



TRIP NOTES CRADLE MOUNTAIN

Here are the trip notes for your upcoming trip to Cradle Mountain

The trip departs from Launceston.

Our central Launceston pick up is from the Hotel Grand Chancellor, 29 Cameron Street, 7.45am for 8.00am departure.

An overview of the Cradle Mountain Tour:

Cradle Mountain is one of Tasmania's most desirable walking destinations and a stunning wilderness region.

Enjoy four days of guided walking amongst the beautiful landscapes surrounding Cradle Mountain - walk segments of the famous Overland Track, spot wombats grazing on the grassy plains and hike over mountainous terrain for magnificent views. We visit glacially carved lakes, ancient rainforests, and seek out some of the parks hidden highlights.

This is one of Australia's most iconic areas and a truly inspiring location to visit.

Please note - some walks are highly weather dependent due to the region's exposed alpine environment, and your guides may choose to alter the itinerary accordingly where necessary. They will always strive to provide the most scenic walks possible based around the local conditions

ABOUT THE ACCOMMODATION

We spend three nights at Cradle Mountain Discovery Holiday Park in comfortable two-bedroom cabin style accommodation - surrounded by native bush.

The cabins contain shared bathroom facilities, and each of the bedrooms has its own double bed. There is a small lounge area with kitchenette, cosy gas log heating and an outdoor sitting area.

Your guides will stay nearby - and their cabin will be used for breakfasts, lunch making and dinners.

If you have booked a single room you will have your own room in a two-bedroom cabin. You may be sharing the cabin (and bathroom) with one or two other guests.





DAY ONE

Cradle Valley Boardwalk, Weindorfers Forest + Waldheim

(9km walking – approx. 4 hours, easy grade)

The trip departs out of Launceston at 8am from the Hotel Grand Chancellor. Our initial drive takes us into the Mersey River valley, and along the base of the Great Western Tiers - before we stop after an hour or so for a morning tea break. From here it's only another 1.5 hours before we arrive at Cradle Mountain village.

We will stop at the main visitor centre to pick up our passes, then have lunch on the edge of the park before heading out on our main walk for the day – the Cradle Valley Boardwalk. This easy walk takes us along the course of the Dove River and features a vast assortment of native flora. In early summer the endemic Tasmanian Waratah flowers are particularly magnificent.

Once at Ronny Creek, we go searching for wombats across the buttongrass plains before looping around to the historic Waldheim Chalet – originally built by the parks founding pioneer Gustav Weindorfer, and the site of Cradle Mountains first tourism venture. Here we enjoy a short walk through an ancient forest of myrtle beech and king billy pine, before meeting back up with the bus for afternoon tea. Here your guides will be able to point out some of the parks notable landmarks, and discuss our route options for the next few days.

In the afternoon, if energy and time permits – we will head back to near the entrance of the park and take part in a series of short walks that showcase old-growth rainforest, waterfalls, and more mature stands of king billy pine.

Then it's off to our accommodation to get ourselves checked in and comfortable before pre-dinner antipasto.

Tonight's dinner is a lovely 2 course meal prepared by your guides.

Meals: Lunch and dinner

DAY TWO

Marions Lookout + Kitchen Hut via The Overland Track

(10km, 6 – 7 hours – hard grade)

Today's walk takes in some of the most breathtaking alpine scenery in all of Australia. It involves a circuit hike to the base of Cradle Mountain – taking in Marions Lookout, Kitchen Hut and returning via the Horse Track.

After breakfast and lunch making, we jump aboard the bus and venture back to Waldheim. From here we follow the world-famous Overland Track across buttongrass plains and forest, steadily climbing to the glacially formed Crater Lake. This lake features an old boat shed, and during autumn is one of the best locations in the state to see the changing foliage colour of the deciduous beech (or fagus) – Australia's only seasonally deciduous native.

Our ascent becomes steeper, and the views become grander – as Dove Lake comes into view far below. Along the way there is a short section of track where a chain is used to assist walkers progress. In fine weather, the views from Marions Lookout are magnificent and far reaching – with Cradle Mountain itself dominating the panorama.

The tracks gradient eases as we continue across the alpine landscape to Kitchen Hut – our intended lunch and turn around point. This hut provides a welcome relief for walkers caught out in adverse weather – which in Tassie seems to be possible at any given time! Good quality warm, wet weather gear for the alpine zone is a must.

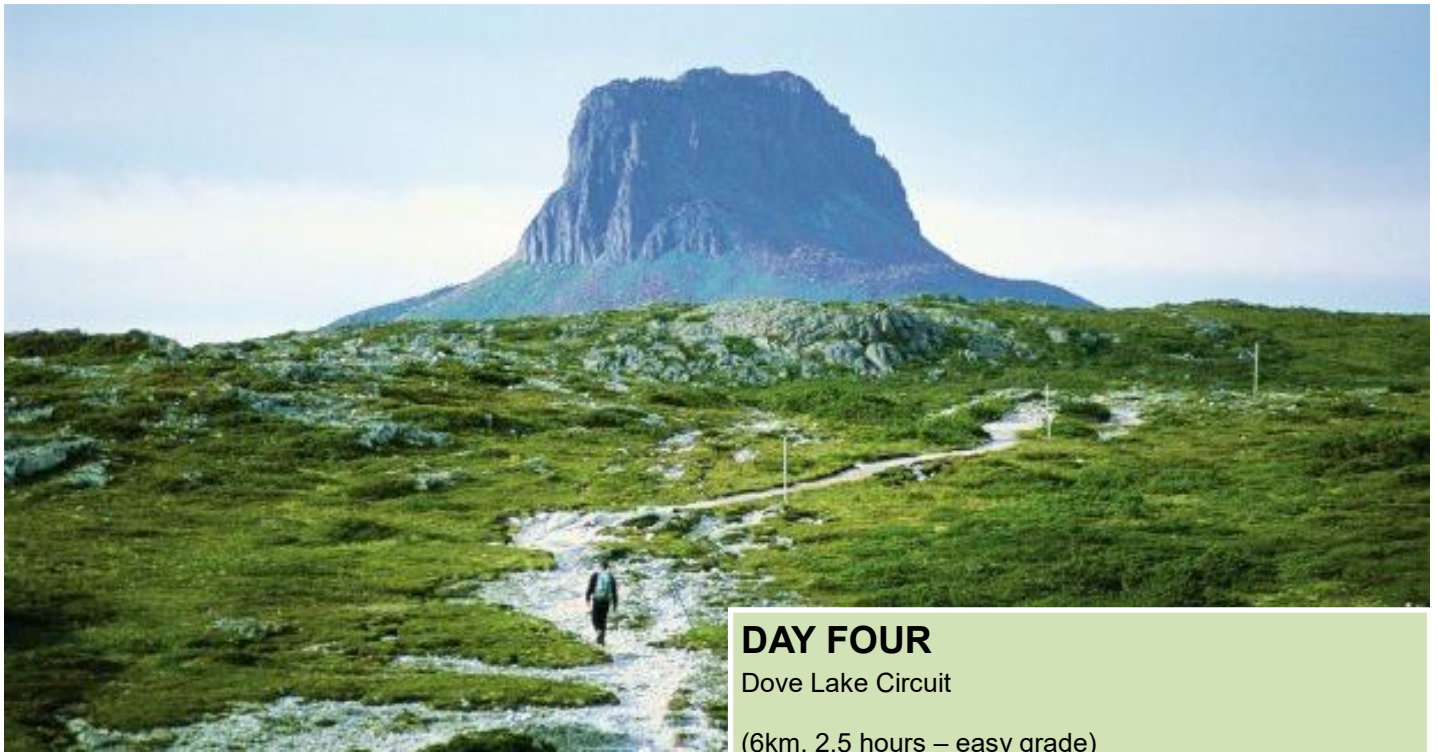
After lunch - we wave goodbye to the towering dolerite cliff lines of Cradle Mountain, and return via the Horse Track. This unique aspect affords us views deep into some of the even more remote areas of the park, and is often less frequented than other tracks. There is an excellent rocky outcrop which gives an elevated view straight down to Crater Lake far below. From here we descend back to Ronny Creek.

This is a long and challenging day - with world class natural scenery, however easier options are available. Please feel free to discuss these options with your guides.

Once back at the bus - it's back to our accommodation for pre-dinner antipasto.

Tonight's dinner is a fabulous 2 course meal prepared by your guides.

Meals: Breakfast, lunch and dinner



DAY THREE

Hansons Peak & Twisted Lakes (10km, 5 – 6 hours – hard grade)

After breakfast and lunch making, we depart for another scenic walk – this time taking in the parks eastern highlights.

Starting from Dove Lake we will take the Lake Rodway track up and over Hansons Peak – which provides us with a completely different view of Cradle Mountain and the surrounding lakes. The climb to the top of the peak is at times steep and uneven underfoot, and a chain is provided on nearing the summit to assist walkers.

Once over the other side, we pick up our return route via the Twisted Lakes and Lake Hanson – remnants of glacial scouring from previous ice ages. These pools are very tranquil and are encompassed by endemic pencil pines and fagus. This section is normally very peaceful, a bit of a hidden gem, and we will find ourselves a nice rocky outcrop for lunch whilst we soak up the views.

If energy and time permits – an hour and a half extension can be made to visit the eastern face of Cradle Mountain, and the reflective waters of Artists Pool.

We loop back to the Lake Rodway Track completing the circuit, and reverse our inward journey – returning to Dove Lake to meet the bus.

Again, this is a challenging day with lots of variation in elevation, and at times can be quite rough and wet underfoot. Easier options are available – so please feel free to discuss these options with your guides.

Tonight, we enjoy a delicious dinner.

Meals: Breakfast, lunch and dinner

DAY FOUR

Dove Lake Circuit

(6km, 2.5 hours – easy grade)

This morning is our last at Cradle Mountain. After breakfast and lunch making, we pack-up the trailer head out for our final walk - the Dove Lake Circuit. This is one of Tasmania's 60 Great Short Walks and a must-do for anyone visiting the park.

This 6km loop is a lovely way to wind down from your adventure – as it is mostly flat and even underfoot with only a couple of short hills. It allows you to fully focus on the looming backdrop of Cradle Mountain high above and the numerous waterfalls which cascade down towards the lake from the surrounding slopes.

We visit the much-photographed boatshed on the shores of the lake, and encounter more local species of rainforest plant that only grow in the wettest of

conditions – including native plum, sassafras and the aptly named “horizontal.” One section through the “Ballroom Forest” is particularly magical. Part way around, the Honeymoon Islands provide a focal point for visiting kayakers – and for those of us game, a couple of white sandy beaches make top spots for an icy alpine swim! For the saner amongst us, they also provide a nice place for a snack and a rest.

We finish our loop atop the impressive formation of Glacier Rock, which provides us with a final vista across the landscapes we have explored for the past four days.

After lunch, we jump back on the bus and start our

return journey back to Launceston. En-route we will stop by in the lovely little town of Sheffield – where we should have ample time for a break and a wander around the muralled streets.

Meals: Breakfast and lunch



As part of our commitment to being an Eco friendly tour operator can we suggest you bring along your own food containers (medium size for lunch and small for trail mix), beeswax lunch wrap, keep cup etc if you have them. Please do not buy any of these items if you don't have them. We will supply containers for lunches and wax paper for lunch wraps.



ABOUT THE MEALS

Breakfast is a continental spread of cereals, stewed fruit, toast, spreads and yoghurt.

Lunch can vary from day to day, but includes meat, salad, bread and wraps, some days we will have roasted chicken and salad, and others quiche to mix things up a bit.

Dinner is a casual two-course meal of main and dessert prepared by your guides. The menu is constantly changing but can include a classic roast lamb, chicken korma, salmon fillet or Thai chicken. Dessert can include maple baked apples, pears in red wine, fruit salad or eton mess to name just a few.

Snacks and antipasto - There are plenty of snacks and antipasto during the trips including fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. Each night we offer dips, cheese and crackers for a pre-dinner antipasto and a self-serve trail mix selection at the beginning of each day. The food we serve is healthy, hearty and home style. We don't offer five-star chef prepared dining, but the food is fresh, and our guides make sure it is tasty and plentiful. We are able to accommodate guest's specific dietary requirements and can always prepare a meal to meet individual needs.

Park Trek offers non-alcoholic beverages while on tour, but does not include alcoholic beverages, we do however welcome guests 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 is nowhere enroute to Cradle Mountain to purchase alcohol so please bring this along with you.

GEAR LIST

What to Bring

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/bottle and suitable hiking shoes/boots. Runners and flat-soled shoes will not suffice except as something you can wear after the day's activity.

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 Discovery Park 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
- 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
- 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 Launceston 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 3 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

POST TOUR INFORMATION:

We drop back into Launceston around 4.30pm. If you are flying out that night, you'll need to book a flight out after 6pm.

Pre and Post tour accommodation - When making your accommodation arrangements, please note Hotel Grand Chancellor Launceston 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) 6334 3434 at 8am on day 1 of the trip.

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

- Balmoral on York Tel 03 6331 8000
- Best Western Plus Tel 03 6333 9999
- Kurrajong House Tel 03 6331 6655
- Ashton Gate House Tel 6331 6180
- Comfort Inn Coach House Tel 03 6331 5311