



Three Capes & Turrakana / Tasman Peninsula Walk

4 DAYS | 31 KMs | Track grading: 3 - 4, Moderate to More Difficult

Join us for a curated journey walking the highlights of the spectacular and dramatic Three Capes Trail on the Tasman Peninsula and so much more! This tour will inspire all your senses as you walk this iconic trail.

WHAT TO EXPECT ON THIS WALKING TOUR

Explore the highlights of the spectacular and dramatic Three Capes and Tasman Peninsula over four fantastic days of walking and sightseeing. This walk is not the Government's Three Capes Track (Capes Huay & Pillar) - it's a lot more!

This itinerary incorporates some of Tasmania's most spectacular east coast scenery. Enjoy towering clifftops, marvel at amazing rock formations, and take a wilderness cruise around the spectacular Tasman Peninsula.

This is a moderate to hard walk, however our guides will assure you along the way and help you find your comfortable pace and rhythm as you navigate some rocky surfaces, some steps and spectacular climbs.

This is a walk you'll cherish forever – best of all you get to see two capes by foot (Capes Raoul and Huay) and one from the sea (Cape Pillar), as well as so much more!

OUR ACCOMMODATION

We stay in one of our unique hand-picked local lodges. Situated in Port Arthur, amongst native bushland with a view through the trees over Ladies Bay, our 1- and 2- bedroom log cabins are a short stroll to the beach and enjoy shared living space, deck and bathroom. Communal dining takes place in our guides open plan cabin. If you choose a single supplement, you will enjoy your own room in the two-bedroom cabin and likely share the cabin with 1 or 2 other guests.
Our accommodation blends with the natural environment and is central to our daily walks.



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
Crescent Bay and Mount Brown
Distance: 9 kms | 5hrs
Grade: 3 – 4 Moderate to More Difficult

We depart Hobart headed for the Tasman Peninsula and the Remarkable Caves where we begin our first walk of the day. Along the way we may stop at Pirates Bay lookout for panoramic views of Pirates Bay and Cape Hauy.

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 if weather safely permits.

After the day's walk, we head back to our accommodation to check in, go for a swim if you please and enjoy a well-earned pre-dinner nibbles followed by a fabulous two-course meal prepared by your guides.





DAY TWO
Cape Raoul
Distance: 14 kms | 6 hrs
Grade: 3, Moderate

After breakfast and lunch-making we begin our walk to Cape Raoul. Offering some of Tasmania's most spectacular coastal views, Cape Raoul is a great day walk within the Tasman National Park. With only limited steep sections, this is a comfortable walk with time to relax and enjoy the expansive views of the Tasman Peninsula and further south to Bruny Island.

To start our journey, we walk through lovely heathland and open woodland with a gradual climb before crossing a bridge above a small gully. The bushland provides spectacular views of incredible cliffs. Cape Raoul is just beyond the lower plateau to the East. To your right is another open section of the cliff top with stunning views to Shipstern Bluff and beyond to Bruny Island and Tasmania's South coast. From these lookouts we may encounter the intense winds the capes are famous for (among 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.

After a great day's walk, we head back to our accommodation for a well-earned pre-dinner nibbles and a hearty meal prepared by your guides.

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DAY THREE
Fortescue Bay to Cape Hauy (optional visit to Port Arthur)
Distance: 8 kms | 5hrs
Grade: 3 - 4 Moderate to More Difficult

After breakfast and lunch-making we depart for the walk to Cape Hauy. This is a well-constructed trail with fantastic views. This walk is spectacular and 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 lovely cove. There is a steep climb at the start and end of the walk, but once at the top of the first saddle you will be rewarded with extensive panoramic views stretching 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 is required to navigate this section. At the end you will have clear views of the exceptional rock formations of the Candlestick and Totem Pole - large columns of dolerite rocking out of the ocean. We then return on the same route. The terrain is quite rocky and there are ups and downs, but it is a magnificent walk.

Before dinner we have some free time. You can simply relax, swim at the beach or our guides can drop you at the Port Arthur Historic Site to visit the interpretation center (self-guided, own expense).





DAY FOUR
Wilderness Cruise & Cape Pillar
Distance: 1-2 kms | 1.5 hrs
Grade: 2, Easy

After breakfast and lunch making, we head out to join the 3-hour award winning Pennicott Cruise. You'll get to see Cape Pillar and / or Cape Raoul from the sea – unforgettably dramatic.

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.

Make sure you dress warmly for the cruise - warm jackets, scarves, beanies and gloves are recommended.

After our cruise we enjoy lunch at one of our hand-picked locations; Stewarts Bay, where you can enjoy a swim, the incredible Tessellated Pavement or Pirates Bay. After lunch and reflecting on our 4-day journey we begin our return to Hobart.



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THREE CAPES & TURRAKANA / TASMAN PENINSULA, 4-DAY WALKING TOUR

WALK OVERVIEW & MAP

Location: Tasman Peninsula, Tasmania
Duration: 4 days / 3 nights
Total distance: 31 kms, typically 5-6 hrs per day
Typical grade: Generally moderate with some harder sections.
Group size: Maximum of 10 guests and 2 guides.
Accommodation: Typically lodge style accommodation in twin-share configurations.
Nature of activity: Trekking with a day-pack, carrying only your bare essentials and daily lunch.



OUR COMMITMENTS & OTHER MATTERS

Our commitment to sustainable tourism

We are committed to sustainable travel and 'leave no trace principles', in line with our Ecotourism Australia accreditation among other things. As such we encourage guests recommend that 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. However, please do not buy any of these items if you don't have them as we can 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 are privileged and proud to walk this beautiful country that has been cared for by Traditional Owners for over 60,000 years. We pay our respects to their Elders past, present and emerging. We support the Uluru Statement from the Heart, and through our Reconciliation Action Plan we are committed to action for 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 see our T&C's on our website for more information.

The unpredictable forces of nature

All 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 served on tour is designed to be healthy, hearty and home style. Our menus seek to showcase regional produce, including local cheeses, yoghurt, fruit, vegetables and meats, and to support local farmers and minimise food miles. Our tours can accommodate most dietary needs, however these should be specified at the time of making your tour booking.

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

Lunch may 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 & antipasto are provided throughout and include fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. Each night we offer cheese, dips and crackers as pre-dinner nibbles and 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.

...we walk the highlights

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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 Tasman Peninsula, 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
- 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
- 4 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Swimmers/Bathers and lightweight towel for swimming days
- Walking socks & underwear
- 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 and insect repellent etc.
- 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 story tellers, chefs, and legends in the field!
- Return transfers which includes collection from and return to Hobart. We use a comfortable 12-seater minibus with a luggage trailer. We also use the minibus for all drop offs and pick ups throughout the tour.
- 3 night's accommodation on a twin share basis (single supplement available at additional cost, subject to availability).
- Meals and non-alcoholic beverages, including 3 breakfasts, 4 lunches and 3 dinners.
- Snacks throughout, including trail mix, pre-dinner antipasto, fresh fruit, biscuits or cake. On trail thermos tea, coffee or hot chocolate.
- All National Parks fees and passes.
- 3 hour award winning Wilderness Cruise

PRE- AND POST TOUR INFORMATION

Pick up location & time: We depart from: The Grand Chancellor Hotel in Hobart, 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 the 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.

Contact our team for details on a discount offered for return Park Trek Guests.

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