

witness an accident, alert Ski Patrol,

under licence by Z-ASIA Pty. Ltd., Level 1, Suite 103, 20A Dank Street Waterloo NSW 2017 Australia. Tel: 61-2-9318-090 Fax: 61-2-9318-0255 Internet: zcard.com.au Job No. 14A58

remain at the scene and identify

yourself to the Ski Patrol.

Emergency

In an emergency, contact the Mt Stirling Ski Patrol at Telephone Box Junction (phone 0409 945 901 or 03 5777 6532) or alert an on-mountain patroller.

The nearest public telephone is at the Mirimbah Store. More emergency contact numbers are located on the back of this trail man

If you become lost or injured don't panic.
Stay where you are, don't keep moving until
you are exhausted. Shelter from the wind,
stay dry and light a fire. Place your skis
crossed, upright in the snow near you in a
prominent position and attract attention by
blowing your whistle. The distress signal is
three long blasts, repeated at one minute

Legend

	•	
	Easiest	
	More Difficult	
	Most Difficult	
	Adventure Trail (all ungroomed, caution)	
	Pole Line	•••••
	Circuit Road Ski Trail	
	Circuit Road	
	Sealed Road	
	Unsealed Road/Track (unskiable)	
	Sign Post (with location number)	• 28
	Alpine Warning Sign (with location number)	• 43
7	Practice Slope (subject to snow conditions)	
	Snowplay Area (subject to snow conditions)	
7	Designated Toboggan Area (subject to snow conditions)	
	Water Course	
	Refuge Hut	^
	Shelter	仚
>	Gate (winter closure)	H
	Toilet	*11
	Bistro	**
	Car Park	P
	First Aid Centre	•
	Major and Minor Summits	

Caution – Adventure Trails are not maintained or patrolled. If an injury occurs in these areas, evacuation may be prolonged.

Mt Stirling has an excellent network of groomed trails **šuitable** for cross-country skiing.

The Trails

With the exception of the Circuit Road, all ski trails are marked with orange markers at regular intervals.

A snow pole line (4wd track in summer) with reflective markers runs across the summit above the tree line. All intersections are signposted and numbered. Please do not venture off these trails and keep a map with you at all times

The grading of ski trails is relative to Mt Stirling Other popular winter activities at Mt Stirling only and may be more difficult than at other

resorts. For your own safety, do not start along any trail unless you know its gradient. If part of a trail is too difficult and you need to remove your skis, walk at the trail edge so you don't leave dangerous footprints in the skiing surface. Walking on the trail is not permitted without the use of snowshoes.

Caution – Adventure trails are not maintained or patrolled. If an injury occurs in these areas, evacuation may be prolonged.

Cross-Country Skiing

Mt Stirling has an excellent network of groomed trails suitable for cross-country skiing. Well-maintained and sheltered, 68km of trails provide great skiing no matter what the conditions. Mt Stirling's trails are free to use, which means cross-country skiing presents great value for families looking for

include Telemark Skiing, Tobogganing (only

plastic molded toboggans are permitted), back-country Snowboarding, and Snow Shoeing. Snow Camping is also a unique alpine experience. Suitable areas on Mt Stirling include the Cricket Pitch, Bluff Spur Hut area and the top of Dugout Bowl at the Summit.

Facilities

Adjacent to the car parks at Telephone Box Junction is a Visitor Centre containing a public shelter with fireplace, a First Aid Centre and Ski Patrol base. Information, intention forms and trail maps are all available from this

In addition, Stirling Experience operate the ski school, operate ski, snowshoe and toboggan hire, and run a bistro daily throughout the winter from this site

Toilets are located at the Visitor Centre, King Saddle, Razorback Hut, Bluff Spur Hut, GGS Hut, Cricket Pitch and Howqua Gap. For information and advice, ask a friendly ski patroller.

Tips for First Timers

The Circuit Road Ski Trail is an excellent beginners trail although there are many other practice slopes marked in orange on the trail map. If this is your first time cross country skiing, please steer clear of the Summit and trails leading to the Summit as they are unsuitable for beginners and descent on icy days is hazardous for inexperienced skiers.

If this is your first time cross country skiing, it is recommended that you take a lesson with the Stirling Experience ski school. Lessons are available for all skill levels. Private lessons, guided day tours and overnight trips are regularly scheduled throughout the season. Enquiries and bookings can be made with Stirling Experience at Telephone Box Junction or phone 03 5777 6441.

- 1. Gang Gang Cockatoo Callocephalon fimbriate 2. Craigs Hut
- 3. Alpine Marsh-marigold Psychrophila introloba

Ski Patrol

The Mt Stirling Ski Patrol operates 7 days a week over the winter and is staffed by trained and qualified ski patrollers.

Ski Patrol operates from 8am-5pm and can be contacted on: 03 5777 6532 or 0409 945 901. All day visitors must be back at Telephone Box Junction by the time the patrollers finish. If you require information about Ski Patrol or would like to become a patroller, please contact a ski patroller on the mountain, or call 03 5777 6532.

Cross-Country Skier's Code

Always ski under control

Keep to the left.

Give way to other skiers when entering a trail or when starting downhill.

Do not obstruct or walk on ski trail.

Ski only groomed or marked trails that are within your ability.

Do not ski alone.



Contact

Resort Management: 03 5777 6077 Accommodation Enquiries: 1800 039 049 Stirling Experience: 03 5777 6441 Ski Patrol: 0409 945 901 or 03 5777 6532

RACV: 13 11 11 Police: 000

Ambulance: 000

Mansfield Hospital: 03 5775 2111 mtstirling.com.au



Detailed Topographic Maps

The Buller-Stirling map from the Vicmap series of topographic maps covers the Mt Stirling area in detail at 1:25,000 scale. For more information visit www.land.vic.gov.au/vicmap Printed 2014



Pets

within the Resort.

Visitors to Mt Stirling are reminded that

domestic cats and dogs are not permitted

the Resort to ensure that you have the latest edition and lodge your completed Trip

If you require further information or advice. please ask any ski patroller.

Make sure you are warmly dressed. When skiing, several layers of clothing should be worn, allowing you to adjust those layers according to conditions. A warm hat, gloves and a waterproof jacket should also be carried.

Carry some emergency food supplies (chocolate or other high energy food), a whistle and waterproof matches.

The weather at Mt Stirling can deteriorate rapidly. Poor visibility can make navigation

