

MT ST GWINEAR TO MT BAW BAW

WALK 5

Distance 15 km

Duration 5 hours

Grading Medium



Walk Description

The Baw Baw Area features extensive sub alpine woodlands dominated by Snow gums with an understory of Muellers bush-pea, Alpine Pepper and Dusty Daisy-Bush. The wet alpine heath and thick spongy beds of sphagnum moss surround clear pools of water. In season these heathlands provide a spectacular display of wildflowers. Mount Baw Baw is also the home of the critically endangered Baw Baw Frog (*Philoria Frsti*) a small brown frog with unwebbed toes. Only about 750 survive.

Starting at the car park follow the main ski trail up to the summit of Mt St Gwinear (1514metres) where good views of the alpine country to the east and the valley to the south can be had. Continue on to the junction with the Australian Alps Walking Track at the rock shelter. Turn right here towards Mt St Phillack summit (1565 meters, rock slabs and a stone cairn) and keep going to the next junction where the Australian Alps Walking Track heads to Mt Whitlaw. Keep left here and climb up and down and cross the West Tanjil Creek. Continue on towards Baw Baw. You come out at a major junction with multiple signs. Turn right and head to McMillan's Flat where lunch can be taken at the picnic tables. Return by the same route until just before Mt St Gwinear where you will come across a wide grassy track (ski trail with snow poles) on your left. Follow this around the side of Mt St Gwinear until you rejoin the main trail. As you follow the main trail keep a look out for a small track of to the right. Turn down this and follow it back to the car park through a wooded area. This walk is in Alpine country where the weather can change suddenly. Walkers should carry equipment for all types of conditions as well as water.

Getting to the Start

Travel approximately 18 km up the Thomson Valley Rd to the Mt St Gwinear Road (on your left) and another 5 km through delightful forested country to reach the car park.



The Rock Shelter