



TRIP NOTES

WILSONS PROMONTORY LIGHTHOUSE

Here are the trip notes for your upcoming Wilsons Promontory National Park walking holiday. The trip departs from Melbourne.

This is a unique trip with the highlight being our walk into the Wilsons Prom Lightstation. For this component of the tour guests will need to carry their own food, linen and personal belongings in and out of the Lightstation. More details of this are explained in the food and what to bring sections.

Point of Departure.

Our Park Trek guides will collect you from outside the National Gallery of Victoria, St Kilda Road at 7.30.am on the day of departure. We will be in a Park Trek branded mini coach with a green trailer. Your Park Trek guides will drop you back to the same location upon completion of the tour around 5pm.

TRAVEL INSURANCE

Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding unforeseen Covid-19 circumstances coverage



DAY ONE

Telegraph Saddle to Wilsons Prom Lightstation
19 km (moderate to hard) – approximately 7 hours walking including breaks

From the National Gallery we make our way to Wilsons Promontory National Park. We will have a morning tea break at local country café approximately half way to our destination as the drive to Wilsons Prom.

Upon our arrival we embark on the unique walk to the Lightstation. What makes this destination so unique is the fact that it is only accessible by foot.

All of the guest main cases will remain locked in the Park Trek trailer which will be left at Tidal River while we are at the Lightstation. Guests will carry their overnight packs with clothing, personal belongings, linen and food for the overnight stay.

We take the inland route beginning at Telegraph Saddle and walk just over 6 kms to Telegraph Junction. Continuing along the Telegraph track we reach the Halfway Hut which is our lunch destination. There are composting toilets available for use if needed.

We continue on past Martins Hill, to Roaring Meg, a popular campsite used by overnight trekkers. From here it's another 6km to the Lightstation. The track opens up the closer we get to the Lightstation, offering magnificent views over the peninsula, with the sheer isolation of the Lightstation becoming apparent.

From its point on the peninsula the Lighthouse commands almost 360-degree views of tumultuous Bass Strait waters.

Overnight accommodation at the Lightstation cottages

Meals – lunch and dinner

Please ensure your 'day pack' is prepared for the Day 1-2 overnight trek prior to departing from Melbourne.



DAY TWO

20.6 km via Waterloo Bay (moderate to hard) – approximately 8 hours walking

After breakfast we repack our backpacks and depart the Lightstation for the return journey to Tidal River. Today we take a slightly different route offering iconic Wilsons Promontory coastal views for the first 10 kms of the walk. Morning tea and lunch is enjoyed along the track, before we head inland towards Telegraph Junction. From here the track winds its way back to Telegraph Saddle.

Overnight accommodation is at Tidal River lodge.

Meals – breakfast, lunch and dinner

DAY THREE

**Little Oberon Bay and Mount Bishop
15.6 km (moderate to hard) – approximately 6.5 hours walking**

After breakfast and lunch making we begin our walk to Little Oberon Bay. This track hugs the coast from Tidal River where it climbs over Tea Tree shrouded sand dunes to the southern end of Norman Beach. The track continues across Norman Point into Little Oberon Bay. The walk provides spectacular views across Wilsons Promontory National Park to the Glennie Island groups. We head back to the comfort of the lodge at Tidal River for lunch and a break from the trail.

In the afternoon we head to the Mount Bishop summit track, This return walk is a challenging trek with a wonderful reward at the end. The views from the granite bolder plateau are breathtaking, with a sweeping vista over the Proms west coast and offshore islands, and well worth the rocky scramble near the summit to get there.

Overnight accommodation at Tidal River lodge.

Meals - breakfast, lunch and dinner



DAY FOUR

Squeaky Beach and George Bass Coastal Walk 10 km (easy to moderate) – approximately 3 hours walking

After breakfast we depart Tidal River Lodge for a leisurely walk from Tidal River, climbing up and over the bushy headland before descending into the stunning Squeaky Beach. As its name suggests, Squeaky Beach squeaks when walked on. This is due to the ultra-fine quartz particles, all of which are the similar size and shape.

Our second Park Trek guide will greet you in the carpark and transport you to Kilcunda where we stop for lunch at the Kilcunda General Store before beginning the George Bass Coastal Walk to the Punch Bowl near San Remo.

This gorgeous walk offers panoramic coastal views from a narrow winding path, along cliff tops rising high above the pounding surf of Bass Strait. Mid afternoon we make our way back to the Melbourne, arriving at the National Gallery of Victoria around 5pm.

Meals – breakfast and lunch (Guest own expense)

Flight notes: If you are planning to fly out at the completion of the tour, we suggest you book a flight no earlier than 6.30pm. This allows enough time to make your way to the airport to catch your flight.

ACCOMMODATION:

Wilsons Promontory Lightstation

Wilsons Promontory Lightstation was built in 1859 from local granite, and supplies were shipped in every six months. There was no communication with the outside world, and families had the vital and often lonely task of keeping the light burning to guide ships navigating the wild waters of the Bass Strait.

Guests can experience a little of a lighthouse keeper's lifestyle, by staying in the Lighthouse cottages. Part of the appeal of staying here is its remoteness, as the Lightstation is only accessible on foot. The cottage sleeps up to 12 guests, has a fully equipped kitchen, a bathroom and a modern shared communal area. Bedrooms sleep either two or four guests in bunk beds.

Tidal River

We will be staying for two nights in one of the group lodges within the national park at Tidal River. The lodges have a full kitchen, spacious communal living/lounge area, four bedrooms, two bathrooms and separate toilets.

Please bring your own travel towel and single bed sheet for use at both accommodation locations (Tidal River will supply blankets and pillows/pillow slips)



ABOUT THE MEALS

Food at the Lightstation

Food for your meals while staying at the Lightstation will need to be carried in by each guest. Park Trek will provide the food but guests will need an overnight pack of around 30 to 35 liters to carry food and personal belongings.

Outside of the Lightstation

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 nibbles Each night we prepare pre-dinner appetizers to encourage walkers to come together and reflect on the day and the adventure ahead. This may include cheese, dips, crackers, fruit platter, soup or similar

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

As a walker you will need to have your own day pack for day walks and an overnight pack of approximately 30 to 35 liters to take into the Lightstation. You will also need your own water bladder and suitable footwear for hiking (ie hiking boots). You will need to bring with you a towel and a single bed sheet for use at the Lightstation & Tidal River lodge.

DAY PACK—recommend approx. 20 litres, with a load bearing harness. Here is a suggested list of what walkers will need to be wearing and to have in their day pack (guests will carry this on all walks other than when we go to the Light station when you will have an overnight 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

Packing suggestions for your main bag. This will stay at Tidal River in a locked trailer while we are at the Lightstation. Other than our walk to the Lightstation 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, insect repellent, toothpaste etc.
- PPE - Masks, Hand sanitiser and Personal use rapid antigen tests



LIGHTSTATION GEAR LIST

When we walk to the Light station, guests will need an overnight pack of approximately 30 to 35 liters. All food for the group will be distributed and carried as equally as possible among guides and guests. Everything we carry in is either consumed or carried back out.

For this overnight walk you will be carrying:

- Lunch for your walk in
- Dinner to be eaten at the Lightstation
- Breakfast
- Lunch for walk back out
- Clothes for the return walk
- Single bed sheet or sleeping bag inner
- Travel towel
- Water
- Other personal belongings as listed in the day pack section

LIST OF WHAT WE PROVIDE:

- Two Park Trek guides, who will drive, cook and care for you.
- Transport which includes collecting from Melbourne, transport to the Prom and returning back to Melbourne. 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.
- Meals include - 3 dinners, 3 lunches, 3 breakfasts (one lunch at guest own expense)
- There is also plenty of trail mix, nibbles, fresh fruit on the trip
- We always have the kettle ready to boil, plenty of tea, coffee, hot chocolate and biscuits/cake
- 3 night's accommodation on a twin share basis (unless single supplement requested) and 1 night at Wilsons Prom Lightstation in a shared room