

LARAPUNA / BAY OF FIRES YOGA RETREAT

3 DAYS | 13KMs | Track grading: 2 - 3 Easy to Moderate

Embark on a captivating women's only journey through larapuna, famously known as the Bay of Fires, during three extraordinary days filled with beach walks, sightseeing, and immersive yoga sessions. Discover the stunning coastal landscapes while engaging in special-ised yoga sessions designed to enhance your experience and wellbeing.

WHAT TO EXPECT ON THIS WALKING EXPERIENCE:

Enjoy spectacular beaches interspersed with boulders covered in bright orange lichen surrounded by the crystal-clear waters of Tasmania's East Coast and return each night to our cozy farm stay accommodation where your guides will cook you locally sourced, wholesome and nourishing meals.

This itinerary incorporates some of Tasmania's most stunning coastal scenery and is adapted to include a focus on wellbeing and rejuvenation through daily yoga, breathwork and meditation.

Setting off from Launceston, our expedition takes us to the untouched paradise of Mt William National Park, where pristine natural beauty awaits. Prepare to be captivated by the historic Eddystone Point lighthouse, and the sweeping vistas of the Bay of Fires Conservation Area. This remarkable journey offers a perfect balance of invigorating activities and serene relaxation, allowing you to immerse yourself in the peaceful and ancient wonders of this remarkable region.

In addition – each day's walking is complimented with time and space to unwind and participate in specialty yoga sessions.

OUR ACCOMMODATION

Situated in the wildlife heartland of Tasmania's northeast tip, Icena Farm is at the doorstep of Mt William National Park and the Bay of Fires.

Each of the newly renovated Shearer's Quarters has its own ensuite, outside access to a lovely deck and access to the communal kitchen and living area.

Each room comes with towels, blankets, sheets and other basic essentials. The rooms are warm and cosy for our winter getaway.

From your room, peer out onto the lush green pastures of Icena Farm - still a functioning sheep and cattle farm with plenty of animals and a forever changing sky to see.



Acknowledgement to Traditional Owners

We acknowledge the Traditional Owners of Country and recognize their continuing connection to land, water, skies and culture. We are privileged to learn from them, and we pay our respects to their Elders past, present and emerging. We support the Uluru Statement from the Heart.

DAY ONE

Mt William Summit and Opening Circle

Distance: 3kms. Grade: 2 - 3 easy to moderate

Your journey begins from the Hotel Grand Chancellor in Launceston at 8am.

On the way to the North-East coast we pass through the Lilydale and Pipers River wine regions, stopping at the beach side town of Bridport for a short break. It's then on to Mt William National Park, where we meander our way along our first walk— through open forest to the summit of *wukalina* — Mt William.

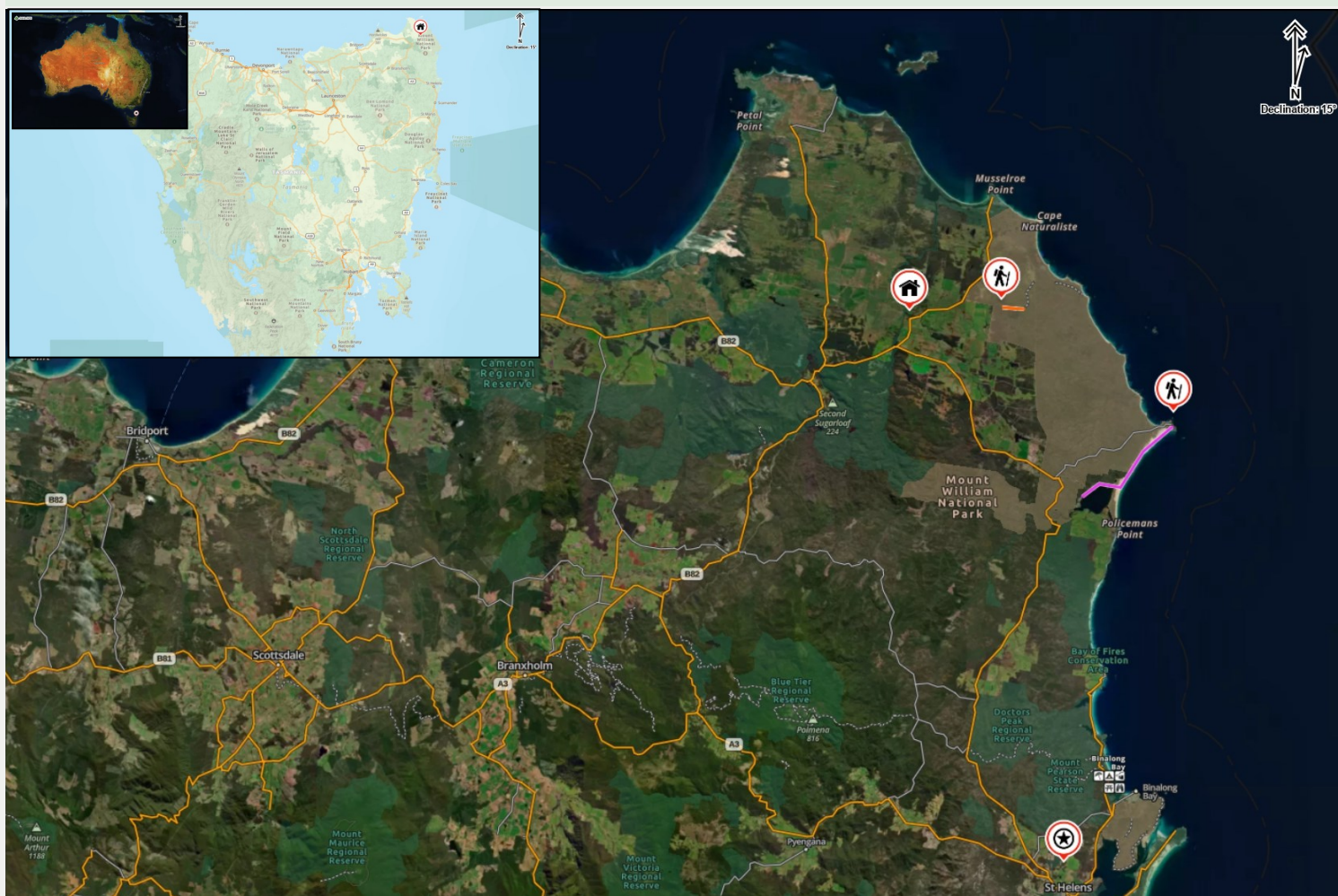


At an elevation of 216 meters, this is the highest point in the Mt William National Park, the perfect place for our welcoming circle and lunch – providing walkers with far-reaching panoramic views of the area encompassed on our following days of walking and beyond. In clear weather, the Furneaux Island Group stands proud as lofty remnants of what remains of an ancient land bridge which once connected Tasmania with mainland Australia.

We then return to the bus, before heading back to our cozy accommodation to unpack and settle in.

Your afternoon will consist of a yoga session run by one of our qualified guides who also specialises in yoga, followed by nibbles and time to unwind with other like minded travelers before a delicious and wholesome two course meal prepared by your guides.

Your guides will share a map overview and give insight to the following days adventures.



DAY TWO

Yoga workshop

Flow Yoga and Movement studio

We ease into our second day with a morning meditation at our accommodation, followed by a wholesome breakfast prepared by our guides before we set off to the seaside town of St Helens.

Here you will have time to explore the town and have a coffee before we embark on our yoga workshop journey where you will spend the next three beautiful hours with Ellie at Flow Yoga and Movement.

Ellie is a dedicated and experienced yoga instructor who has been practicing yoga for over a decade and teaching yoga for 5 years. Ellie has specialised training in both vinyasa and yin styles of yoga. Ellie's intuitive classes are nurturing and supportive and offer options for all levels of experience. Ellie emphasises breath, mind and body connection to achieve a sense of harmony both on and off your mat to leave you feeling empowered and at peace.

Your three hour workshop will consist of:

- A warm welcome and opening circle
- Extended yoga class
- Restorative yin
- Yoga nidra/meditation
- A celebratory closing circle

Once we have said our goodbyes to Ellie, we will make our way back to our accommodation with a short walk, or visit to a local winery enroute if time permits.

This evening you will have time to unwind and settle into the comfort and warmth of your accommodation. You will have the opportunity take part in a group meditation, go for a stroll around the stunning farm where you are staying or simply just relax.

Your guides will prepare a delicious nibbles platter and two course dinner for you while you relax, continue with self guided yoga and meditation or explore the farm.



DAY THREE

Eddystone Point to Ansons Bay — reflection time and closing circle

10km, 4-5 hours walking, Grade 3 - moderate

This morning we rise early and share one last yoga session to warm us up for the day of walking ahead. After we pack up and check out of our accommodation we set off for the most far eastern point of Tasmanian—Eddystone Point.

This walk is packed full of highlights. We start our day at *Ia-rapuna* — Eddystone Point — adorned with its beautiful grand lighthouse, built in 1889 from locally quarried granite. This natural promontory is a fascinating site of historic importance to both Aboriginal and European Tasmanians, and we will spend plenty of time exploring some of the wonderful natural and man-made attractions in the area.

Leaving the lighthouse, we break out onto an expansive dune swept beach, often teeming with birdlife. Here we may observe Oystercatchers, Hooded Plovers, gulls, terns, albatross and gannets – or occasionally migratory species such as short-tailed shearwaters and ruddy turnstones.

The remainder of the day is spent enjoying seemingly endless coves – each being worthy of their own picture-perfect postcard. There are numerous shelly beaches to inspect, and lovely small bays for some personal reflection time. This area also boasts some of the more interesting rock formations of the Bay of Fires area awaiting decipherment from a creative types' imagination.

After passing across another dune swept beach, we finish our day at Ansons Bay – wading a narrowing in the lagoon to reach our designated afternoon tea spot, we meet back up with the bus and make our way back to Launceston before saying goodbye.



OUR COMMITMENTS & OTHER MATTERS

Our sustainable tourism commitment

As part of our commitment to being an Eco-friendly tour operator, which includes minimising and offsetting our carbon emissions, we also 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.

Our commitment to reconciliation

Park Trek acknowledges the Traditional Owners of Country and recognizes their continuing connection to land, water, skies and culture. We pay our respects to their elders past, present and emerging. We support the Uluru Statement from the Heart, and through our RAP (Reconciliation Action Plan), among other things, we are committed to reconciliation.

Travel insurance and other matters

Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding coverage for unforeseen circumstances, e.g. flight delays, illness or Covid-19. Please refer to our T's & C's on our website for more information.

A note to nature

All of our tours are subject to the occasionally unpredictable forces of nature. Indeed this is the spirit and attraction of adventure. As such our guides may alter our proposed tour itinerary where necessary having regard to Governmental changes, environmental and safety considerations. They will always strive to provide the most scenic and enjoyable walks possible in the environmental circumstances.

Please refer to the [Australian Walking Track Grading System](#) for grading of all walks on this tour.

Our guides hold the experience and knowledge that enables them to adjust our itinerary on any given day in regard to group safety and consideration and hold to right to do so at their discretion.



OUR MEALS ON TOUR

The food we serve is healthy, hearty and home style. Our menus seek to showcase regional produce. Fresh local cheese, yoghurt, fruit, vegetables, and meats are used, supporting local farmers and minimising our food miles. Our tours accommodate most dietary needs, please specify this at time of booking.

Breakfast is a continental spread of muesli, fruit, yoghurt, toast and spreads. Coffee and tea are always available.

Lunch can vary from day to day, but includes sliced meat, salad, rolls, 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, curry or similar. Dessert may include things like apple crumble, mini pavlovas or seasonal fruit salad.

Snacks and antipasto are provided during the trip and include fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. Each night we offer dips, cheese and crackers for pre-dinner nibbles and a self-serve trail mix selection at the start of each day.

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.



REQUIRED GEAR FOR YOUR ADVENTURE

The two most important items to bring with you are a reliable and comfortable pair of walking boots or shoes that you have worn in, and a good quality rain jacket. *Runners and flat-soled shoes are not recommended except as something you can wear after the day's activities.*

Weather can be quite variable on the east coast of Tasmania so your waterproof jacket is an essential item while on tour, regardless of the weather forecast.

Your day pack: We recommend a day pack of at least 20 litre capacity, with a load bearing harness and the ability to carry a water bladder and your required gear.

Here is a suggested list of what walkers will need to be wearing or have in their day pack:

Essential Items

- Rain jacket *Good quality, seam sealed with a hood
- Fleece jacket
- Extra warm windproof jacket
- Thermal top & bottom
- Comfy clothes for yoga
- Wide-brimmed hat for sunny days
- Beanie or woollen hat & gloves for cold days
- Water bladder and water bottle. You will need to have capacity to carry 2 litres of water.
- Electrolytes/hydrolytes
- High factor sunscreen & Lip balm
- Blister pads and / or tape for rubbing and blisters
- Antiseptic hand gel
- Sunglasses
- Tupperware container to pack and carry your lunch

Optional Extras (optional but recommended)

- Walking poles
- Gaiters - *for safety / protection measures*
- Camera
- Binoculars
- Spare batteries for all devices/charger
- Keep cup for any café stops

Main Bag Please bring your gear in a soft bag rather than a hard suitcase to help our guides pack the trailer. Your main bag is transported for you, 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 light and breathable - for sun protection
- 2 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Swimmers/Bathers and lightweight towel for swimming days
- Walking socks & underwear, plus spare socks
- Thermals to keep you warm in the face of blustery conditions
- Waterproof, reusable bag for worn clothing
- Comfortable shoes / clothing for evenings and activities
- Toiletries— shampoo/conditioner, body wash, deodorant, toothpaste, personal items
- PPE - Masks, hand sanitiser and rapid antigen tests.



LIST OF WHAT WE PROVIDE

Our Tours Are All Inclusive

- Two Park Trek guides who are experienced, accredited and safety gear equipped to guide, drive, cook and facilitate your tour experience. Our Guides are our story tellers, our chefs, and our legends in the field!
- Daily guided yoga and meditation sessions with our qualified instructor
- Transport which includes collection from, and return to Launceston. We use comfortable 12-seater minibuses with a luggage trailer. We also use the minibus to drop off and pick up during the course of each day.
- Meals— 2 breakfasts, 3 lunches and 2 dinners.
- Snacks including trail mix, antipasto, fresh fruit, biscuits or cake.
- We always have a thermos with plenty of tea, coffee or hot chocolate and a cold drinks esky in the van for after walks.
- 2 night's accommodation on a twin share basis (single supplement available at additional cost, subject to availability).
- Yoga mats and three hour yoga session at Flow
- All National Parks fees and passes.

PRE and POST TOUR INFORMATION

We depart from The Grand Chancellor, Launceston, **meeting at 7:30am for a 7:45am departure.**

Park Trek guests enjoy special pre- and post- tour rates at The Grand Chancellor Hotel.

Drop-off location & time: We return to Launceston Grand Chancellor at around 5:00pm on the final day of tour. If flying out that night, we recommend booking a flight at, or after 7pm to be on the safe side.

Park Trek Outdoor Experiences Pty Ltd

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