

A man and a woman are hiking on a mountain trail at sunset. The man is standing and looking out over the landscape, while the woman is crouching down, possibly taking a break or looking at something on the ground. The sky is a mix of orange, yellow, and blue, with some clouds. The mountains in the background are silhouetted against the bright sky.

dare  
learn  
**bike**  
*hike*  
*ride*  
*float*  
**gaze**  
**catch**

YOUR 'GET BACK TO NATURE'  
GUIDE TO VICTORIA'S  
HIGH COUNTRY

[victoriashighcountry.com.au/nature](http://victoriashighcountry.com.au/nature)







# LIFE x MORE

There is an essence to Victoria's High Country that makes every experience all the richer.

It's not just the invigorating alpine air. It's not only the physical environment. It's not even the kaleidoscope of colours, aromas and tastes that accompany each changing season.

Instead it's a combination of all these and more.

To explore the many rich nature experiences in the High Country visit [victoriashighcountry.com.au/nature](http://victoriashighcountry.com.au/nature)

## bike

Take a leisurely cycle along country rail trails or mountain bike some rugged single track. Whatever your preferred pace, be sure to factor in a detour at the cellar doors and farm gates you'll pass along the way.



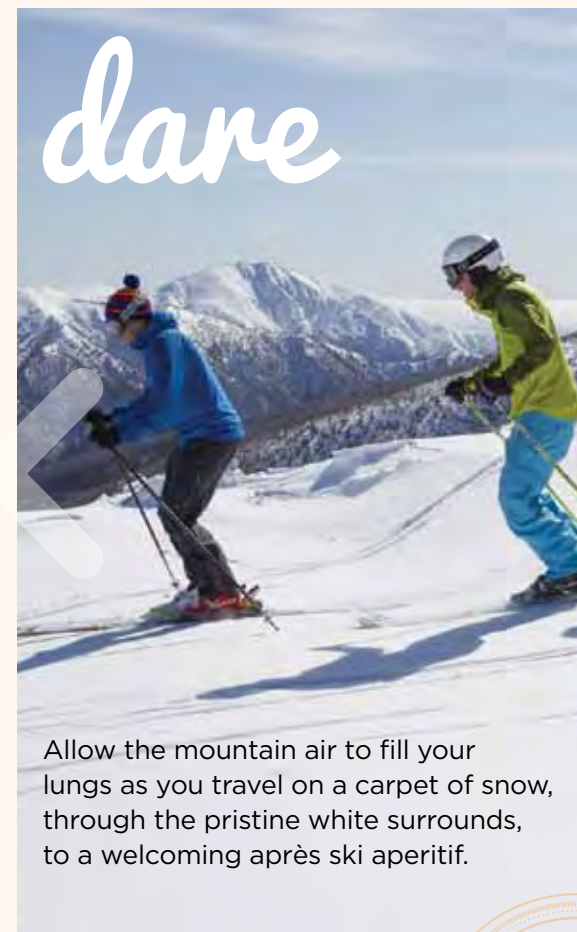
Walking in this haven first became popular with the holidaymakers of the 1920s. Generations later, the trekking tradition continues – always of course with a pack full of local fare.

## hike



## dare

Allow the mountain air to fill your lungs as you travel on a carpet of snow, through the pristine white surrounds, to a welcoming après ski aperitif.



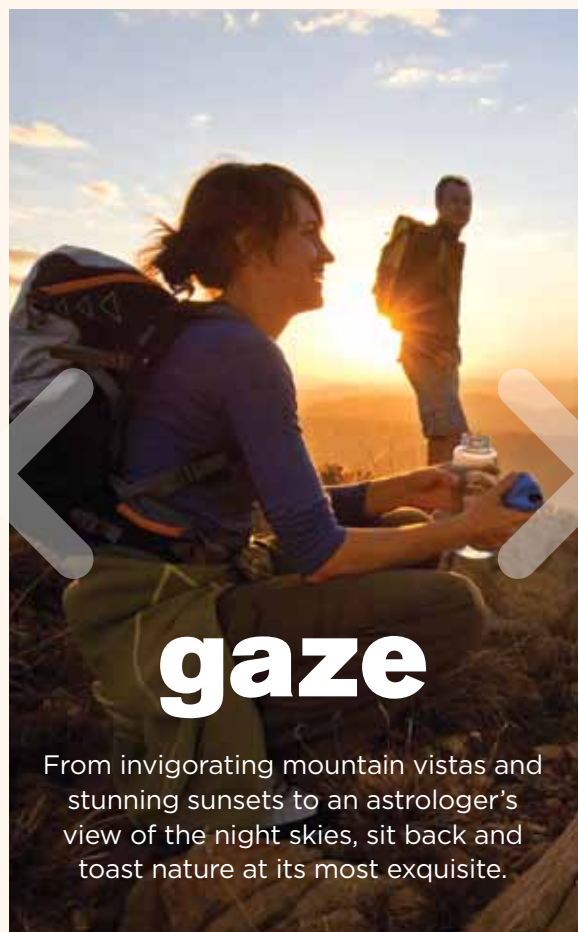
## float

Find yourself a cosy nook on the river to sample the region's finest produce, then watch the world float by as you rediscover the art of conversation.



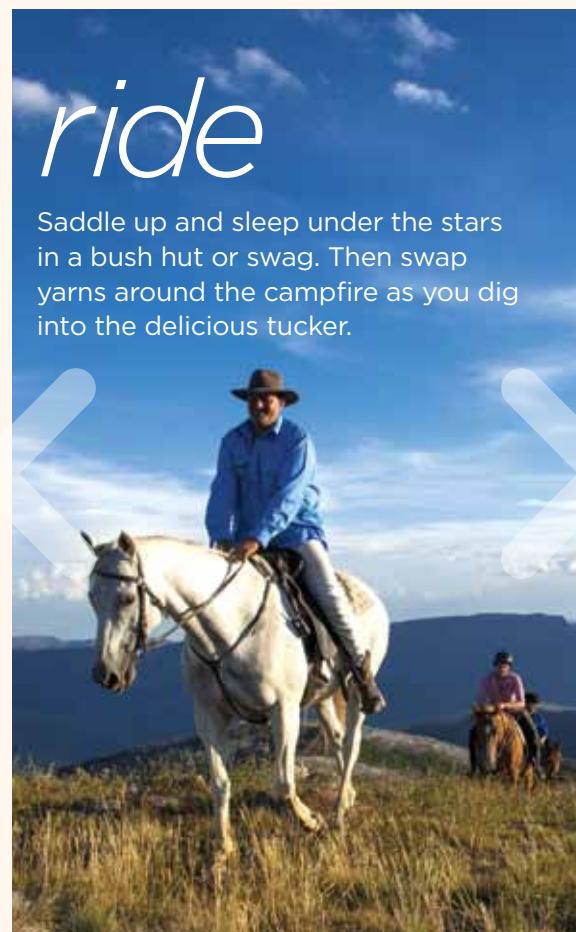
## gaze

From invigorating mountain vistas and stunning sunsets to an astrologer's view of the night skies, sit back and toast nature at its most exquisite.



## ride

Saddle up and sleep under the stars in a bush hut or swag. Then swap yarns around the campfire as you dig into the delicious tucker.



## learn

Let little ones explore nature and the elements first hand, delighting in the many sightings of wildlife, before settling down for a fun family picnic.



## catch

Rolling rivers, flowing streams or still lakes. Cast your line into the crystal-clear waters to catch yourself some trout, then cook up a feast with friends.





# hike

## VIC ALPS AND VINEYARDS

WALKING ✕ FOOD ✕ WINE ✕ HERITAGE

### King Valley

Hike through outlaw country and enjoy Italian hospitality as you get to know the delightful Dal Zottos, one of many families in the area producing exquisite Italian varietal wines. With two experienced guides to lead the way, enjoy abundant dinners and mouth watering picnics en route as you explore the High Country by foot.

*Hedonistic Hiking*  
[hedonistichiking.com.au](http://hedonistichiking.com.au)  
(03) 5755 2307



## FALLS TO HOTHAM ALPINE CROSSING

PERSONAL CHALLENGE  
✕ GOURMET FOOD ✕ ESCAPE  
✕ HIKING ✕ NIGHT SKIES

### Falls Creek—Mt Hotham

Reflect and recharge on a breathtaking three-day, fully supported walk over the magnificent Victorian Alps. See eucalypt-blue ridges, unique flora and fauna and historic cattlemen's huts on your travels and finish each day with delicious gourmet meals and local wine and beer. Gear transported to each campsite.

*Evolve Adventures*  
[evolveadventures.com.au](http://evolveadventures.com.au)  
(03) 9416 2322

*For additional information, map and Crossing highlights, see*  
[victoriashighcountry.com.au/nature/FHAC](http://victoriashighcountry.com.au/nature/FHAC)



## RUNNING WITH ALTITUDE

RUNNING ✕ FAMILY ✕ VIEWS

### Alpine Resorts

Test your stamina on your choice of colour-coded runs, spanning the iconic peaks of Mt Hotham, Dinner Plain, Mt Buller, Mount Buffalo, Mt Baw Baw, Lake Mountain and Falls Creek. With green, blue and black runs on offer, there's plenty to suit keen runners, casual joggers and those just wanting to explore the pristine High Country and escape from summer heat and crowds.

[7peaksrun.com.au](http://7peaksrun.com.au)

## PICNIC AT THE GORGE

PICNIC ✕ WALKING ✕ BEER

### Beechworth

Pack a picnic lunch selected from Beechworth's finest cellar doors and provedores and set off on a 5km hike around scenic Beechworth Gorge. Wander through changing landscapes of bony hills, granite boulders, forested nooks and cascading waterfalls. Cool off in the rockpools, and then finish with a well-earned pint at Bridge Road Brewers.

*For self-guided maps and info visit*  
*Beechworth Visitor Information Centre*  
[beechworthonline.com.au](http://beechworthonline.com.au)  
1300 366 321

## WALK THROUGH THE PAST

PICNIC ✕ WALKING  
✕ INDIGENOUS HERITAGE

### Chiltern Mt Pilot National Park

Take a relaxing 45-minute stroll through tranquil landscapes and delve into the region's rich Indigenous heritage. Pack a family picnic and head to the Chiltern Mt Pilot National Park and follow signs to Yeddonba Aboriginal Cultural Site to learn about the history of the local clans.

*For self-guided maps and info visit*  
*Chiltern Visitor Information Centre*  
[chilternvc.com](http://chilternvc.com)  
(03) 5726 1611

# gaze

## MOUNT BUFFALO PICNICS AND PANORAMAS

HIKING ✕ VIEWS ✕ PICNIC ✕ ABSEILING

### Mount Buffalo

Take in stunning alpine views at Mount Buffalo. Choose a gentle or rigorous hike from over 90km of walking track, then lay out your picnic to incredible views, or leap over the edge of The Gorge on an abseiling tour. Stock up on regional produce in Bright then enjoy the scenic drive up the mountain.

*Self-guided or Adventure Guides Australia*  
[adventureguidesaustralia.com.au](http://adventureguidesaustralia.com.au)  
0419 280 614

## STARRY STARRY NIGHT

HIKING ✕ CAMPING ✕ BIG SKIES

### Bluff Hut near Mansfield

Camp among snow gums and enjoy a Mother Nature-hosted night sky to remember. Trace constellations with star charts from the Mansfield Visitor Information Centre and, next morning, take a stroll to the summit for alpine panoramas, stretching from Mt Buller to Lake Eildon.

*For self-guided maps and info visit*  
*Mansfield Visitor Information Centre*  
[mansfieldmtbuller.com.au](http://mansfieldmtbuller.com.au)  
1800 039 049

## WINTON WONDERLAND

PICNIC ✕ BIRDWATCHING ✕ CANOEING

### Winton Wetlands

Tread the boardwalks or take a canoe through the river red gums, reed beds and mudflats of one of Australia's most dynamic wetlands. Treat the family to a picnic on the foreshore and sign up for a birdwatching tour to discover more than 183 bird species that call the region home.

*Self-guided*  
*Benalla Visitor Information Centre*  
[benalla.vic.gov.au](http://benalla.vic.gov.au)  
(03) 5762 1749

## ITCH TO TWITCH

BIRDWATCHING ✕ NATIONAL PARK

### Chiltern

Make your way out of Chiltern towards the gold rush-era Magenta Mine and treat yourself to a twitcher's expedition to remember. Wander through stringy bark forests and keep your eyes peeled for the rare Regent Honeyeater, Swift Parrot, Turquoise Parrot and Square Tailed Kite.

*For self-guided maps and info visit*  
*Chiltern Visitor Information Centre*  
[chilternvc.com](http://chilternvc.com)  
(03) 5726 1611

## SNOW FREEDOM

SKI ✕ VIEWS ✕ ESCAPISM

### Alpine Resorts

Set off into the wild for an easy-to-learn, peaceful cross-country skiing adventure. Revel in the freedom of backcountry touring on well-groomed, free-to-access tracks at Victoria's alpine resorts. Find yourself surrounded by mountain views and birdsong as you ski from Falls Creek to Mt McKay or take the trail from Mt Hotham to Dinner Plain, capped off with a beautiful lunch in one of the village eateries.

[fallscreek.com.au](http://fallscreek.com.au)  
(03) 5758 1202

[mtbuller.com.au](http://mtbuller.com.au)  
1800BULLER

[mthotham.com.au](http://mthotham.com.au)  
(03) 5759 3550

[visitdinnerplain.com](http://visitdinnerplain.com)

[parkweb.vic.gov.au/explore/parks/mountbuffalo-national-park](http://parkweb.vic.gov.au/explore/parks/mountbuffalo-national-park)

# catch

## HOOK YOUR HUNGER

FLY FISHING ✕ GOURMET FEAST

### Bright

Discover the art of fly fishing in the alpine lakes, mountain streams and mighty rivers that define the region. Learn all about the allure of this peaceful sport on a guided tour with a passionate local expert. Finish up with a magnificent riverside meal using your very own catch and excellent local produce.

*Southern Fly Fishing Adventures*  
[southernflyfishingadventures.com](http://southernflyfishingadventures.com)  
0408 221 161

## ANGLING AT DUSK

FISHING ✕ FAMILY ✕ FOOD

### Stanley

Dangle a line in Stanley's Loch Whamond where the trout swim in abundance. Bring the kids on a fishing trip during the school holidays, when the lake is fully stocked. For best results, cast a line at dusk, and then wrap up with a local brew and fine French fare at The Stanley Pub.

*Self-guided*  
*Recreational fishing licence required*  
*Stanley Pub*  
[thestanley.com.au](http://thestanley.com.au)  
(03) 5728 6502

# bike

## RECHARGE AT DINNER PLAIN

BIKING ✕ SPA ✕ FOOD ✕ WINE ✕ HIKING

### Dinner Plain

Get revitalised at this charming alpine village surrounded by snow gums, whatever the season. Bike or hike along bush trails, explore historic cattlemen's huts or indulge the senses with a massage and magnificent meal. For something unique, take a sled dog tour with a team of gorgeous huskies either in the snow during winter or by dry-land cart in summer.

[visitdinnerplain.com](http://visitdinnerplain.com)

*Australian Sled Dog Tours*

[sleddogtours.com.au](http://sleddogtours.com.au)  
(03) 5159 6517

## PEDAL TO PRODUCE

CYCLE ✕ FOOD ✕ WINE

### Milawa

Find out why the locals love the Wangaratta to Milawa section of the Murray to Mountains Rail Trail. Pedal up an appetite for Milawa's gourmet delights, found at bountiful cellar doors, farm gates and food stores. Return via Everton or detour via the quiet country roads through Eldorado and the Woolshed Valley and back to Wangaratta.

[pedaltoproduce.com.au](http://pedaltoproduce.com.au)

*Wangaratta Visitor Information Centre*

[visitwangaratta.com.au](http://visitwangaratta.com.au)  
1800 801 065

## SUMMER THRILLS AND RIVER SPILLS

CYCLE ✕ LEARN ✕ RIVERS

### Mt Buller

Feel the rush of a high country mountain bike ride with an experienced guide from All Terrain Cycles. Start with a skills session, race down Mt Buller's exhilarating single track and then link in with the fast and flowing double track, complete with river crossings. Finish off with lunch in Mirimbah Park. Return shuttle provided.

*All Terrain Cycles*  
[allterraincycles.com.au](http://allterraincycles.com.au)  
(03) 5775 2724



## BIKE BULLER

MOUNTAIN BIKING ✕ FRIENDS

### Mt Buller

Join avid cyclists, weekend heroes and holidaying families at Mt Buller and experience the exhilaration of biking at altitude. With courses to suit all ages and abilities, there's something for everyone at Mt Buller. Navigate winding cross-country trails, get the adrenaline pumping on downhill courses and test your stamina on the uphill road challenge.

[mtbuller.com.au](http://mtbuller.com.au)  
1800BULLER

*Mansfield Visitor Information Centre*

[mansfieldmtbuller.com.au](http://mansfieldmtbuller.com.au)  
1800 039 049

## LAKE HUME ZOOM

CYCLE ✕ WATER ✕ HERITAGE

### Tallangatta

Discover spectacular Lake Hume on a 33km cycling tour. Kick off at Old Tallangatta and traverse the magnificent shoreline, complete with water crossing on the new 600m Sandy Creek Bridge. Press on to Ebdon for a delicious catered lunch followed up by a visit to the historic Bonegilla Migrant Centre.

*Riding High Bike Tours*  
[ridinghigh.com.au](http://ridinghigh.com.au)  
0402 858 268

## ART ON WHEELS

CYCLE ✕ ART

### Benalla

Make your way around Lake Benalla on two wheels, past majestic red gums and the lush Botanical Gardens. Check out renowned artworks by Sidney Nolan at the Benalla Art Gallery and unwind with the family over a lazy lunch by the lake. Riding at dusk? Look out for the elusive platypus.

*Benalla Visitor Information Centre*  
[benalla.vic.gov.au](http://benalla.vic.gov.au)  
(03) 5762 1749

## RIDING THE RAIL TRAIL

CYCLING ✕ FISHING ✕ WINE ✕ PICNIC

### Rutherglen—Wahgunyah

Ride the 9km, family-friendly stretch of the Murray to Mountains Rail Trail. Start in Rutherglen and cycle along the fully sealed trail past vineyards and pastures. Enjoy wine tasting at cellar doors and collect supplies from The Pickled Sisters Cafe and Indigo Cheese Co. Picnic on the banks of the Murray or try fishing for Murray cod.

*Murray to Mountains Rail Trail Rutherglen to Wahgunyah Section*  
[murraytomountains.com.au](http://murraytomountains.com.au)



dare

SKY HIGH

VIEWS ✕ ROMANCE ✕ BUCKET LIST

Mansfield

Climb aboard a hot air balloon in Mansfield and sail over rugged alpine peaks, high country plains and lush, green valleys. With the humdrum of daily life a distant memory, just relax and watch as the world below becomes a magical mosaic. Wake ahead of the rest of the world and enjoy a hearty country breakfast and glass of bubbly.

Picture This Ballooning  
picturethis.com.au  
1300 872 929

WINTER THRILLS  
AND ALPINE  
VILLAGE LIFE

ESCAPE ✕ SKI ✕ SNOWBOARD

Alpine Resorts

Wax up your skis and snowboards and head to the alpine resorts for some winter thrills. Immerse yourself in the unique winter landscape and breathe crisp, clean air as you carve up the slopes. Then recharge at cosy lodges, renowned restaurants and luxury resorts.

fallscreek.com.au  
(03) 5758 1202  
mtbuller.com.au  
1800BULLER

mthotham.com.au  
(03) 5759 3550

visitdinnerplain.com

FROM  
GREAT HEIGHTS

ADRENALINE ✕ HIKING ✕ ESCAPES  
✕ BEER

Mount Buffalo

Break a sweat on a Mount Buffalo hike, with its sweeping alpine views, waterfalls and wildflowers, then make for Mystic Hill for some of the best paragliding in the land. Soar above Bright and the Ovens Valley on a thrilling glide, then grab the gang and celebrate your perfect day with a perfect ale at Bright Brewery.

Alpine Paragliding  
0428 352 048  
brightbrewery.com.au  
(03) 5755 1301

RIVER DEEP,  
MOUNTAIN HIGH

4WD ✕ HERITAGE ✕ VIEWS

Mansfield

Team up with the adventurous folk at Bush Experiences for a 4WD tour through the spectacular mountain terrain of Victoria's High Country. Travel along rugged trails, cross over crystal-clear rivers and explore historic mining settlements and cattlemen's huts. Join a tour or put together your own custom itinerary. Be sure to include the iconic Craig's Hut and enjoy the view!

Bush Experiences  
www.bushexperiences.com.au  
0408 509 213

learn



BIG SKY, BOLD  
FLAVOURS

SCENIC FLIGHTS ✕ NATURE ✕ WINE

Benalla

Climb aboard a glider at Benalla airport for a scenic flight high in the clouds, and then ease the adrenaline rush with wine and wood-fired pizzas at Baileys. Take a wander through the diverse flora and fauna of Warby-Ovens National Park, before rounding out the day with wine, coffee and cake at Auldstone Cellars.

Gliding Club of Victoria  
benalla.vic.gov.au  
(03) 5762 1058

Bailey's of Glenrowan  
baileysofglenrowan.com.au  
(03) 5766 1600

Auldstone Cellars  
auldstone.com.au  
(03) 5766 2237

ZOO SLEEPOVER

FAMILY FUN ✕ SWAG SLEEPOVER ✕ WILDLIFE

Mansfield

Ever met a white lion? Or had a sleepover with a monkey? Well, now's your chance. Watch the animals get fed before climbing into your swag in the beautiful grounds of Mansfield Zoo. Doze off to the sounds of your new furry friends and wake to stunning views of the mountains.

Mansfield Zoo  
mansfieldzoo.com.au  
(03) 5777 3576

A NIGHT  
IN THE WILD

FOOD ✕ WINE ✕ CAMPING  
✕ INDIGENOUS HISTORY

Yackandandah/Beechworth

Join experienced guides on a fascinating journey into the Australian bush. Camp out overnight, gain insights into the traditional applications of flora and fauna, take part in a spot of yabbing, and learn about the Indigenous culture of the region.

Sticks and Stones Adventures  
sticksandstonesadventures.com.au  
(02) 6027 1483

BUBBLY AND  
BLACKSMITHS

HISTORY ✕ FOOD ✕ WINE

King Valley

Traverse Prosecco Road where six great wineries of the King Valley have come together to create a wine trail experience like no other. Follow it up with a night in the heritage surrounds of Typo Station and learn the long lost art of metal forging to create a memento of your experience.

Evolve at Typo Station  
evolve.org.au  
1300 723 317

REWARD YOURSELF  
AND OTHERS

CONSERVATION ✕ COMMUNITY

Benalla

Catch up with friends, make new ones and help heal the planet all at the same time. Spend a weekend away in the beautiful Lurg Hills, planting trees to restore habitat for endangered species like Regent Honeyeaters and Squirrel Gliders. Be rewarded with free accommodation and a neighbourhood BBQ followed up by a bush dance. Now that's community!

Regent Honeyeater Project  
regenthoneyeater.org.au  
(03) 5761 1515

float

LAUNCH  
OUT ON  
LAKE CATANI

CAMPING ✕ CANOEING ✕ FISHING

Mount Buffalo

Set up camp amid snow gums then venture out to pristine Lake Catani for your choice of water-based revelry. Explore this beautiful, high-altitude lake by canoe and take a swim in its cool, clear waters. While away an afternoon fishing for abundant brown trout from the shoreline or from your canoe.

Campsite bookings:  
parkstay.vic.gov.au  
13 19 63

Canoe hire:  
adventureguidesaustralia.com.au  
0419 280 614

EILDON MAGIC

WATER ✕ BOATING ✕ FAMILY FUN

Lake Eildon

Find a space all of your own in the hidden corners of Lake Eildon's winding waterways. For a spot of fishing and pétanque, settle into lakeside accommodation at Goughs Bay. Take a refreshing dip near the Jamieson Brewery, enjoy a lazy picnic in Bonnie Doon, or rent a houseboat and dream up your own adventure.

Mansfield Visitor Information Centre  
mansfieldmtbuller.com.au  
1800 039 049

MURRAY AND MITTA  
RAFTING GETAWAY

RAFTING ✕ FOOD ✕ LOCAL HERITAGE

Corryong—Dartmouth

Tackle the white water of 'Hells Gates', a famous stretch of the Murray River full of rugged canyons, waterfalls and pristine plunge pools. Recharge with a nighttime feast, high country style, and listen to tales of The Man from Snowy River, then rest up at the iconic Tom Groggin Station.

Rafting Australia  
raftingaustralia.com.au  
1800 997 238



MURRAY  
ADVENTURES

CANOE ✕ WATER PLAY ✕ PUB GRUB

Walwa—Jingellic

Experience the majesty of the Upper Murray River. Hire a canoe at the Upper Murray Resort and set off on a self-guided tour past verdant hills and sandy river beaches. Feeling cruisy? BYO lilo and ride downriver from the Walwa caravan park to Jingellic's Bridge Hotel for pub fare and ice-cold beer.

Upper Murray Resort  
uppermurrayresort.com.au  
(02) 6037 1226

ride

BLAZING SADDLES

HORSERIDING ✕ NATURE ✕ HERITAGE

Mansfield

Saddle up and relive the legend of The Man From Snowy River in Victoria's High Country. Cross over the Howqua River on horseback, dine in an historic cattleman's hut, and get swept up in the rugged alpine scenery that surrounds you. Cap things off with a multi-course degustation dinner and overnight stay in an authentic pioneer homestead.

Watson's Trail Rides  
watsonstrailrides.com.au  
(03) 5777 3552

MUSTERING  
THE BUSH MOB

HORSE ✕ NATURE ✕ NIGHT SKIES

Mansfield

Join high country cattlemen in their mission to 'muster the mob'. Discover pioneer history on horseback while following the Seeforth Station stock route. Sleep under the stars, enjoy bush tucker on the banks of the Howqua River and take in spectacular views across the Great Divide, High Plains and beyond.

Mansfield Visitor Information Centre  
mansfieldmtbuller.com.au  
1800 039 049



ON THE  
PACKHORSE TRAIL

HORSE RIDING ✕ HIGH COUNTRY  
✕ GOURMET FOOD

Travel into spectacular and remote mountain landscapes woven with the rich traditions and culture of the High Country. Traverse the mountains and High Plains, tall forests and wild rivers as done by generations before you. Enjoy beautiful campfire meals featuring home grown produce, local cheese and wine.

Bogong Horseback Adventures  
bogonghorse.com.au  
(03) 5754 4849

CONNECT  
WITH US

victoriashighcountry.com.au/  
nature

f See High Country

ig #seehighcountry



## CONNECT WITH US

[victoriashighcountry.com.au/nature](http://victoriashighcountry.com.au/nature)



See High Country



#seehighcountry



## VISITOR INFORMATION

When visiting the High Country, accommodation can be found through:

BRIGHT & SURROUNDS  
[visitbrightandsurrounds.com.au](http://visitbrightandsurrounds.com.au)  
1800 111 885

BEECHWORTH  
[beechworthonline.com.au](http://beechworthonline.com.au)  
1300 366 321

BENALLA  
(03) 5762 1749

MANSFIELD & SURROUNDS  
[mansfieldmtbuller.com.au](http://mansfieldmtbuller.com.au)  
1800 039 049

RUTHERGLEN  
[rutherglencvic.com](http://rutherglencvic.com)  
1800 622 871

CORRYONG  
(02) 6076 2277

WANGARATTA & SURROUNDS  
[visitwangaratta.com.au](http://visitwangaratta.com.au)  
1800 801 065

**TOURISM  
NORTH  
EAST**

