

PUSH LIMITS, GAIN ALTITUDE, TRAIN IN THREDBO



Australia's premier high-altitude training destination for elite & emerging athletes.

We are part of | **EVT**

TAKE YOUR TRAINING TO NEW HEIGHTS

Located in the Kosciuszko National Park, home of Australia's highest mountain, Thredbo offers your team the opportunity to step beyond the standard sports camp and into the alpine environment – where crisp mountain air, world-class facilities, and dynamic team-building activities create the ultimate environment for growth.

Thredbo training camps offer far more than high performance – they encourage clarity, connection and motivation. It's where the hard work meets fresh perspective, and athletes leave stronger – physically and mentally.

The mountains are a truly unique place to take your team to new heights, with an all-inclusive training camp at Thredbo Alpine Hotel.

"I would always recommend camps to use Thredbo as a premium camp location. Through you guys, it provides everything that a sporting group could ever want."

– Brumbies Rugby Union Club



Brumbies Rugby Union Club Pre-Season Training Camp

ADVENTURE & FITNESS AT 1930-METRES



Thredbo Alpine Hotel,
located in the heart of the village

Canberra	2.5hrs
Sydney	5.5hrs
Melbourne	7hrs



TAKE YOUR TEAM TO THE TOP



TRUSTED BY AUSTRALIA'S BEST

From national sporting bodies to elite clubs, performance squads and school programs – Thredbo has become a training destination of choice for those chasing serious results.

With tailored packages, world-class facilities and the natural advantages of altitude, it's no surprise that Australia's top teams return again and again.

"I just wanted to take a moment to express my gratitude for all your hard work in co-ordinating our booking at your end. You are all so lovely and accommodating, and I cannot thank you enough for making everything run so smoothly. Your attention to detail and hospitality truly makes all the difference, and we couldn't have asked for better support."

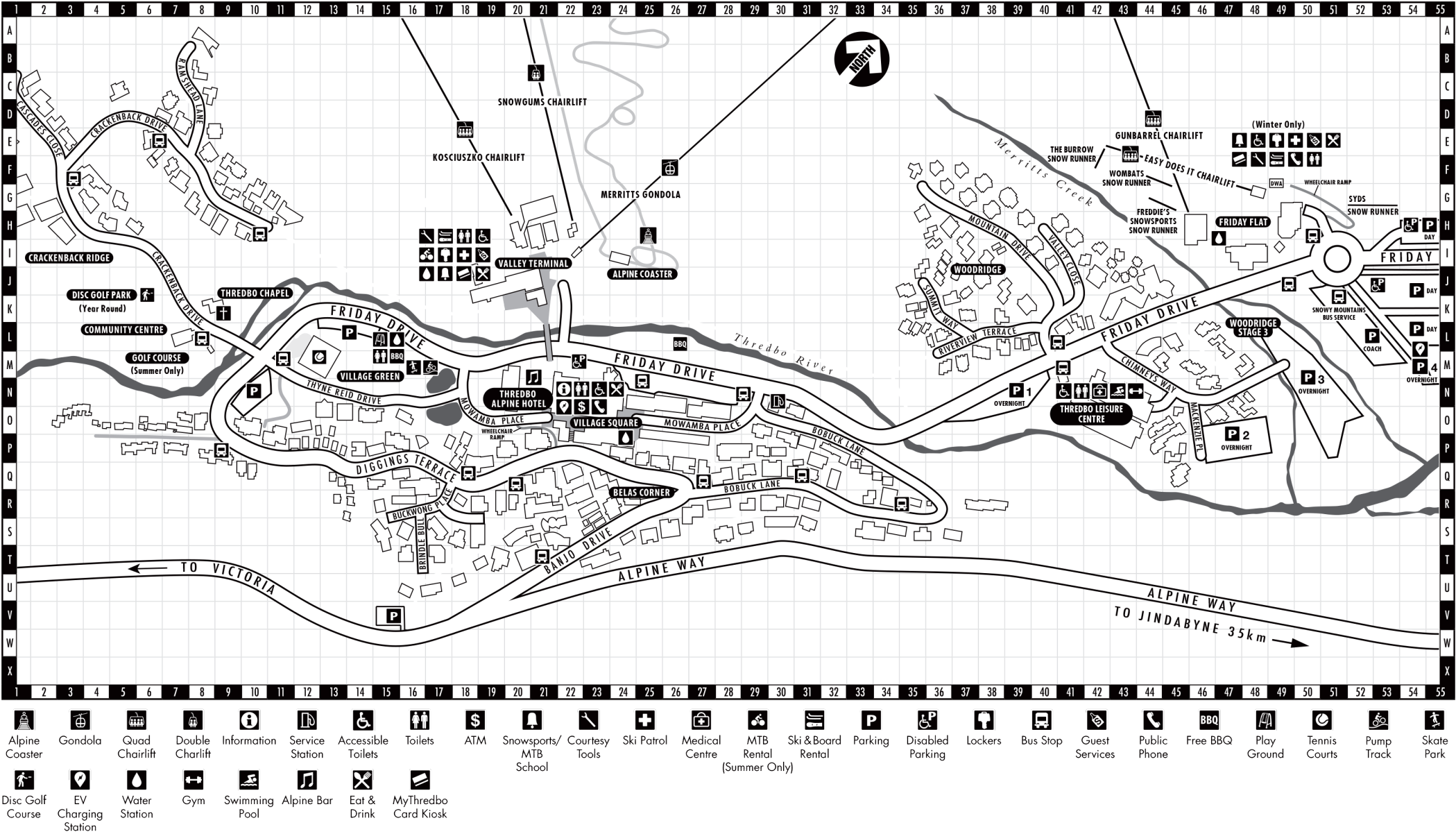
– Natalie

Whether you're preparing for nationals, building pre-season foundations or strengthening team culture, Thredbo delivers a high-impact training environment that meets your goals.

THE CHOICE OF ELITE ATHLETES & COACHES



VILLAGE GUIDE



TRAIN WHERE THE AIR IS THINNER, & RESULTS RUN DEEPER

With the village sitting at 1,360-metres above sea level and summer chairlift access reaching 1,930-metres, Thredbo is Australia's premier high-altitude training location. From the top of the Kosciuszko Chairlift, Thredbo provides fast access to a range of alpine trails for all abilities, as well as the summit trail to Mt Kosciuszko – Australia's highest peak.

Training in this environment can trigger powerful adaptations, from increased red blood cell production to improved VO₂ max and endurance – making it a proven edge for elite athletes and development squads alike.

Combine these natural advantages with Thredbo's state-of-the-art indoor and outdoor facilities, and you've got the perfect setting to push both body and mindset to new heights.

LIFT PASS DISCOUNTS

All Sports Package guests enjoy discounted lift passes – ideal for team exploration days, scenic alpine access, or active recovery sessions – making it easy to maximise training at altitude.

THREDBO LEISURE CENTRE WORLD-CLASS TRAINING, ALL UNDER ONE ROOF

50M & 25M INDOOR SWIMMING POOL

Designed with flexibility in mind, the Thredbo leisure centre pool is purpose-built to support both high-performance training and recovery. Featuring four 50-metre lanes and four 25-metre lanes, it can accommodate focused squad training, varying session plans, and different intensity levels at the same time.

The pools are heated for year-round use, ensuring comfort and consistency whether you're running early-morning endurance sets, refining technique, or completing low-impact recovery work after a demanding day on the mountain. It's an environment that inspires focus and allows athletes to get the most out of every session – whatever the season.

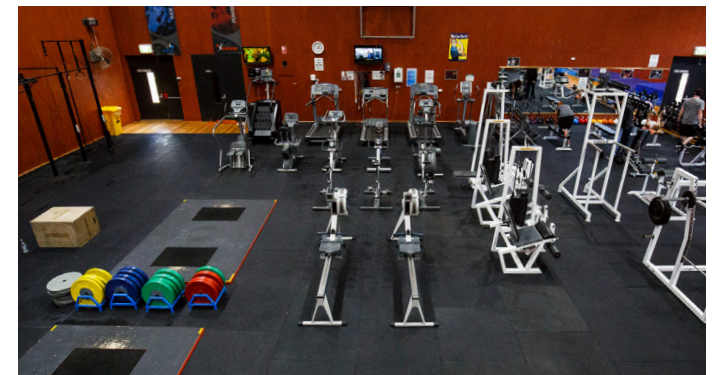
GYM & WEIGHTS TRAINING

Train harder, recover smarter – at 1,360-metres above sea level.

Our fully equipped gym includes:

- Pin and plate-loaded Calgym machines
- Free weights and lifting platforms
- Functional training station and TRX suspension
- Cardio zone with treadmills, spin bikes, rowers, and ellipticals
- Boxing area with bags and gloves

Group training sessions and PT-led workouts can also be arranged.



THREDBO LEISURE CENTRE WORLD-CLASS TRAINING, ALL UNDER ONE ROOF

INDOOR SPORTS HALL & MOVEMENT ZONE

Thredbo's Indoor Sports Hall is a multi-court facility designed for versatility, movement, and team interaction. Whether you're running drills, setting up an evening comp, or cross-training with a twist, this is where structured training meets active recovery – and a little fun.

What's possible in this space:

- Indoor court sports: Basketball, netball, soccer, pickleball, and more
- Squash court for high-intensity individual or partner training
- Bouldering wall with beginner to advanced routes for strength and focus
- Multi-purpose zone: Ideal for mobility, yoga or recovery sessions
- Zero Gravity trampolines with Olympic trampolines, Supertramp, and airbag landing for agility, coordination and freestyle fun

This dynamic space adapts to your program's goals – whether its serious work, light-hearted team building or recovery through movement.



PURPOSEFUL PLAY & PERFORMANCE RECOVERY

TRAIL RUNNING & ALTITUDE HIKES

Take your team beyond the gym and onto the trail. With routes ranging from moderate climbs to challenging ascents, athletes can train in mid to high-altitude zones across Thredbo's expansive network.

Highlights include:

- **Mt Kosciuszko Summit Walk** – Conquer Australia's highest peak
- **Main Range Hike** – Technical, endurance-focused challenge
- **Riverside & Merritt's Trails** – Scenic recovery or stride-efficiency runs

Whether it's a team bonding hike or a solo pre-breakfast tempo run, the benefits of training in thin air are undeniable.

ALPINE YOGA & MOBILITY SESSIONS

Balance intensity with intention. Our local instructors deliver yoga and mobility sessions tailored specifically to athletes – perfect for enhancing flexibility, reducing injury risk, and promoting recovery.

Session styles:

- Hatha (active stretch and breathwork)
- Yin (deep release for tight muscle groups)
- Flow & mobility (sports-specific movement prep)

Available riverside or indoors by request.



PURPOSEFUL PLAY & PERFORMANCE RECOVERY

ALPINE GOLF & TENNIS

Active recovery doesn't need to be passive. Enjoy a casual 9-holes on Australia's highest golf course, where wildflower-lined fairways and stunning scenery set the tone for a relaxed team session.

Prefer to keep the energy up? Thredbo's floodlit tennis courts are ideal for evening competitions or playful cross-training.

ALPINE COASTER – TEAM BONDING WITH ADRENALINE

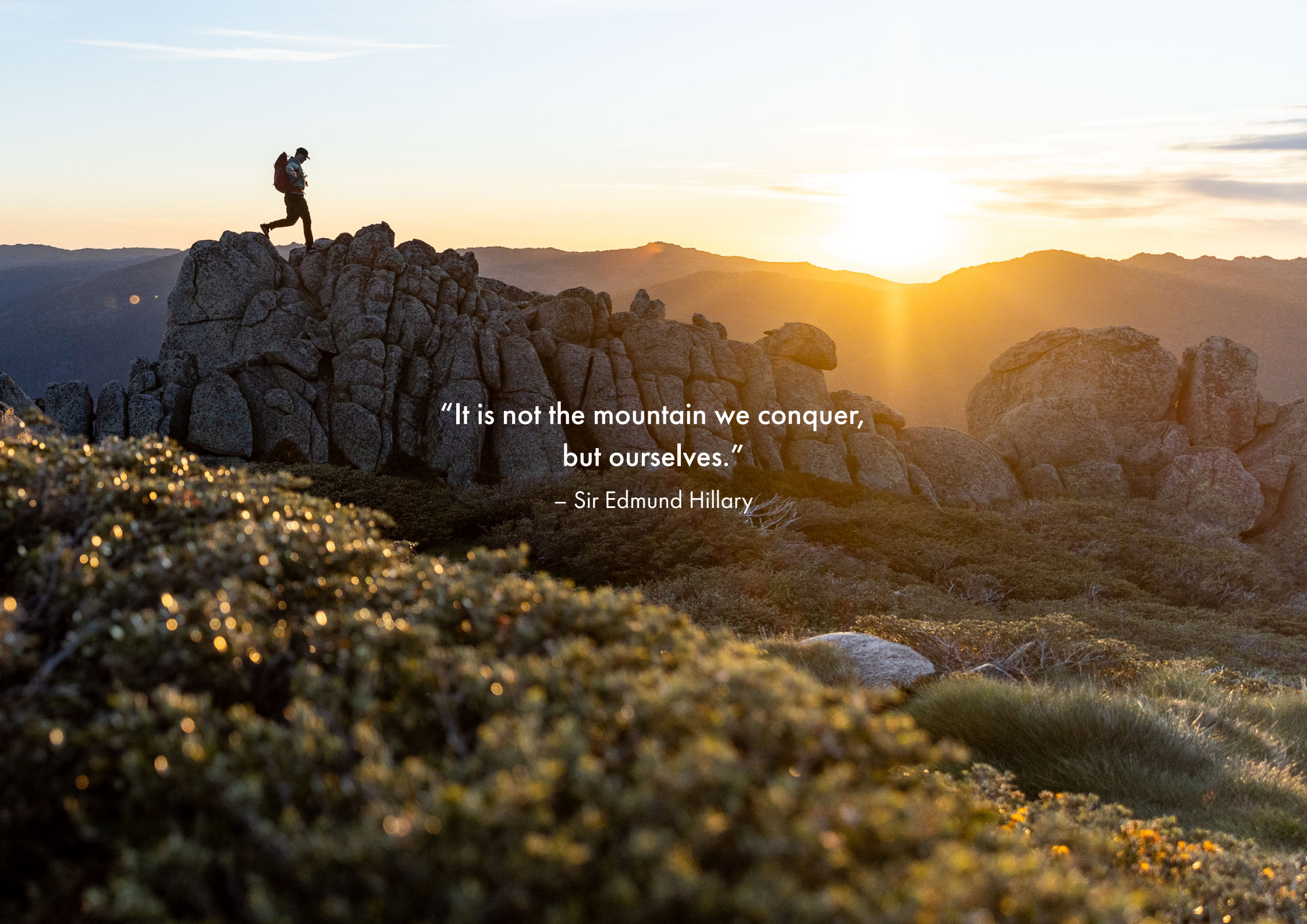
Australia's first year-round Alpine Coaster delivers a thrilling ride through the mountain landscape. Athletes control their speed over 1.5km of tunnels, bridges, and turns – making it an exciting team activity that rewards focus, control, and just a bit of adrenaline.

OPTIONAL ADD-ONS & LOCAL ADVENTURES

Talk to us about custom add-ons to help round out your training program:

- Guided alpine skills or navigation walks
- Cold water recovery sessions at Lake Jindabyne
- Team challenges or Amazing Race-style activities
- Downhill MTB intro or Thredbo Valley Trail shuttle rides (off-season only)





"It is not the mountain we conquer,
but ourselves."

– Sir Edmund Hillary

ELITE SPORTS PACKAGE

ALL-INCLUSIVE, HIGH-ALTITUDE TRAINING BUILT FOR PERFORMANCE

Designed for high-performance teams and individual athletes, the Elite Sports Package delivers everything needed to train, recover and reconnect – all in one place, and at altitude

This is the ultimate pre-season basecamp or in-season high-performance camp, tailored to your sport, your goals, and your group.

WHAT'S INCLUDED

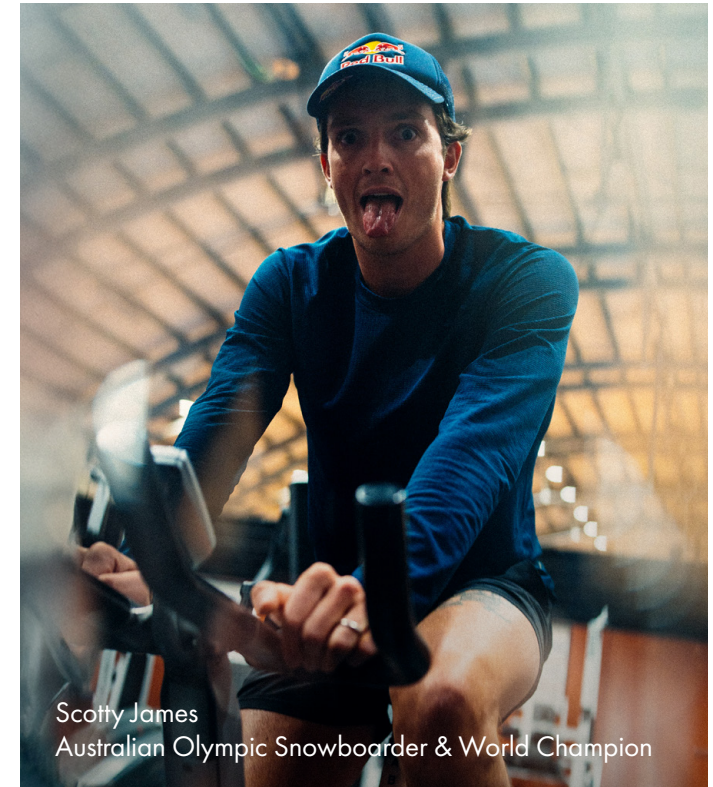
Accommodation at the Thredbo Alpine Hotel (single, twin or triple share).

Breakfast, lunch, and 3-course dinner from our athlete-friendly Sports Group menu.

Daily access to Thredbo Leisure Centre, including:

- 2 x 2-hour swim sessions in 50-metre or 25-metre pool
- Unlimited gym access
- Use of indoor sports hall, squash court, and climbing wall
- Access to the Village Green playing fields

Optional upgrades: Alpine recovery activities, yoga sessions, trail guides, performance room access



Scotty James
Australian Olympic Snowboarder & World Champion

FUEL FOR PERFORMANCE

Catering for your team is as important to us as the training itself. Our chefs work with you to create athlete-focused menus that meet nutritional needs and cater to all dietary requirements – ensuring every meal helps your team recover, refuel, and perform at their best.



THREDBO ALPINE HOTEL

The Thredbo Alpine Hotel is located in the heart of Thredbo Village, just metres from the base of the Kosciuszko Express Chairlift.

This is a historic property with an alluring sense of alpine culture – it has great character, charm and warmth.

Offering 63 rooms with, single, twin and triple share options, the rooms are comfortable and cosy.



ACCOMMODATION FEATURES

- Sauna
- Wi-Fi
- Guest laundry
- On-site parking
- Room service
- Complimentary movies
- 24 hour reception
- In-house massage



THREDBO ALPINE APARTMENTS

Thredbo Alpine Apartments offering fully self-contained one, two and three bedroom apartments.

Each apartment has everything you need for a self-catered stay, including full kitchen, living room and private bathrooms. Most Thredbo Alpine Apartments have balconies with superb mountain views, just a short stroll away from the lifts, leisure centre and food and beverage outlets.



ACCOMMODATION FEATURES

- Wi-Fi
- Guest laundry
- On-site parking
- Smart TV
- 24 hour reception in the Thredbo Alpine Hotel



EXAMPLE ITINERARY

4-DAY SCHOOL SWIM

DAY 1

2:00pm	Arrive and check-in	Thredbo Alpine Hotel
4:00 – 6:00pm	Pool session	Thredbo Leisure Centre
7:00pm	Dinner	Pub/Bistro

DAY 2

6:00 – 8:00am	Pool session	Thredbo Leisure Centre
8:30am	Breakfast	Cascades Restaurant
9:30am	Kosciuszko summit walk	Mt Kosciuszko
12:00pm	Packed lunch	Mt Kosciuszko
4:30 – 6:30pm	Pool session	Thredbo Leisure Centre
7:00pm	Dinner	Pub/Bistro
8:00pm	Team meeting	Townsend Room

DAY 3

6:00 – 8:00am	Pool session	Thredbo Leisure Centre
8:30am	Breakfast	Cascades Restaurant
11:00 – 12:00pm	Stretch	Pub/Bistro
12:30pm	Lunch	Pub/Bistro
1:00 – 4:00pm	Golf, tennis or Alpine Coaster	Thredbo
4:30 – 6:30pm	Pool session	Thredbo Leisure Centre
7:00pm	Dinner	Pub/Bistro

DAY 4

6:00 – 8:00am	Pool session	Thredbo Leisure Centre
8:30am	Breakfast	Cascades Restaurant
11:00 – 2:00pm	Lake activities – packed lunch	Lake Jindabyne
9:00pm	Arrive home	

5-DAY CYCLE TEAM

DAY 1

12:00pm	Arrive and check-in	Thredbo Alpine Hotel
12:30pm	Lunch	Pub/Bistro
1:30 – 4:30pm	Gym session	Thredbo Leisure Centre
6:00pm	Dinner	Cascades Restaurant

DAY 2

7:30am	Breakfast	Cascades Restaurant
10:00am	Road ride to resort	
2:00pm	Lunch	Pub/Bistro
6:00pm	Dinner	Cascades Restaurant

DAY 3

7:30pm	Breakfast	Cascades Restaurant
8:30am	Road ride to Dalgety	Alpine Way
12:30pm	Lunch	
1:30 – 2:30pm	Pool recovery	Thredbo Leisure Centre
6:00pm	Dinner	Cascades Restaurant

DAY 4

7:30pm	Breakfast	Cascades Restaurant
8:30 – 10:30am	Rollers, monitoring and mobilisation	
12:30pm	Lunch	Pub/Bistro
1:30 – 4:30pm	Gym session	Thredbo Leisure Centre
6:00pm	Dinner	Pub/Bistro

DAY 5

7:30am	Breakfast	Cascades Restaurant
8:00am	Check-out	Thredbo Alpine Hotel
	Road ride to Corryong	



Rackley Swim Team Training Camp

EXAMPLE ITINERARY

5-DAY PERFORMANCE TRIATHLON TRAINING SQUAD

DAY 1

12:00pm	Arrive and check-in	Thredbo Alpine Hotel
2:30pm	Run*	See options
5:00pm	Swim	Thredbo Leisure Centre
7:00pm	Dinner	Cascades Restaurant

DAY 2

1:00pm	Road ride	Thredbo – Jindabyne return
5:00pm	Swim	Thredbo Leisure Centre
7:00pm	Dinner	Pub/Bistro

DAY 3

7:00am	Breakfast	Cascades Restaurant
9:00am	Ride*	See options
3:00pm	Lunch	Packed lunch
5:30pm	Pool recovery	Thredbo Leisure Centre
8:00pm	Dinner	Cascades Restaurant

DAY 4

7:00am	Breakfast	Cascades Restaurant
8:00am	Ride*	See options
2:00pm	Run off bike	Thredbo Alpine Village
3:00pm	Lunch	Packed lunch
5:30pm	Swim	Thredbo Leisure Centre
8:00pm	Dinner	Cascades Restaurant

DAY 5

7:00am	Breakfast	Cascades Restaurant
8:00am	Check-out	Thredbo Alpine Hotel
9:00am	Ride*	See options
2:00pm	Swim	Lake Jindabyne
3:00pm	Depart	



Athletics Australia Olympic Walk Team Training Camp (Tokyo 2020 Olympic Games)

WRAP UP

ALTITUDE SHARPENS THE BODY. THREDBO SHARPENS THE TEAM.

At Thredbo, training camps go beyond reps and routines. They're a chance to break away from the everyday and push athletes – mentally and physically – to new heights.

Here, the environment challenges and supports in equal measure. Crisp alpine air sharpens focus. Altitude builds endurance. The mountain becomes both a training partner and a proving ground.

Whether you're preparing for peak performance, building team foundations, or offering young athletes an unforgettable development experience, Thredbo delivers. Every session, every step, every summit – designed to elevate your team.

GET IN TOUCH

LET'S TAKE YOUR TRAINING FURTHER. MAKE THE MOUNTAIN PART OF YOUR JOURNEY.

Our dedicated and experienced Conferencing & Events team are here to support you from booking to staying and training with us.

Get in touch today to see how we can get your team to Thredbo.

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