

MT BULLER & MT STIRLING

ESCAPE TO THE MOUNTAINS 2018-19





COME ON UP!

You won't believe you are just 3 hours from the hustle of Melbourne when you step out of the car and into this pristine alpine setting. Listen to the black cockatoos, hear the gentle burbling of the river, smell the fresh eucalypt forest and feel the stress just melt away.

Mt Buller and Mt Stirling transform into summer adventure playgrounds as the snow melts and ski runs make way for wildflowers and winding trails.

Explore our two distinct mountains - each with their own style. Mt Buller is a fully serviced alpine village complete with accommodation, dining options, retail, bike hire and more. Mt Stirling, just across the valley, is a quiet, unspoiled secret. A cosy café, a visitor day centre and rustic huts are nestled in amongst tall, unspoiled alpine forest.

Linking the two mountains is an extensive, world-class trail network combining single track and other trails that lure visitors from around the globe seeking riding, walking and running experiences like no other in our beautiful Australian alpine woodlands.



TRAIL TIME

The main attraction at Mt Buller and Mt Stirling in the 'green season' is our world-class network of trails suitable for walking, running and of course biking.

Must Do Mountain Biking

Whether you're new to biking and ready to explore beyond your backyard, or an experienced rider up for a challenge, for everyone passionate about mountain biking Mt Buller is a must-do experience. Talk to anyone who knows anything about riding bikes and they will tell you – you simply have to ride at Mt Buller.

From November each year the snow melts away and some of the best biking trails in the world open up. Unique among destinations in Australia, Mt Buller and Mt Stirling offer world-class cross-country and downhill trails in the stunning surrounds of the Australian Alps.

Riders are well supported with a range of accommodation options, food and beverage venues, and a fully equipped retail and rental outlet located centrally in the Mt Buller Village.



for details
bike.mtbuller.com.au



CROSS COUNTRY

A real mountain riding experience only 3 hours from Melbourne with 120km+ of trail and challenge in a stunning natural environment. Mt Buller is your number one riding destination this season.

There are plenty of reasons why Mt Buller sits high on any biking enthusiast's list. Here are a few:

- 60km of single track in a 120km network
- International Mountain Biking Association (IMBA) accredited Ride Centre – recognising Mt Buller's range and quality of XC and gravity trails
- Must-do rides including Australian Alpine Epic (50km), Copperhead, Stonefly and Delatite River Trail
- Dedicated shuttles servicing XC trails

All Terrain Cycles

Bike hire, servicing, retail, shuttle bookings, tours and clinics
allterraincycles.com.au



for details
bike.mtbuller.com.au



GRAVITY

Mt Buller's downhill trails are for those who prefer their ride adrenalin packed! With over 11km of dedicated gravity single track across five trails, and a variety of challenging features including berms, rock gardens and road jumps Mt Buller is an addictive biking destination.

Flow

Copperhead is acclaimed as not only Australia's first, but also one of the best, flow trails. Deftly designed to rhythmically roll through the northern slopes it's smooth and addictive!

Shuttles

On weekends from December to April vehicle shuttles service riders on the gravity trails, with non-stops loops ensuring a day of non-stop riding!



for details
bike.mtbuller.com.au



ROAD

Feel the satisfaction of climbing the 16kms and 921ms from the valley floor at Mirimbah, up the winding, soaring Mt Buller Tourist Road to the views from our alpine village. An average gradient of 6% will get your heart and legs working and some stints of up to 13% will test your strength and endurance.

You'll cross meandering streams, pass through soaring strands of mountain ash and after seemingly endless hairpin turns you'll hit the top. Then it's about the ripping ride to the bottom in a fraction of the time.

7 Peaks Alpine Ascent

If you have the road cycling bug you might want to tick off the 6 other climbs across the Victorian High Country as part of the 7 Peaks Alpine Ascent Challenge.

Insta-winners

After you've completed your climb and logged it in Strava, grab a selfie at the finish line, tag it #ipeakedbuller and go in the draw to win over \$2,000 of prizes!



for details
ridehighcountry.com.au/7-peaks



WALK

You may simply enjoy fresh air and keeping active, absorbing the tranquility the mountains bring, or you may prefer a challenging walk rewarded by incredible scenery.

Up here at Mt Buller and Mt Stirling there are plenty of good reasons for walking, and it all starts with our trails!

We have short walks perfect for the whole family taking in a view and pausing for a picnic and exciting, multi-day adventures for the intrepid explorer. Take a moment to learn about the plants, animals and history of the area thanks to the interpretive signage across many trails.

Make sure you pick up a map and chat to our friendly staff for insider tips and guidance or contact one of our local guiding companies for a more curated experience.

High Country Hiking Tours
highcountryhikingtours.com.au

SKADI Adventures
skadiadventures.com.au

MUST DO WALKS

Summit Nature Walk (4.1km, easy – intermediate)

This delightful circuit walk, complete with interpretive signage, features stunning high country views as it meanders around Mt Buller's Summit. A detour to the Summit fire hut rewards walkers with even bigger vistas.

Corn Hill – Mt Stirling Summit return (16.4km – intermediate)

A combination of 4WD tracks and fire breaks, with steep climbs, loose rocks and boulders offers unsurpassable views of the High Country from the 1749m summit of Mt Stirling.

Summit Interpretive Loop (12.3km – intermediate)

Passing through several different vegetation zones, each home to a unique combination of plants and animals which have adapted to the climatic and geographic conditions found there. Many of the species seen along this trail exist only in the Australian Alps.

WALK for details
MT BULLER & MT STIRLING mtbuller.com.au

WALK for details
HIGH COUNTRY walkhighcountry.com.au



RUN

An endless web of trail wind around Mt Buller and Mt Stirling and link the two mountains. These trails offer infinite options for trail runners to stretch their legs, push their limits and breathe in plenty of clean mountain air.

The scenery and changing altitude and terrain keep runners of all abilities on their toes and make running fun and exhilarating. Each bend in the trail reveals new views and is a far cry from the monotony of pounding a city pavement.

If you are new to trail running we have mellow trails and some beautiful rolling valley runs and if you are an endurance athlete looking to step up and conquer some serious altitude we've also got you covered.

Events are great way to have an adventurous trail running experience in a safe and fun environment – check out these great events.

EVENTS

15-17 FEBRUARY 2019

Oscars Hut to Hut

Australia's toughest and spectacular trek/run challenge, raising funds and awareness for autism.

7 APRIL 2019

Mt Buller Sky Run

Spectacular alpine trail running - take on the 22km, 36km or 45km challenge.

20 APRIL 2019

Mt Buller Mountain High Fun Run

Head out with family and friends and enjoy a leisurely lap around the Village or push yourself to the limit on one of our more difficult courses.

16-18 NOVEMBER 2019

Great Southern Endurance Run

A 100 mile endurance run like no other in the southern hemisphere, between Bright and Mt Buller.



for details
run.mtbuller.com.au



BULLER AIR ZONE

Budding future Olympians will love Mt Buller's newest year round facility, the Buller Air Zone - play, jump and climb where Olympians train!

With Olympic standard equipment, this giant freestyle playground is suitable for all ages and abilities. Ideal for parties and functions, this low stress option will have the kids (and grown-ups!) jumping for joy!

Location

Level 2 Alpine Central

Bookings

mtbuller.com.au

Price

\$20pp 1 hour session, group & local discounts apply



AND THERE'S MORE...



Mt Buller Sculpture Park Walk

Mt Buller has collected a diverse and interesting collection of sculptural pieces that you will find dotted around the Village. Pick up the map and take an artistic stroll.

Gnome Roam

You might spot the Gnome House as you drive up to the mountain, and once you are here we suggest you keep your eyes peeled for our little local residents. They are hiding all around the Village. Get a Gnome Roam map and see if you can find them all...

Gym and Sports Centre

Available for corporate or group bookings Mt Buller has a well-appointed gym and multi-use sports hall.

National Alpine Museum

Take a moment to appreciate the rich and eclectic alpine history of Australia. Unique and quirky memorabilia, Olympic treasures and superb stories.

Scenic Helicopter Flights

Take in the view with an unforgettable scenic flight up the valleys and over the mountain peaks.

Horse Riding

Experience the High Country on horseback on Mt Stirling and be transported back to a time of bushrangers, poets and cattlemen. Options include day rides and overnight camping experiences.

4WD Adventures

Follow the trails around Mt Stirling and the adjacent Alpine National Park and State Forest.



GET OUT
YOUR DIARY

9-11 NOVEMBER 2018

Targa High Country

This thrilling two-day tarmac rally race around the Mansfield-Mt Buller region draws around 200 performance cars and is the final round in the CAMS Championship for 2018.

1 DECEMBER 2018

Summer season launch

Join us for the official kick-off to the summer season and sample walks, runs, rides and more.

1-2 DECEMBER 2018

Enduro World Series (Continental Round)

World class racing at Mt Buller across our premier XC network, with plenty of fun as well.

19-20 JANUARY 2019

Victorian Downhill Mountain Bike Series

The best in the state muster for downhill racing at its best on Mt Buller's technical and challenging trails.

15-17 FEBRUARY 2019

Oscars 100 Hut to Hut Challenge

Billed as Australia's most challenging trek, this event is indeed a challenge for teams of two tackling scenic and challenging ascents and ridgelines along Victoria's High Country trails.

16-17 FEBRUARY 2019

Mind, Body, Bike Women's Weekend

An adventure weekend full of mountain biking, wellness and yoga designed exclusively for women!

9-11 MARCH 2019

Bike Buller MTB Festival

A fun-filled festival of bikes and people who love doing things on two wheels.

10 MARCH 2019

Picnic in the Park

Gourmet food, great local vintages, friends, music and good times by the riverside.

19-22 APRIL 2019

Easter celebrations

Traditionally a popular pre-winter gathering, egg hunts, a service in the Chapel and good fun family times.

ACCOMMODATION

From friendly share lodges and self-contained apartments to serviced hotels, Mt Buller's accommodation represents great value. Whether you're travelling with family or friends, you'll find something to suit your style and budget.

BIKE BULLER RECOMMENDS

If you are bringing your bike, and planning a Buller biking break, you will want accommodation that is bike friendly. We get it. Which is why we've worked with local accommodation houses to find venues that welcome riders and have what you need like bike wash, bike storage, equipment and more. A Bike Buller Recommends host will also have maps, know when the shuttles run and might even want to join you for a ride if you're keen. Look out for this logo when you're booking!



1800 BULLER
info@mtbuller.com.au
mtbuller.com.au

HIGHER DINING

Mountain air is well known to work up an appetite, and on Mt Buller you won't have to look too far to find some great hunger (and thirst) quenchers. There's a couple of cosy cafés with talented baristas serving up your life-affirming morning coffee and toasties, and for dinner what better way to end a day on the trails than with pizza or a parma, and a cold beer. Family friendly venues make sure everyone is welcome.

Over on Mt Stirling the café is open weekends and public holidays from December – April.

Check out the website or the **Mt Buller Live** app for more details.

THE FACTS

DATES

- Summer season runs from November 2018 to April 2019
- The trail network for biking, running and walking opens progressively from 3 November and closes on Sunday 28 April, 2019.

LOCATION

- Easy 3 hour drive from Melbourne (248km to Mt Buller, 230 to Mt Stirling)
- Closest major alpine resort to an international airport in Australia

AVERAGE TEMPERATURES

- Average daytime temperatures on Mt Buller and Mt Stirling are around 9–11 degrees, peaking at 18–20 degrees in mid-summer.
- Overnight temperatures can go as low as zero.
- Whatever the month the temperature on the mountain is around 10 degrees lower than the valleys, and the big smoke. That's why we say Mt Buller is even cooler in summer!





MT BULLER

It's great to get away from it all - but not too far! We have the best of both worlds up here. For a small village we've got you covered with some important basics and a few added extras.

FACILITIES INCLUDE:

- Free Wi-Fi
- ATMs
- Post Office
- Visitor Information
- Supermarket and bottle shop, open 364 days!
- Gym and sports centre
- Buller Air Zone indoor tramp and climbing facility, available for groups, functions and parties
- Australia's highest digital cinema
- Cafes, bars and restaurants
- Outdoor tennis court
- Pump track
- National Alpine Museum
- Bike retail, rental and service
- A range of bike friendly accommodation options



MT STIRLING

Experience the simple pleasures of life in the bush and slow right down at Mt Stirling. No TV, no room service - no worries! This off-the-grid location is a natural haven.

FACILITIES INCLUDE:

- Mt Stirling Café at Telephone Box Junction
- Visitor information
- Maps, guide books and souvenirs
- Public shelter including toilets
- Horse yards
- Free camp sites
- Mountain huts for shelter and accommodation

CONTACT

mtbuller.com.au

mtstirling.com.au

1800 BULLER for Accommodation

03 5777 6077 for Information

Download the Mt Buller Live app

