboard a houseboat, available from Bulahdelah.

White-water rafting is one of the ultimate thrill rides, and the turbocharged Nymboida River on the **Coffs Coast** is where the action is. Available as one- or two-day trips, this is a prime wilderness adventure through rocky gorges and calm, rainforest-fringed reaches.



Photos: 1 Huskisson, 2 Murray River

Photo Credits: Photo 1—Discover Jervis Bay, Photo 2—Destination NSW

PLAN. BOOK. GO!

CRAVING A SUMMER BREAK? DESTINATION NSW OFFERS ALL THE DIGITAL TOOLS YOU NEED TO PLAN AND BOOK THE PERFECT GETAWAY.

Our websites are a one-stop shop for ideas on events, accommodation, attractions or getting around, from current information on where to take the family for an adventure-packed holiday to the most romantic spots for a short break. And don't forget to check out great accommodation deals across the state.

Download our free digital travel guides for Sydney and regional NSW, plus the special travel and event apps. Get started by heading to sydney.com and visitnsw.com



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THE SNOWY MOUNTAINS

It's Australia's ultimate, year-round, nature and adventure playground. From unique landscapes, spectacular lakes and high-country beauty, to the bounty of activities and events for all ages. The Snowy Mountains is a multitude of destinations in one; be swept away by adrenalin action or relax and enjoy fine food, wine and culture, and everything in between. We welcome you to come and see for yourself. It will be an experience that you will never forget.

In 2 Adventure would also like to acknowledge the support of Office of the Environment and Heritage in the staging of the 2016 ITU Cross Triathlon World Championships.

ACKNOWLEDGMENT OF THE TRADITIONAL OWNERS

In 2 Adventure would like to pay respect to the traditional owners of the land on which the event will be hosted, the Ngarigo people of the Gumaal Nation. It is upon their ancestral lands that we will gather and celebrate with all nations across the globe.

ICONIC KOSCIUSZKO NATIONAL PARK

Snowy Mountains is Australia's highest alpine wilderness – nature at its awesome best. Kosciuszko National Park is a rare and wild place where you will find Australia's five glacial lakes dating back to the ice-age; each can be accessed by a series of signposted walks. This timeless land is also host to a variety of precious species of flora and fauna, unique to the region. Throughout spring, summer and autumn, Kosciuszko National Park offers nature and adventure experiences in abundance; from the ancient marvel of Yarrangobilly Caves and spectacular wildflower walks, to the rush of mountain biking on newly marked trails and alpine trekking to the top of Australia's highest peak, Mt Kosciuszko. Discover high country boating, fishing, rock climbing, camping and heritage stays, explore the rugged alpine terrain on a guided tour, and much more – this is nature at its best! For more information:

nationalparks.nsw.gov.au



EXPLORE THE LAKES & WHITE WATER

The Snowy Mountains is the source of the life-giving waters of Australia's iconic rivers – Murray, Snowy and Murrumbidgee – the flows that sustain the food bowl of a nation. The tranquil waters of Lakes Eucumbene, Jindabyne, Blowering, Talbingo, Tantangara, Tumut and Khancoban Pondages, and many others, are world renowned as a freshwater angler's paradise. Trophy catches regularly landed include Brown, Brook and Rainbow Trout along with Atlantic Salmon, providing some of the most surprising sport fishing in Australia. Sizzling catches cook to perfection in the cool alpine air on water-side campfires. Vast lakes provide the perfect setting to experience the thrill of your favourite water sports for extreme family fun, or just to dive in and cool off after a nice mountain hike or bike ride

MAN FROM SNOWY RIVER COUNTRY

Horse riding is part of the Snowy Mountains folk-lore and a 'must-do' when visiting the region. A number of horse trekking and guided tours are available for all ages and experience levels, from easy going trail rides to wilderness treks in the far-reaches of Kosciuszko National Park.

HIGH & MIGHTY

Our snow capital is alive in spring, summer and autumn.

Charlotte Pass:

Is the gateway to superb summer back-country walks and the high meeting place for road cycling enthusiasts, eager to tackle the uphill ride from Jindabyne.



Perisher:

Australia’s biggest ski resort has a selection of mountain bike trails for all ability levels and ages to enjoy. Hike Porcupine Trail for a view that you’ll never forget. Enjoy a refreshing snack and drink with wonderful views of the Perisher Valley at Alpine Eyre Cafe.

Thredbo:

Famous for being a snowy playground in the winter months, Thredbo is just as spectacular in summer when the resort is buzzing with activity. Thredbo has a great range of accommodation options, shops to browse, places to eat, lots of things to do and plenty of places to kick back and relax. All at the foothills of Australia’s highest peaks. Whether you’re an adventure trekker exploring the high country, a thrill seeker riding superb mountain biking trails, or a family looking for an activity filled alpine escape, Thredbo is calling.

RIDE ON

Amazing mountain biking and road cycling can be found at every turn. The region’s world-class mountain bike and shared trails are a must with hundreds of kilometres of mapped trails ready to discover. Try the amazing Thredbo Valley Track that winds from Thredbo Village to Lake Crackenback Resort. The Lake Jindabyne Community Trail, Cooma North Ridge Reserve, Bungarra Trails, the beautiful Bago State Forest, Tumut State Forest and Khancoban offer other great trail options for all abilities. Plus, our quiet, meandering roads are perfect for cycling enthusiasts and raved about by anyone who visits.

HISTORY, CULTURE AND ADVENTURE DEFINE OUR COMMUNITIES

The Snowy Mountains are rich in history, heritage, arts, crafts, festivals and events. The region is given its cultural heart by the heritage preserved in the park and by the literature, storytelling and folklore of its inhabitants.

The early settlers of the area surrounding the Snowy River inspired the poems and stories of the mountain horsemen, who were most famously immortalised in Banjo Paterson’s legendary poem, The Man From Snowy River. First published in 1890 the poem has been adapted into a much-loved movie, a TV series and an arena spectacular show.

Quaint and historic, bustling and laid-back, our towns and villages are packed with character, events and local produce. From Cooma to Tumut, Tumbarumba to Jindabyne, and in numerous hamlets across the breadth of our contrasting landscapes, you will be welcomed by high country hospitality. Our eclectic rural villages and bustling market towns are rich in history and waiting for you with new experiences.



Discover our indigenous culture, pioneer heritage and modern technology. Art and craft, antiques and collectables, festivals and events – what amazing discoveries will you make? The aroma of local cooking and fresh harvests linger in the crisp mountain air tempting every appetite. Snowy Mountains cuisine is gaining a reputation for all sorts of taste sensations. Rich soils and yields of paddock and forest, water and mountains, produces wholesome flavours, fine wines, thirst-quenching brews and pure mineral waters. Attractions and activities abound to suit all styles and interests. Horse riding or fly-fishing, biking or boating, it all starts in our towns and villages.

TOURING – HIGHWAY TO HEAVEN

Wind your way through some of Australia’s most beautiful alpine passes and breathtaking high plains. Stop and enjoy fascinating country villages and exquisite local cuisine. The Kosciuszko Alpine Way meanders through the spectacular Snowy Mountains region; this scenic route has it all – amazing landscapes, dramatic vistas, history and beauty. It includes the magnificent Kosciuszko National Park – a place of contrasts year round. Plan your trip to stay at least two nights along the way and really soak up the scenery, activities and the friendly charm of the locals. For more information:

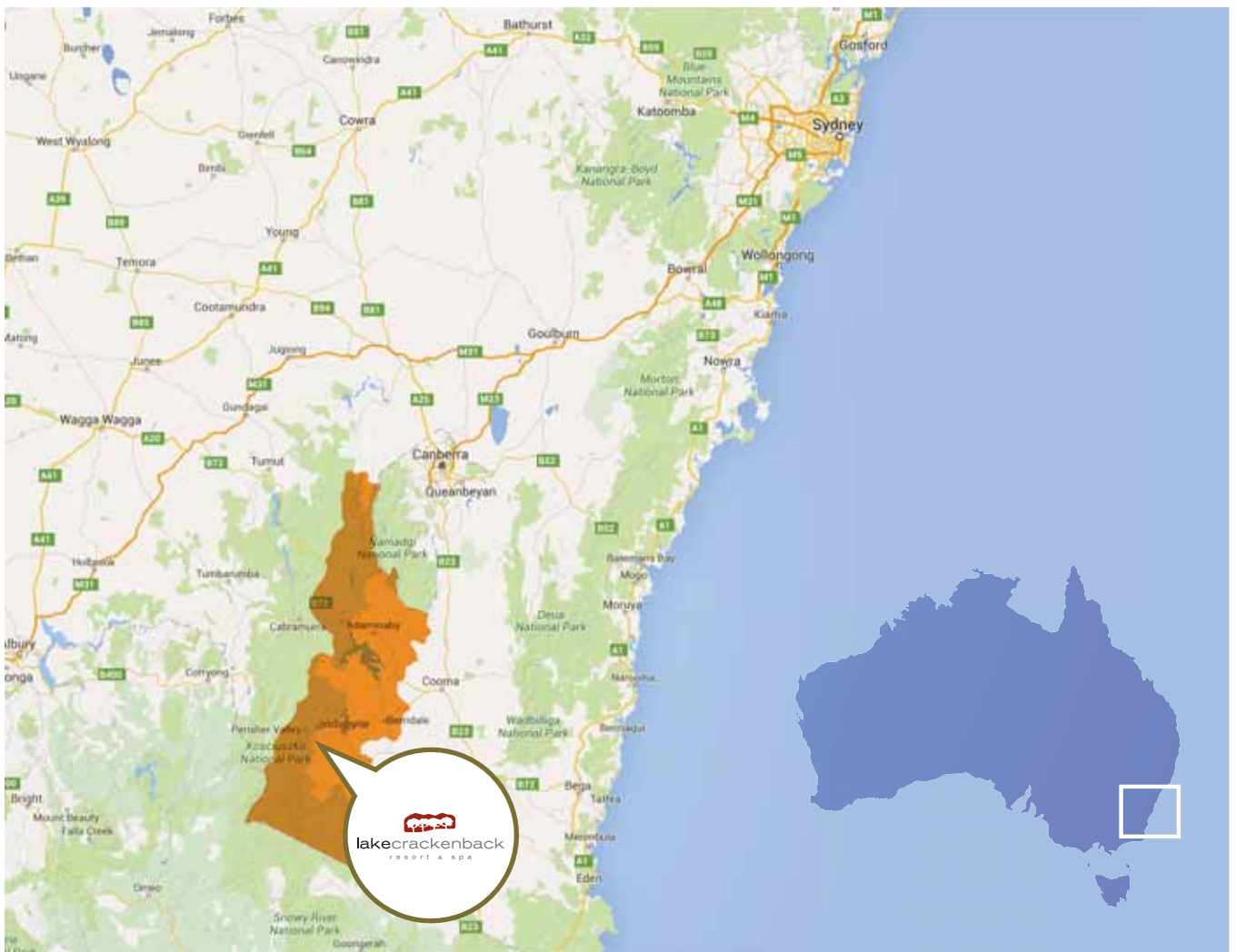
alpineway.snowymountains.com.au

CALL, CLICK, CONNECT, VISIT!

For more information go to: snowymountains.com.au



HOW TO GET HERE



VISA REQUIREMENTS

All visitors to Australia require a visa for their visit, you can find out more information on this from the Department of Immigration and Border Protection here:

www.border.gov.au/Trav/Visi

Most visitors will require a Visitor visa (subclass 600), you can check the details and your eligibility here:

www.border.gov.au/Trav/Visa-1/600-

All visitor visa classes are listed here:

www.border.gov.au/Trav/Visa-1/Visa-listing

FLYING TO AUSTRALIA

Sydney is the State Capital of New South Wales and the closest international airport to the event. Checkout all the information on Sydney Airport here:

www.sydneyairport.com.au

Photo Credit: Destination NSW



TRAVELLING FROM SYDNEY TO THE SNOWY MOUNTAINS

From Sydney there are a number of options as to how to enjoy your journey to The Snowy Mountains.

Stay over in Sydney, accommodation options:

If you would like to have a stopover in Sydney before your journey to the Snowy Mountains, accommodation can be booked online at [booking.com](http://www.booking.com).

Hire a Car at Sydney Airport and Drive to the Snowy Mountains



The Snowy Mountains are located approx 470km from Sydney Airport and will take just under 5 hours to drive. Click on the map or go to: www.google.com/maps/mfOlh

Visitors can pick up a hire car from Sydney airport, there are six rental car companies options located at the airport: www.sydneyairport.com.au/go/car-rental.aspx

Along the way you might also choose to have a stopover in the nations capital city, Canberra. There's a lot to see and do and you can find out more here: www.visitcanberra.com.au

Catch the Train from Sydney to Canberra

There are train stations located at both the Sydney Airport International and Domestic terminals, which operate a service to Canberra, as part of the Airport Link train service: www.sydneyairport.com.au/go/by-train.aspx

From Sydney Central Station there are 3 express train services per day to Canberra: www.nswtrainlink.info

Take a Connecting Flight from Sydney to Canberra

Canberra is the Capital of Australia and the nearest airport to the Snowy Mountains: www.canberraairport.com.au and regular flights are available from Sydney to Canberra.

TRAVELLING FROM CANBERRA TO THE SNOWY MOUNTAINS

Driving is the most convenient and interesting way to travel from Canberra to the Snowy Mountains. It is 195km from Canberra Airport and just over a two hour drive. Click on the map or go to: www.google.com/maps/60J7e



There are seven rental car companies located at Canberra airport and you can find out full details here www.canberraairport.com.au/travellers/parking-transport/rental-cars/

Driving from Canberra to the Snowy Mountains: Why drive it?

Driving the Kosciuszko Alpine Way is remarkable. The route winds its way through quaint country towns and alpine villages, with breathtaking views of the majestic mountains and sparkling rivers.

Cooma

Have a break in Cooma and visit the Snowy Hydro Visitor and Education Centre and unravel the design and technology of the world famous Snowy Scheme. Walk along Cooma's Lambie Street to the Raglan Regional Art Gallery, passing the historic stone and timber architecture of the town. Visit Cooma's railhead, a functioning attraction with trains running to a regular timetable.

Take a detour along Tourist Drive 1 south of Cooma and drive to the top of Mt Gladstone, 3km south of Cooma. Heidi's Tea House at the top of Mt Gladstone provides great gluhwein and 360° views over Cooma, the Monaro, the Snowy Mountains and Mt Kosciuszko.

Berridale

Continuing towards the Snowies and just past the Snowy Mountains airport lies Berridale, a cross-roads village that features a local winery and cafés. Take some time to relax and enjoy the peacefulness.

Lake Jindabyne

As you get closer to the Snowy Mountains spectacular Lake Jindabyne comes into view. Stop at the Jindabyne Dam wall for some great photos and scenic views. In Jindabyne itself visit the Snowy Region Visitor Centre for park passes and maps, and to view an interpretive display of the towns amazing history.

In Jindabyne cycle along the lake's edge, take a scenic or fishing boat charter, take to the air in a scenic flight or hire a runabout or catamaran for time on the water.

In Banjo Patterson park visit the monument to Count Paul Edmund Strzelecki, and learn about his amazing contribution to the region. Fish for Rainbow and Brown Trout, the occasional Brookie or Atlantic salmon from the lake, or in one of the many surrounding streams. Fishing licences are required in NSW, and short stay licences are available from a number of outlets including many service stations.

LAKE CRACKENBACK RESORT & SPA

YOUR HOST VENUE



STAY IN THE HEART OF THE WORLD CHAMPS ACTION'

Lake Crackenback Resort & Spa is your world champs host venue. A stay at the resort will put you right in the heart of all the action with the swim taking place in the lake at the centre of the resort and mountain bike and run trails interspersed throughout the grounds. There'll be no need to worry about travelling or parking and you'll have the entire time to relax, rejuvenate and activate.

Nestled on 150 acres, bordering Kosciuszko National Park which is home to Australia's highest peak, Mt Kosciuszko, the resort is a year round destination, and offers a wide range of adventure experiences; numerous

FREE onsite activities; the finest local produce with a choice of two restaurants; a variety of 4.5 star accommodation including stunning Lake View Apartments and luxurious Mountain View Chalets and an array of pampering treatments at the Spa.

A natural playground, the Resort's spectacular setting and unique offering has something for everyone.

Activities & Facilities

Lake Crackenback Resort & Spa can be enjoyed just reading a book or relaxing by the lake taking in the magical views of the surrounding mountains, however the resort boasts many activities and is the perfect base for mountain adventures including Segway Eco Tours, River Sledding tours, walking to Australia's highest peak - Mt Kosciuszko, mountain biking, canoeing, trout fishing, and archery.

The resort also boasts two great dining outlets along with luxurious day spa therapies to relieve those tired muscles after your big day in the mountains.

You can also enjoy a large range of complimentary activities including:

- 9 hole par 3 golf course
- Heated indoor swimming pool
- Fitness centre & sauna
- Archery
- 25 kms of mountain biking and bushwalking trails*
- Trout fishing in Lake Crackenback
- 2.4km Fitness Track
- Canoeing (not available in winter)
- Low ropes course
- 9 hole disc golf
- Trampolines
- Caroline Buchanan Pump & Flow Mountain Bike Track*
- Mountain bike skills course*
- Tennis Courts

*Please note mountain bike hire is at an additional cost

LAKE CRACKENBACK RESORT & SPA

1650 Alpine Way
Crackenback, NSW, 2627

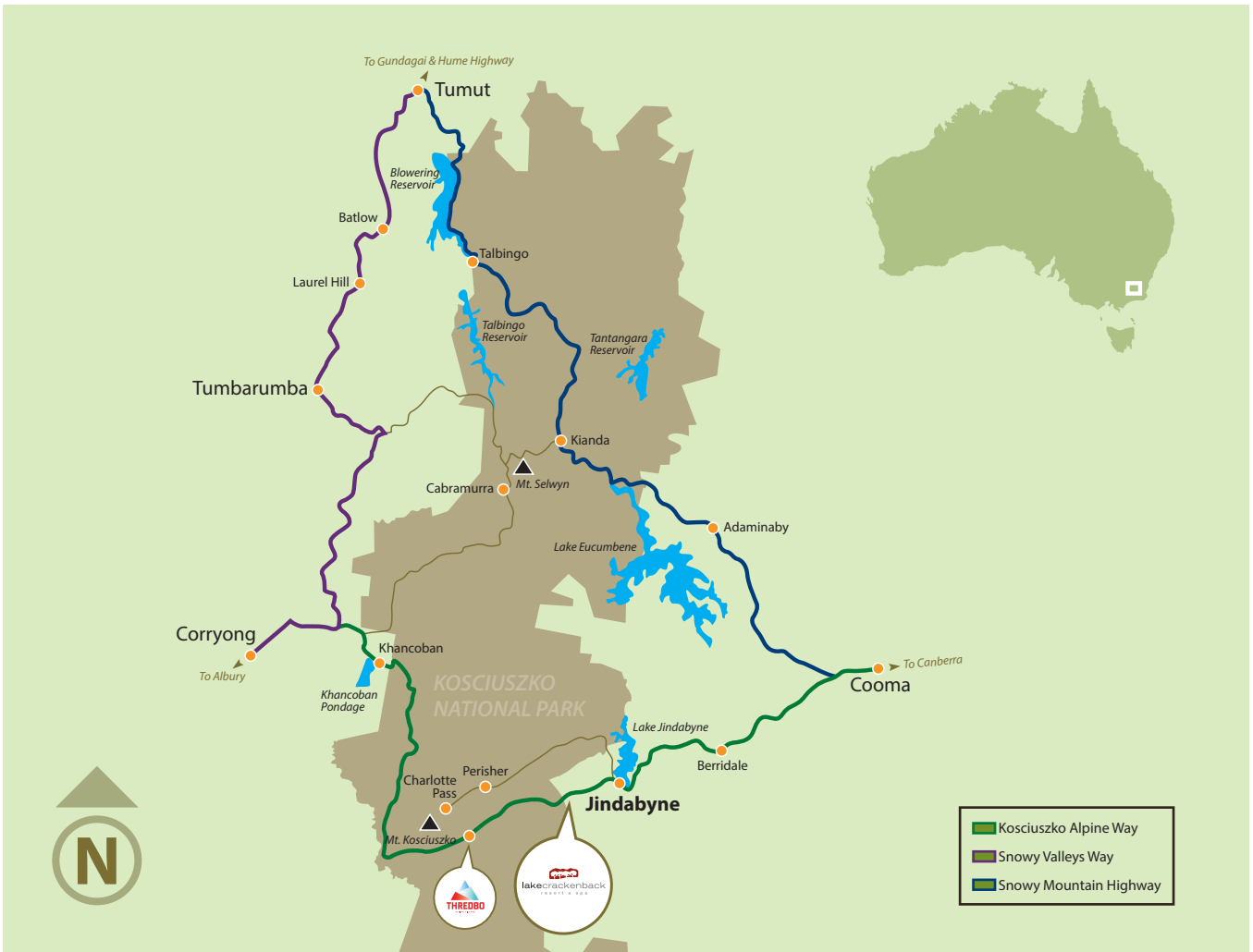
www.lakecrackenback.com.au

1.800.020.524

Send an Online Enquiry at
www.lakecrackenback.com.au/contact.html







STAY IN THE SNOWY MOUNTAINS REGION

The townships and resorts of the Snowy Mountains have a great range of accommodation options year round with a diversity of styles from camping and caravan parks, to self-contained, resort accommodation, apartments, hotels, motels and mountain lodges that cater to every need and budget.

The two closest townships to the event venue are Jindabyne and Thredbo Resort.

Accommodation Information & Bookings

For a guide of where to stay in the Snowy Mountains and to book accommodation please visit the Tourism Snowy Mountains website: www.snowymountains.com.au



JINDABYNE

Jindabyne is located just 18km or 17 minutes' drive from the event venue at Lake Crackenback. Based on the shores of picturesque Lake Jindabyne it is a year round holiday destination and is a very cosmopolitan place with its mix of new residents and pioneering families.

Jindabyne has a vast number of accommodation options to suit all budgets and level of comfort. From self-contained apartments, hotels and motels, farm stay, caravan and camping as well as private lodges, Jindabyne has all bases covered.

Photo Credit: Murray Vanderveer; Destination NSW



THREDBO RESORT

Thredbo is located just 17km or 19 minutes' drive from the event venue at Lake Crackenback. It is a picturesque alpine village nestled in the foothills of Australia's highest mountains with the waters of the Thredbo River meandering through its centre.

In summers it's time to lace up your hiking boots and head out into peaks with easy access to Australia's highest peak Mt Kosciuszko.

There's a host of in-resort activities including a shopping precinct and places to eat in the pedestrian friendly town, 9 hole golf course, tennis, bobsled, heated pool, fully equipped leisure centre, waterslide, mountain biking, fly fishing and chairlift to fill your day.

The variety of accommodation on offer is a highlight. Families, couples, buddies, and singles can choose from catered lodge style, hotels, luxurious apartments and self-contained units.

STAY & PLAY IN THE SNOWY MOUNTAINS



THINGS TO DO IN THE SNOWY MOUNTAINS

- Sample locally grown beef, lamb and trout.
- Visit Mt Gladstone lookout just west of Cooma for sweeping views across the peaks of the Snowy Mountains.
- Browse through galleries for local art and craft.
- Enjoy Lake Jindabyne with water skiing, kayaking, sailing or fishing.
- Sample pure fruit schnapps, made from locally-grown fruits in Thredbo Valley.
- Play a round of golf on Australia's highest course, overlooking the Thredbo River.
- Discover unique wildflowers in spring and the only glacial lakes found in Australia on a walk in Kosciuszko National Park.
- Stop to take in stunning views of the main mountain range at Scammell's Spur lookout.
- Try fly-fishing in rivers, lakes and dams in and around the mountains.
- Don't miss the horsemanship by a fourth generation family of Australian mountain cattlemen.

- Climbing to the top of Mount Kosciuszko, Australia's highest peak, a two-hour walk from the top of the Thredbo chairlift.
- Exploring the Snowy Mountains on horseback, on foot or quad bike.
- A visit to the Snowy Hydro Visitor Centres at Cooma and Khancoban, which tell the story of the hydro-electric scheme featuring seven power stations, 16 major dams and 140km of tunnels.
- The perfect picnic spot at Geehi on the Swampy Plains River, with views of the western face of the mountains from top to bottom and the chance of a close encounter with a kangaroo.

SNOWY MOUNTAINS COOKIES*, JINDABYNE

Snowy Mountains Cookies specialises in the art of making quality, gourmet cookies. Visitors can peek through the glass door into the main kitchen to see how these delicious cookies are made.

Tel: +61 2 6457 1333

www.snowycookies.com.au

WILDBRUMBY SCHNAPPS DISTILLERY*, THREDBO VALLEY

This award-winning boutique schnapps distillery is located on the Kosciuszko Alpine Way, halfway between Jindabyne and Thredbo.

Wildbrumby produces pure Australian schnapps from locally-sourced fruit.

The 8 hectare property features a cellar door and fully-licenced cafe, art gallery, studio and raspberry farm.

Tel: +61 2 6457 1447

www.wildbrumby.com

THREDBO VALLEY HORSE RIDING, CRACKENBACK

Thredbo Valley Horse Riding was established in 1993. It has gone from strength to strength and is regarded as a premier horse riding destination for adults and children, from beginners to advanced, we can offer a ride for everyone. We can provide a simple pony ride for the kids through to longer rides for the more adventurous.

- Riding area of 2,800 acres of sub-alpine wilderness
- Helmets supplied
- We use Australian stock saddles exclusively
- All rides include an introductory lesson
- Proven, safe and quiet mountain-bred horses.

Tel: +61 2 6455 2142

www.thredbovalleyhorseriding.com

K7 ADVENTURES, JINDABYNE

K7 Adventures offer a range of alpine activity-based adventures including walking, mountain biking, rock climbing, abseiling, caving and photography in summer, and cross country and alpine skiing, snow climbing and mountaineering in winter.

Tel: +61 421 862 354

www.k7adventures.com



KOSCIUSZKO ALPINE GUIDED WALKS, CRACKENBACK

Experience the beauty and solitude of Kosciuszko National Park with the 'Best of Both Worlds' guided tour combining treks to Mt Kosciuszko and Blue Lake. The tour features an overnight stay at Lake Crackenback Resort & Spa; a range of self-guided walking packages is available.

Tel: +61 2 6451 3000

www.lakecrackenback.com.au/alpine-guided-walks.html

REYNELLA RIDES, ADAMINABY

A remote, high country sheep and cattle station, Reynella is the base for multi-day horseback safaris through Kosciuszko National Park.

Experienced guides tailor rides to guests' interests and capabilities. All equipment and camping gear for the trek are provided.

Tel: +61 2 6454 2386

www.reynellarides.com.au

SNOWY RIVER HORSEBACK ADVENTURE, JINDABYNE

Experienced guides lead riders along old stock routes and brumby trails through majestic snow gums and stunning alpine scenery. From October to May, two- to five-day homestead-based horseback treks combine adventure and comfort.

Tel: +61 2 6457 8393

www.snowyriverhorsebackadventure.com.au

COURABYRA WINES*, TUMBARUMBA

Courabyra Wines is a family-owned vineyard nestled in the foothills of the Snowy Mountains, producing the finest cool-climate wines. The property offers wine tastings and private vineyard tours by appointment. Visitors can stroll through the vineyard or enjoy the award-winning wines and cuisine from the new restaurant.

Tel: +61 2 6948 2462

www.courabyrawines.com

MACENMIST BLACK TRUFFLES AND WINES*, BREDBO

Located just outside the village of Bredbo, between Canberra and Cooma, Macenmist conduct regular truffle hunts during the winter months. Visitors are able to experience at close hand how truffles grow, how they are harvested and how they appear prior to the cleaning and grading process.

Tel: +61 2 6454 4095

www.macenmist.com.au

For more information including a list of must see and do products:

www.alpineway.snowymountains.com.au

For more information about the region download the factsheets below:

www.destinationnsw.com.au/wp-content/uploads/2014/03/FS-GREAT-DRIVES.pdf

www.destinationnsw.com.au/wp-content/uploads/2014/03/FS-NATURE-AND-WILDLIFE-1.pdf

www.destinationnsw.com.au/wp-content/uploads/2014/03/FS-FOOD-AND-WINE-1.pdf

www.destinationnsw.com.au/wp-content/uploads/2014/03/fs-aboriginal.pdf



WORLD CHAMPS SCHEDULE

Days	Events
WEDNESDAY, 16 NOVEMBER	<ul style="list-style-type: none"> • VIP Welcome Function & Media Conference
THURSDAY, 17 NOVEMBER	<ul style="list-style-type: none"> • World Champs Expo Opening • Registration & Race Briefings • Elite & U23 Media Conference • World Championships Parade of Nations, Opening Ceremony and Celebration BBQ in Banjo Patterson Park, Jindabyne
FRIDAY, 18 NOVEMBER	<ul style="list-style-type: none"> • Elite, U23, Junior & Paratriathlon Course Familiarisation • AGE GROUP WOMEN WORLD CHAMPIONSHIPS • Athlete Village Celebration Drinks
SATURDAY, 19 NOVEMBER	<ul style="list-style-type: none"> • AGE GROUP MEN WORLD CHAMPIONSHIPS • ELITE & U23 WORLD CHAMPIONSHIPS • Top 3 Elite & U 23 World Championships Presentations • Athlete Village Celebration Drinks
SUNDAY, 20 NOVEMBER	<ul style="list-style-type: none"> • TEAM RELAY WORLD CHAMPIONSHIPS • JUNIOR U19 WORLD CHAMPIONSHIPS • PARATRIATHLON WORLD CHAMPIONSHIPS • TreX Junior Championships • TreX Sprint Cross Triathlon • TreX Dirt Kids Cross Triathlon • Kids Mud Rats Adventure Run • World Championship Presentation Ceremony, High Country Dinner and After Party
25 – 27 NOVEMBER	<p>Snowies Mountain Bike Festival 3 Days – 5 Stages – \$10,000 Prize</p>

THE VENUE

LAKE CRACKENBACK RESORT & SPA




lakecrackenback
 resort & spa

- 1** Swim Start
- 2** Transition Area
- 3** Race HQ & Athletes Village
- 4** Athletes Village & Function Area

ABOUT THE COURSE

Australia's iconic Snowy Mountains, a region steeped in history and legend, provides the spectacular backdrop for the 2016 ITU Cross Triathlon World Championships. Starting at an altitude of 1120m above sea level the course is arguably the toughest and most challenging on Australia's national triathlon calendar.

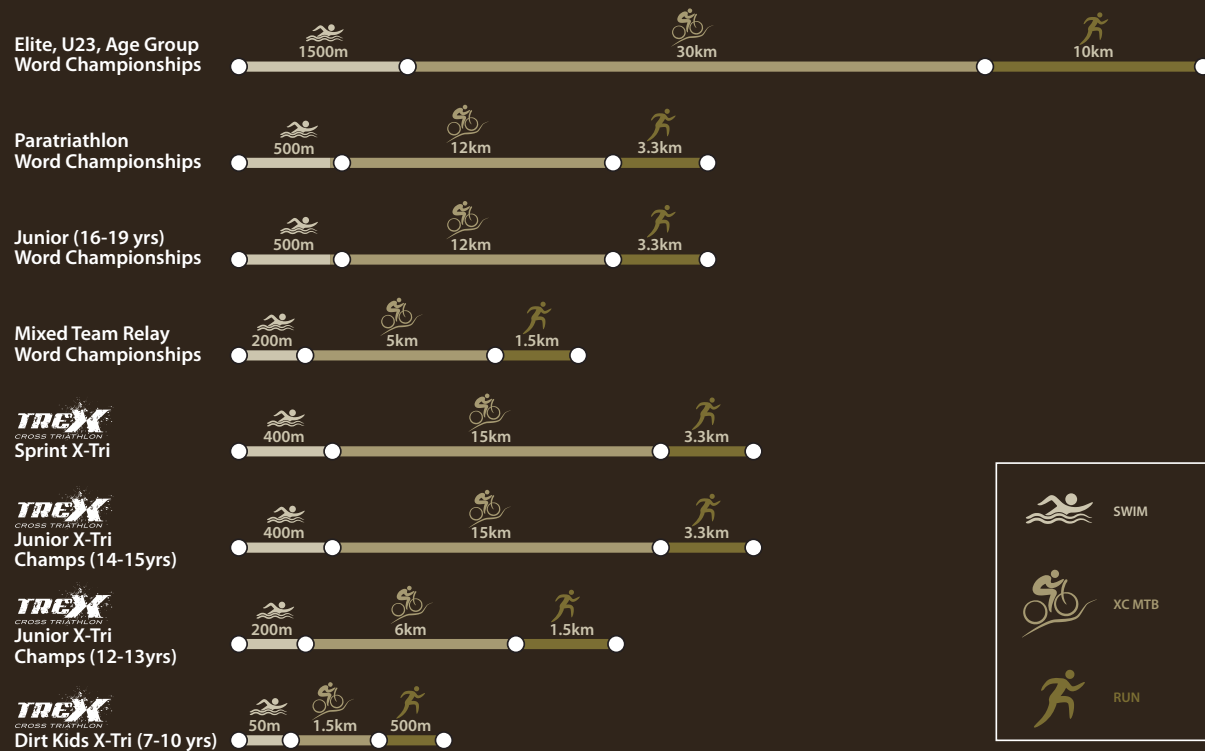
This will be the first time that a world championships has been awarded to a nation in the southern hemisphere and we look forward to welcoming the world to this uniquely Australian course, which takes in the very best of this challenging landscape and is awash with Australia's unique native fauna and flora.

As you ride along the iconic Little Thredbo River, you can expect to see kangaroos, emus, wombats, kookaburras and many more natives happily enjoying the course at the Snowy Mountains. Wally wombat (the resorts mascot) even has a special home just opposite where the swim starts.

\$45,000 USD PRIZE POOL

THE 2016 WORLD CHAMPS IN AUSTRALIA BOASTS A \$45,000 USD PRIZE POOL PAYING THE TOP 10 MALE AND FEMALE PLACEGETTERS IN THE ELITE CATEGORY.

THE ITU CROSS TRIATHLON WORLD CHAMPIONSHIP COURSES



Elite, U23 and Age Group

- 1500m Swim (2 x 750m laps)
- 30km XC MTB (2 x 15km laps)
- 10km Trail Run (3 x 3.3km laps)

Paratriathlon and Junior

- 500m Swim (1 x 500m lap)
- 12km XC MTB (2 x 6km laps)
- 3.3km Trail Run (1 x 3.3km lap)

Mixed Team Relay

- 200m Swim (1 x 200m lap)
- 5km XC MTB (1 x 5km lap)
- 1.5km Trail Run (1 x 1.5km lap)

Other Courses Include:

- TreX Sprint X-Triathlon: 400-15-3.3
- TreX Junior X-Triathlon Championships (14-15yrs) 400-15-3.3
- TreX Junior X-Triathlon Championships (12-13yrs) 200-6-1.5
- TreX Dirt Kids X-Triathlon (7-10yrs): 50-1.5-500
- Kids Mud Rats Adventure Run

FRIDAY

- World Championships Age Group Women

SATURDAY

- World Championships Age Group Men
- World Championships Elite & U23

SUNDAY

- Paratriathlon World Championships
- Junior World Championships
- Mixed Team Relay World Championships
- TreX Sprint X-Tri
- TreX Junior X-Tri
- TreX Dirt Kids X-Tri

THE COURSE





THE SWIM

Lake Crackenback Resort & Spa is situated on beautiful Lake Crackenback. The water temperature in November is typically around 23°C. Starting from the beach, swimmers will complete laps of the lake in a clockwise direction. At the end of lap 1 swimmers will exit the water and run a short 30m on the beach before re-entering the water.

At the finish of lap 2 competitors will have a short 50m run to transition.



THE MOUNTAIN BIKE

Lake Crackenback Resort & Spa's mountain bike trails encompass 2 alpine lakes, Thredbo River, Kosciuszko National Park and spectacular views of the Thredbo Valley and Ram's Head Range. The resort's mountain bike facilities rate with the very best in the nation, highlighted with sculpted flowing single track and the Caroline Buchanan Mountain Bike Park.

The course comprises approx 80% grippy, flowing single track. It also includes rocky paths, bridges, rock gardens and creek crossings which will require some technical skills to tackle effectively.

A large proportion of Lake Crackenback Resort & Spa's mountain bike trails are undulating fast sections of flowing single track providing very little rest bite for the legs which will be pumping all the way. The trails will advantage both technically skilled riders who will be able to carry speed through the tight terrain but strong riders will be able to make up time grinding out the open sections with small pitches and hills. We anticipate some very fast times but we also expect all contestants to experience the most enjoyable and spectacular riding found anywhere in Australia.



THE TRAIL RUN

This spectacular and technically challenging trail run course is a 3.3km lap circumnavigating the Race HQ area.

This is one of the most spectacular and challenging trail run courses of the TreX Series (for those of you who like to admire the scenery as well). But don't be lulled into a false sense of security, this is no walk in the park. This course is a true trail run where runners will go off road, traverse the banks of the Little Thredbo River and the Snowy Mountains before heading for the finish line.

The trail run includes a few surprises and challenges including creek crossings, a river run, suspension bridge, obstacles, rock scrambles and some true off road terrain.

This is an OFF ROAD triathlon, expect to get wet, muddy & dirty.

LEAD UP EVENTS

There are a number of events leading up to the World Championships in November 2016. This is a great chance to visit Australia and check out some of the racing across the country.

The Australian Championships will be hosted at Lake Crackenback Resort & Spa in February 2016 and will be a fantastic opportunity to race the world champs course under race conditions nine months out from the event.



Victorian X-Triathlon Championships

28 & 29 November, 2015

Crusoe Reservoir,
Bendigo, Victoria

[Click poster for details](#)



Australian X-Triathlon Championships

27 & 28 February, 2016

Lake Crackenback Resort & Spa,
Snowy Mountains, NSW

[Click poster for details](#)



Queensland X-Triathlon Championships

16 & 17 April, 2016

Ewen Maddock Dam,
Sunshine Coast, QLD

[Click poster for details](#)

SNOWIES MOUNTAIN BIKE FESTIVAL

During your stay downunder the iconic Snowy Mountains are set to host the ultimate mountain bike experience where riders will be challenged with 5 stages across 3 days in rugged mountain terrain in the hunt for a massive \$10,000 Prize Purse.

Starting at an altitude of 1260m, riders will be tested with over 100k of rugged mountain terrain, technical single track, a mammoth ascent, and some awe inspiring downhills, making this one of Australia's most iconic mountain bike stage races. Join us in what is arguably Australia's most affordable and logistically convenient MTB stage race, where you can just enjoy the epic riding that only the iconic Snowies can deliver.

Tackle all 5 stages as a solo, share the stages between a team of 2 or 3, OR choose to do the 45k marathon or 30k or 15k XC MTB only in this 'not to be missed' Mountain Bike Experience.

Snowies Mountain Bike Festival

25-27 November, 2016

Lake Crackenback Resort & Spa,
Snowy Mountains, NSW

[Click poster for details](#)





HELPFUL LINKS

WORLD CHAMPS WEBSITE

www.tre-x.com.au/events/2016-trex-world-champs

LAKE CRACKENBACK RESORT & SPA

www.lakecrackeback.com.au

SNOWIES MTB FESTIVAL

www.in2adventure.com.au/snowies-mtb

SNOWY MOUNTAINS TOURISM

www.snowymountains.com.au

VISIT NSW

www.visitnsw.com

SYDNEY AIRPORT INFORMATION

www.sydneyairport.com.au

CAR HIRE SYDNEY AIRPORT

www.sydneyairport.com.au/go/car-rental.aspx

CANBERRA AIRPORT INFORMATION

www.canberraairport.com.au

CAR HIRE CANBERRA AIRPORT

www.canberraairport.com.au/travellers/parking-transport/rental-cars

VISA INFORMATION

www.border.gov.au/Trav/Visi

IN2ADVENTURE

www.in2adventure.com.au

AND FINALLY



On behalf of the In2Adventure team, Triathlon Australia, Destination NSW, Snowy Mountains Tourism and Lake Crackenback Resort & Spa we look forward to welcoming you to the land downunder and sharing some of our spectacular landscape and world famous Aussie hospitality and humour.

SO WHAT ARE YOU WAITING FOR...

#getdirtydownunder

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