



TRIP NOTES THREE CAPES

Here are the trip notes for your upcoming Three Capes and Tasman Peninsula Highlights walk. The trip departs from Hobart.

Our central Hobart pick up is from the Hotel Grand Chancellor, 1 Davey Street, Hobart— 7.45am for 8.00am departure.

An overview of the Three Capes Track and Tasman Peninsula Highlights walking tour

Explore the highlights of the magical Three Capes and Tasman Peninsula over four fantastic days of walking and sightseeing. This itinerary incorporates some of Tasmania's most spectacular scenery. Enjoy towering clifftops, marvel at amazing rock formations, take a cruise around the spectacular Tasman Peninsula. This is a moderate to hard walk with rocky surfaces, steps and climbs to navigate so come prepared!

****Please note the following dates will be accommodated at Stewarts Bay Lodge in two-bedroom, two-bathroom Deluxe Spa Chalets:**

5 to 8 February 2020
20 to 23 February 2020
9 to 12 March 2020
25 to 28 March 2020
1 to 4 April 2020



DAY ONE

Crescent Bay and Mount Brown

9km walking, approx. 5 hours of walking, including breaks (moderate to hard grade)

We depart Hobart to the Remarkable Caves carpark where we begin our walk for the day. The first part of the hike crosses a series of sand dunes covered in coastal heath vegetation, and you may even spot an echidna. This section offers westerly views back towards Cape Raoul. The track then opens out into a gaping cavity known as Maingon Blowhole.

The track then heads inland onto the lower knolls of Mount Brown where a series of cairns will direct your ascent. The walk up to the summit (optional) is moderately steep, with views over Cape Pillar, Tasman Island, Arthurs Peak and further south to Cape Raoul and Bruny Island.

Once back on the main track we reach Crescent Bay. This beach is incredibly beautiful and often sparsely populated. There is the option to swim here.

After the day's walk, we head back to our accommodation for well-earned pre-dinner antipasto followed by a fabulous two-course meal prepared by your guides.

Meals: Lunch and dinner

****Overnight accommodation at The Three Capes and Tasman Lodge in Port Arthur. This lodge is a purpose built six bedroom, six bathroom hiking lodge set on 45 acres of bush land with sea views of the spectacular Tasman Coast. All bedrooms have their own ensuite, and a large verandah wraps around the lodge with direct access from all bedrooms through French doors. A shared living and dining area provides a communal space for all guests to enjoy.**

You can choose a single supplement if you would prefer not to share a room.

**** Please note alternative accommodation for 5 x Feb - April 2020 dates**

DAY TWO

Cape Raoul

14km, approx. 6 hours walking, including breaks – moderate grade

After breakfast and lunch making we begin our walk today out to Cape Raoul. Offering some of the most spectacular coastal lookouts in Tasmania, Cape Raoul is an excellent return day walk within the Tasman National Park. With only a few steep sections, this is a comfortable walk allowing ample time to relax and enjoy the expansive views of the surrounding Tasman Peninsula and further south to Bruny Island.

At the trail head for Cape Raoul there are toilet facilities available. We start walking through heathland and after a short gradual climb we cross a bridge above a small gully.

The bushland then opens up with spectacular views of the incredible cliffs. Cape Raoul is just beyond the lower plateau to the east. A short distance to your right is another open section of the cliff top allowing you a stunning view down to Shipstern Bluff, beyond to Bruny Island and Tasmania's southern coast. From these lookouts, we also may have our first encounter with the intense winds the capes are famous for (some of the strongest recorded winds in Australia).

The trail heads east from here along the cliff tops, descending the steepest part of the trail first onto the Cape Raoul plateau.

Once on the plateau the landscape changes to stunning coastal banksia scrub and soon we see our first glimpses of the northern coastline including Mt Brown, Arthurs Peak and Mt Fortescue. Situated a little further east, are the impressive 300-metre-high cliffs of Cape Pillar.

Meals: breakfast, lunch and dinner



DAY THREE

Fortescue Bay to Cape Hauy (optional visit to Port Arthur)

8km, approx. 5 hours walking, including breaks– moderate to hard grade

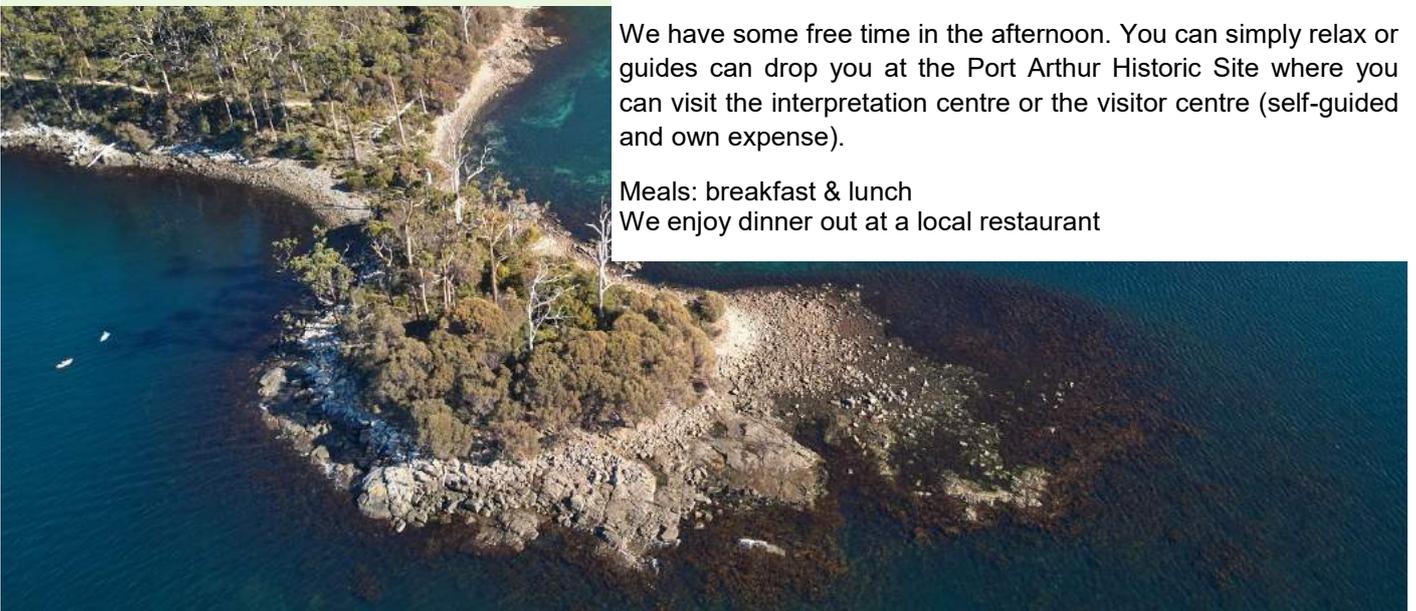
After breakfast and lunch making we depart from the Lodge and head off for the day's walk to Cape Hauy. This is a well-constructed trail with fantastic views. This walk is spectacular, however is graded moderate to hard due to lengthy sections of well-constructed stone steps that ascend and descend nearly the entire length of the trail. (you must navigate these heading out to the Cape and on the way back again). The walk starts at a beautiful cove and there are some steep sections with stairs. There is a steep climb at the start and end of the walk, but once at the top of the first saddle extensive panoramic views stretch far north past the Forester coast to Maria Island and south, detailing the ridges of Cape Pillar. Towards the end the track follows the cliffs edge, providing spectacular views.

The final segment of the trail, before reaching a large plateau, is quite steep and narrow and again care needs to be taken to navigate this section. Once at the end you are able to clearly view the exceptional rock formations of the Candlestick and Totem Pole, large columns of dolerite rocking out of the ocean. We then return via the same route. The terrain is quite rocky and there are ups and downs but it is a magnificent walk as long as you are prepared.

We have some free time in the afternoon. You can simply relax or guides can drop you at the Port Arthur Historic Site where you can visit the interpretation centre or the visitor centre (self-guided and own expense).

Meals: breakfast & lunch

We enjoy dinner out at a local restaurant





DAY FOUR

Wilderness Cruise

After breakfast and lunch making, we head out for our final day. This morning we head out on the 3-hour award winning Wilderness Cruise which departs daily. Make sure you dress warmly for the cruise - warm jackets, scarves, beanies and gloves are recommended.

The boat passes close by the spectacular rock formations along the coastline and stops regularly for easy viewing and photography. See seals, albatross, white-bellied sea eagles and enjoy an exhilarating ride on this fantastic cruise.

Meals: breakfast and lunch



ABOUT THE MEALS

The food we serve is healthy, hearty and home style. Our menus are designed to showcase the fabulous regional produce. Fresh local cheese, yoghurt, fruit, vegetables, fish and meats are used, supporting local farmers and minimising our food miles. We don't offer five-star dining, but our guides take pride in ensuring that all meals are delicious and plentiful, prepared with top-quality fresh seasonal ingredients.

Breakfast is a continental spread of cereals, stewed fruit, yoghurt, toast and spreads. Coffee and tea are always available at your base accommodation.

Lunch can vary from day to day, but includes meat, salad, bread and wraps. Some days might include something different like roasted chicken.

Dinner is a casual two-course meal of main and dessert prepared by your guides. The menu changes to suit available fresh produce but could include a classic roast lamb, salmon fillet or Thai chicken. Dessert may include things like maple baked apples, pears in red wine or seasonal fruit salad.

Snacks Guests can prepare their own trail mix each morning from our self-serve trail mix selection. There will be fresh fruit for the trail and biscuits or fruit cake for tea breaks.

Pre-dinner antipasto Each evening we prepare a selection of antipasto delights, dips, cheese and crackers before dinner.

Dietary requirements We are able to accommodate guests' specific dietary requirements and can prepare meals to meet individual needs.

Alcohol Our tours do not include alcoholic beverages, however guests are most welcome to bring wine/beer along with them. If you are bringing bottled wine, please pack this well in your main bag to avoid breakages. There may also be an opportunity to visit a local bottle shop while on the tour.



GEAR LIST

Please bring your gear in a soft bag rather than hard suitcase to help guides pack the trailer.

DAY PACK—recommend approx. 20 litres, with a load bearing harness

As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- rain jacket
- a fleece jacket
- wide-brimmed hat for sunny days
- beanie or woollen hat for cold days
- water bottle or drinking bladder, min 2 litre
- high factor sunscreen
- lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- sun glasses
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- spare batteries for all devices/charger

MAIN BAG

Your main bag stays at The Three Capes and Tasman Lodge for the duration of the trip. You only carry your light day pack while walking.

- 2 pairs long and/or short pants. Preferably loose fitting, lightweight and quick drying
- 2 x Long sleeved shirts
- 4 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Rain jacket/ spray jacket
- Swimmers/bathers and towel (optional)
- Walking socks
- if rain is expected, then having a set of thermal under garments can keep you warm in the face of blustery conditions
- a woollen or fleece hat for cooler weather
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- Comfortable shoes and clothing for evenings and activities
- Underwear
- Toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, toothpaste etc.

LIST OF WHAT WE PROVIDE:

- Park Trek guides, who will drive, cook and care for you.
- Transport which includes collecting from Hobart and returning back. We use a comfortable 12-seater mini coach with a trailer attached for luggage. Plus we use the coach to drop off and pick up during the course of the day.
- 3 breakfasts, 4 lunches and 2 dinners. Plus trail mix, antipasto, fresh fruit
- We always have a thermos with plenty of tea, coffee, hot chocolate and biscuits/cake.
- 3 night's accommodation on a twin share basis (single supplement available at additional cost).
- 3 hour wilderness cruise

POST TOUR INFORMATION:

We drop back into Hobart around 4.30pm. If you are flying out that night, you'll need to book a flight out after 6.00 pm.

Pre and Post tour accommodation—When making your accommodation arrangements, please note Hotel Grand Chancellor Hobart offer Park Trek guests a discounted rate. Simply quote 'Park Trek' upon booking to receive this offer.

We pick up from the Hotel Grand Chancellor
Tel: 03 6235 4535 at 8am on day 1 of the trip.

If you are looking for accommodation other than the Hotel Grand Chancellor, here are some options:

- The Old Woolstore Apartment Hotel
- Tel (03) 6235 5355
- Mantra Collins Hotel Tel (03) 6226 1111
- Zero Davey Boutique Apartments
Tel (03) 6270 1444