

JANA'S ASCENT OF RAMS HEAD NSW KOSCIUSKO NATIONAL PARK 8 KM 4 HRS MEDIUM - HARD (630 M ASCENT & DESCENT)
THREDBO- RAMS HEAD-DEAD HORSE LOOP NSW KOSCIUSKO N.P 10 KM 5 HRS MEDIUM - HARD (175 M ASCENT & 755 M DESCENT)

