

8 DAYS / 7 NIGHTS **TASMANIA** Cradle Huts >>> Overland Track

WITH CAMPERS' CORNER

DAY 1 WELCOME TO LAUNCESTON

Upon arrival into Launceston, the northern gateway of Tasmania, you will be transferred to your accommodation. Rest of the day is free for you to explore the city.

Overnight: Sebel or similar

DAY 2 WALDHEIM – BARN BLUFF HUT

<12 km, 7 hours walking> (Lunch / Dinner)

This morning, check out of your accommodation and be ready at 6.40am for your transfer to Walkers' base at Quamby Estate for briefing at 7.20am.

After a gear check and introductions, we journey to Waldheim in Cradle Valley. On the summit of Cradle Mountain in 1910, Austrian-born Gustav Weindorfer proclaimed, "This must be a national park for the people for all time." It's fitting our journey begins at Waldheim in Cradle Valley, where Weindorfer's story is told. We set off on the track, venturing through ancient temperate rainforest, passing the dramatic glacially-carved Crater Lake.

We climb the steepest section of the whole Overland Track today fuelled by a hearty lunch. Reaching Marion's Lookout (1250m) takes about an hour, with steps leading through steeper sections. The reward, providing weather conditions allow, is staggering views of Cradle Mountain and Dove Lake. Every uphill step is worth it.

We continue around the base of Cradle Mountain along the edge of a spectacular glacial cirque before dropping into Waterfall Valley. Our private hut awaits, beneath towering Barn Bluff, having completed the steepest part of your journey (excluding side trips). It's a welcome retreat after several hours walking over exposed alpine plateau where some days the wind howls – a reminder of nature's power.

DAY 3 BARN BLUFF HUT – PINE FOREST MOOR HUT

<12 km, 6 hours walking >

(Breakfast / Lunch / Dinner)

Today we'll be walking across plains where glaciers once rested, slowly moving and scouring out shallow tarns. Although an undulating trek with a few sections of exposed moorland, there are no significant climbs today. We take our time venturing across vast button grass plains where ancient pencil pines fringe alpine tarns. Rising from the moors, the peaks of Cradle Mountain and Barn Bluff are behind us. Look ahead, and the stately Mt Pelion West comes into view.

Those looking for additional challenge today can take a side trip to Lake Will. Hugged by pencil pines and with its narrow quartzite sand rim, Lake Will is striking. Keep an eye out for gravel mounds along the way, remnants of Joseph Will's coal mining efforts in the 1890s.

This evening, at Pine Forest Moor Hut, enjoy our outdoor dining setting with views out to Mt. Oakleigh in fine weather.

DAY 4 PINE FOREST MOOR HUT – PELION HUT

<10 km, 5 hours walking >

(Breakfast / Lunch / Dinner)

This morning we venture through gorgeous myrtle-beech rainforest as we descend around the base of Mt Pelion West, down to the Forth River before it plunges into Lemonthyme Valley. We'll

take a break at Frog Flats beside the Forth River, which happens to be the Overland Track's lowest point.

From here, it's a gentle ascent back out of the valley. We leave thick Eucalypt forest behind as the trees part to reveal Pelion Plains. Uninterrupted views of Mt Oakleigh's dolerite spires now come into play.

The Pelion Plains area offers a host of side trips, hugged by mountainous terrain. There are excellent swimming holes, peaceful nooks to rest and abandoned copper mines to explore. Come nightfall, we'll be nestled amongst dry sclerophyll forest at Pelion Hut.

DAY 5 PELION HUT - KIA ORA HUT

<7 km, 4-9 hours walking> *Optional 5 hrs

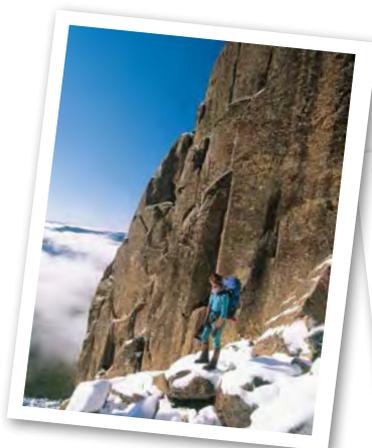
side trip to Mt Ossa

(Breakfast / Lunch / Dinner)

Today begins with a climb of almost 300m to Pelion Gap through beautiful rainforest. Pelion Gap is a plateau stretching between Mt Pelion East and Mt Ossa, affording fantastic views to the south as well as back to the north.

There's plenty of time for side trips from Pelion Gap including the option to summit Mt Ossa. At 1617m, it is Tasmania's highest peak. There are other less challenging climbs, including Mt Pelion East.

From Pelion Gap it's a further two hours of gentle downhill to the hut. Today, choose to keep things relaxed or challenge yourself to stand atop the island's highest point. Once we arrive at Kia Ora Hut, enjoy a Tasmanian drop with spectacular views out to Cathedral Mountain.



DAY 6 KIA ORA HUT – WINDY RIDGE HUT

<9 km, 4 hours walking >
(Breakfast / Lunch / Dinner)

This day is about icy-flowing waterfalls. We depart Kia Ora hut and walk about an hour to Du Cane, where a 1910-built hut remains from the long-gone days of animal trapping. Du Cane Hut is a fine spot to rest, surrounded by native gardens and overlooked by the spectacular Du Cane Range.

From here, we wander through some of the oldest forest in the National Park, with King Billy pines as much as 2000 years old. Now, we are above the Mersey River, which descends deeply northward towards Bass Strait, spilling down cliff faces.

There are three major sets of waterfalls in the area. We aim to visit one or more of these, choosing the best to have lunch beside depending on conditions. During the afternoon, we make our way over Du Cane Gap, then descend beside the spectacular Falling Mountain to Windy Ridge Hut. Tonight is a celebratory one, our last evening on the track.

DAY 7 WINDY RIDGE HUT – LAKE ST CLAIR – LAUNCESTON

<9 km, 3 hours walking >
(Breakfast / Lunch / Snacks)

Our destination today is Australia's deepest natural lake – Lake St Clair – shaped by glaciations over two million years. Birdsong helps us along this final day as we walk mainly through flowering dry sclerophyll forests.

We arrive at Narcissus at the northern end of Lake St Clair in time for lunch, before boarding the Idaclair cruise boat for a spectacular 17km cruise back to Cynthia Bay. There's typically around half an hour to look around the Visitor Centre here.

The return trip to Quamby Estate is through the trout fishing mecca of the highland lakes, descending the rugged Western Tiers. We'll cross the broad plains of the Northern Midlands, passing through the rural townships of Cressy and Longford.

You will be transferred back to your accommodation in Launceston, arriving in the evening.

Overnight: Sebel or similar

Option to transfer from Lake St Clair to Hobart including replacing 1 night post accommodation to Hadleys Orient or similar at A\$230 per person with breakfast (Twin or Triple / Minimum 2)

DAY 8 DEPARTURE

Free to explore till your departure transfer to airport or extend your stay.



8 days / 7 nights Price per person in AUD	30 Sep – 8 Dec 2017	9 Dec 2017 – 30 Mar 2018	31 Mar – 30 Apr 2018
Twin or Triple (min 12 years old)	A\$3 250	A\$3 600	A\$3 250

Note: Single travellers may be required to share a twin room with another walker. To guarantee a single room for the duration of the walk a supplementary price of 75% of full fee of the walk plus 2 nights pre and post accommodation will apply. This needs to be requested at the time of booking. Launceston stay surcharge & date: A\$20 per person on 25 & 31 Dec 17, 10-12 & 17 Feb 18 / A\$50 per person on 20-21 Feb & 28-31 Mar 18

Price includes

- Return transfers between Launceston airport and accommodation
- Return transfers between Launceston and the walk base
- 1 night pre and 1 night post accommodation at Sebel Launceston or similar
- Accommodation each evening in one of five private Cradle Huts - twin share (5 nights)
- All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- National Park and Overland Track passes
- Boat transfer across Lake St Clair (on Day 6 of the Six day walk only)
- Use of a backpack and Gore-tex jacket for the duration of the walk
- Sleeping bags, pillows and a comfortable mattress at each hut
- Sleeping sheet and pillowcase to carry with you
- Two qualified guides for the duration of the walk

Price excludes

- Airfare
- Meals not specified in the itinerary
- Travel insurance
- Personal incidental



Recommended Clothing & Equipment *by*



MARMOT MINIMALIST JACKET/PANTS

Highly compressible, & completely waterproof, this GORE-TEX® Paclite® jacket and pant will bring you to the ends of the Earth and back again in style. Paired with our Minimalist Jacket, you've got outstanding neck-to-ankle hard shell protection that packs down to nothing!



MARMOT SCREE PANTS

The Scree is a light-weight, versatile softshell pant that excels for everything from spring ski tours to mid winter climbs. It is water repellent & breathable. 3 Zippered pockets help to keep things safe in pockets while the ankle zippers ends the pants fit over boots comfortably.



MARMOT RANDONNEE GLOVES

Tough leather reinforcement, Thermal R® insulation and the industry's best GORE-TEX® insert have made the Randonnee one of our most beloved gloves among skiers and guides. Dexterous Falcon Grip precurved fingers and gauntlet quickdraw one-handed drawcord keep hillside fumbling to a minimum.



ARC'TERYX SATORO AR ZIP LS BASE LAYER TOP

Leveraging the advanced fabric technology of Nuclix™ STR 180 Merino wool, the Satoro AR Zip Neck is a women's midweight baselayer designed for prolonged backcountry use. Nuclix™ yarn is created by wrapping Merino fibres around a nylon filament. With the Merino next to the skin, it offers the natural comfort and odour resistance of wool, but with nylon's increased durability. The tall collar adds warmth, and the deep V-neck unzips for rapid ventilation.



MARMOT GRAVITON 38

When you load this pack up and slide it on, you'll understand why hikers gravitate towards our Graviton series for multi-day hikes. This pack is built for high comfort level with a ventilated airflow suspension, tubular aluminium frame and a horde of functional features such as removable top if with zippered pocket & key clip, hydration/ water bottle pockets, trekking pole attachment & adjustable side & bottom compression straps. Best of all, it is designed to efficiently carries (and fits) all your essential gear.



LOWA RENEGADE MID GTX® HIKING BOOTS

This style is a classic among multi-functional boots, thanks to its stable upper of nubuck leather and an innovative sole construction. It can be called into duty for a wide variety of needs yet is outstandingly suitable for hikes on groomed trails. The GORE-TEX® lining keeps the boot absolutely waterproof and offers the best and most comfortable temperature regulation.



CAMPERS' CORNER TELESCOPIC CARBON TREKKING POLE

Give support & provide additional stability while trekking, less stress on the knee.



CAMPERS' CORNER GAITERS

A full height form fitting gaiters made from Condura with eVent® waterproof breathable fabric, this gaiters are perfect for wet & snow walking.



MARMOT AMA DABLAM JACKET

Excellent warmth to weight ratio. This 800 filled goose down jacket is extremely packable and best solution for harsh weather when layered correctly.





WALK INFORMATION

Weather

The weather is one of the attractions in this World Heritage Area. As in all mountainous regions, conditions change rapidly and snow is likely and heavy snow, sleet and ice is possible. Our gear list is designed with your comfort and safety in mind so if you follow it, you will be prepared for variations in weather and able to enjoy the many moods of this wild region.

What is provided during the walk?

- A high quality 50 litre canvas pack, waterproof walking jacket, sleeping bag and liner, foam mat and either crampons or chains are provided for the duration of the walk – these items you will carry each day. Snow shoes will be provided if weather forecasts necessitate; if required they will be provided for you at our walkers' base on day one.
- Pillows and comfortable mattresses are provided in each hut
- Sunscreen, after-sun care, insect repellent and sorbolene-based skin moisturiser are available in each hut. We still recommend you bring a small amount with you for use on the track.

Terms and Conditions

All prices quoted are per adult in Australian Dollars, based on ground content (excluding airfares and taxes), correct at the time of printing. Prices are subject to change without prior notice. Hotel seasonal surcharges, blackout dates, supplements and minimum night stay apply, details on applications. Booking is subject to confirmation, minimum numbers is required per departure and other terms and conditions apply.

Photos courtesy of Tasmanian Walking Company, Tourism Tasmania and Campers' Corner

- We also provide biodegradable soap that is suitable for our eco-friendly grey water systems. Please avoid bringing your own soaps, shampoos and conditioners (unless prescribed for medical reasons), as standard products are not designed for use in these sensitive wilderness areas.

Fitness requirements and track conditions

- As long as you exercise regularly, are capable of walking an average of 10 km for six consecutive days, and are comfortable with varied terrain, you'll be fine!
- There are obviously steep sections, however this is part of the whole experience. Each day, there is plenty of time to sit and rest as well as explore, so you won't feel rushed.
- If you are interested in doing more of the side trips (such as Mt Ossa), you may want to partake in extra training to accommodate the additional challenge.
- Availability of side trip options along the walk and time allocations between huts will vary significantly dependent on weather and on ground conditions.
- Along the Overland Track, you will be walking on some boardwalk, over rocky trails and through rainforest.

The trail can be quite rugged underfoot and muddy in sections. It is therefore essential that you have good lace-up walking boots, with treaded soles and firm ankle support.

How much weight do we carry?

- On the morning of your departure, the guides will carry out a thorough gear check to ensure you have suitable gear and help you reduce pack weight.
- If you adhere to our gear list (see below), your pack will likely weigh between 8.5 and 9.5 kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 7.5 kg.
- The pack and Gore-tex jacket that we provide have a combined weight of 2.5 kg, leaving 5- 7 kg for your personal items.

What do we carry?

Each person must carry their lunch, wet weather gear, 1 set of warm clothes (evening hut wear), lightweight indoor footwear, thermals, small torch, spare batteries or USB power cord for camera plus any extras such as bathers and small mirror if you wear contact lenses. For more information, please refer to the 'Gear checklist' on www.taswalkingco.com.au

SUNWAY TRAVEL GROUP

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