



## Turrakana/Three Capes & Tasman Peninsula Off Season Walk

### 3 DAYS | 27 KMS | Track grading: 3 - 4 Moderate to Harder

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

#### WHAT TO EXPECT ON THIS WALKING TOUR

Explore highlights of the spectacular and dramatic Tasman Peninsula over three days of walking and sightseeing. This is a short version of our 4-day Three Capes walk. Note, this is not the Government's Three Capes self-guided walk.

Enjoy the wonders of winter with crashing waves and the soft light of the low sun across the horizon, creating an almost perpetual daytime twilight. Embrace the winter season and explore the magical highlights of the Tasman Peninsula.

This fully guided tour immerses you in Tasmania's spectacular scenery, featuring towering clifftops, mesmerizing rock formations, and the exploration of the breathtaking Tasman Peninsula. Reconnect with nature's wonders experiencing the unique tranquility and beauty of Tasmania.

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 will never forget, and always cherish!

#### 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 hard**

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 cosy accommodation for 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.

We walk through lovely heathland with a gradual climb before crossing a bridge above a small gully. The bushland then opens up with spectacular views of 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 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.



## DAY THREE

### Fortescue Bay to Cape Hauy

**Distance: 8 kms | 5hrs**

**Grade: 3 - 4 Moderate to hard**

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.

After the walk we will jump back on our bus for the homeward drive to Hobart where we complete our tour. We arrive in Hobart around 4:30-5:00pm.



# TURRAKANA / THREE CAPES & TASMAN PENINSULA OFF-SEASON - 3-DAY WALKING TOUR

## WALK OVERVIEW & MAP

**Location:** Tasman Peninsula, Tasmania

**Duration:** 3 days / 2 nights.

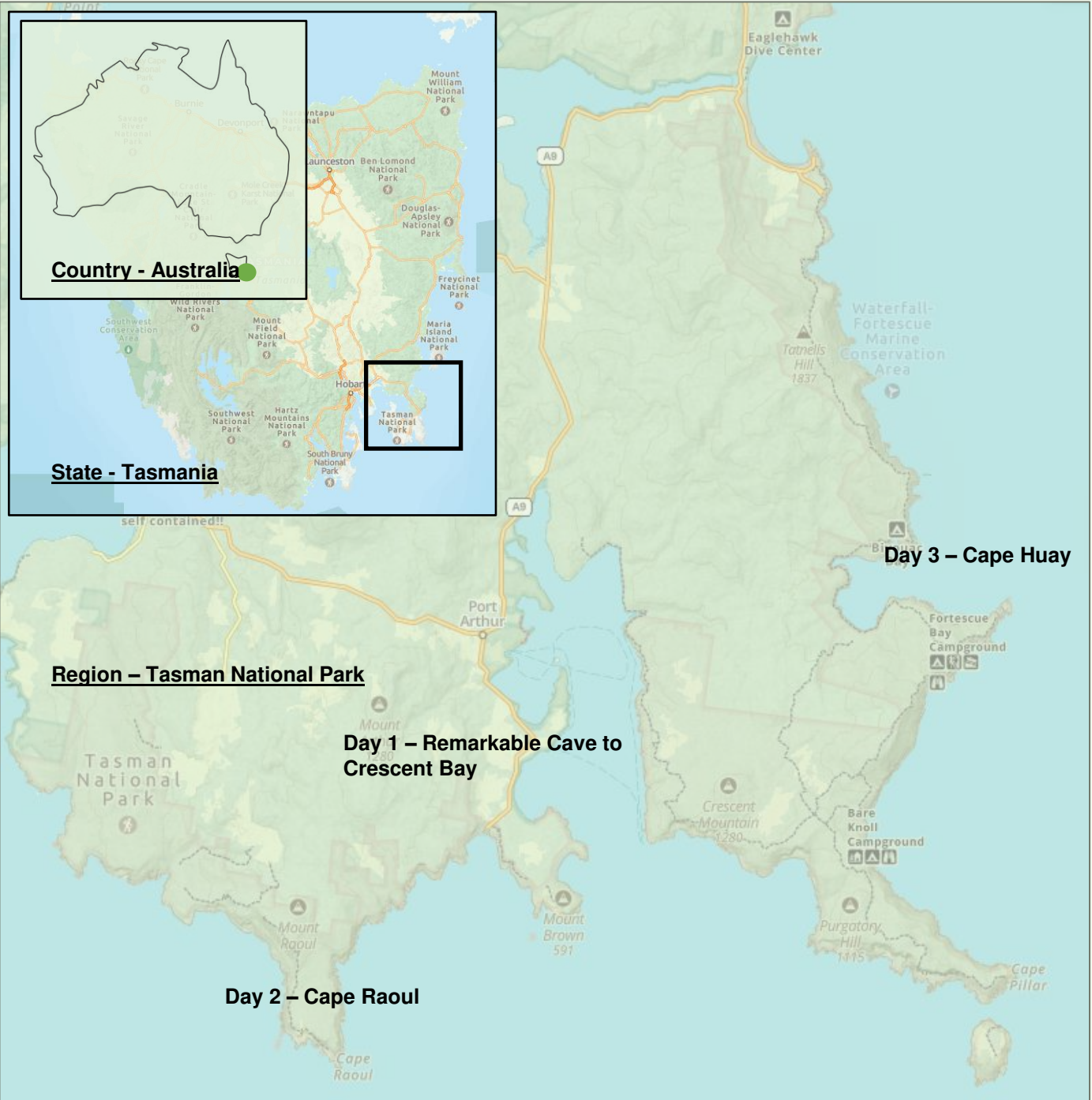
**Total distance:** 27 kms, typically 5-6 hrs per day.

**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 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 pay our respects to their elders past, present and emerging. We support the Uluru Statement from the Heart, and through our 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 see our T&C's on our website for more information.

### The unpredictable forces of 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 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.

## 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 are worn in and a good quality rain jacket. *Runners and flat-soled shoes are not recommended except to wear after the day's activities*

The weather can be quite variable in winter in southern 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 should wear 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, 2 litre capacity
- Electrolytes / hydrolytes
- High factor sunscreen and lip balm
- Blister pads and / or tape for rubbing / blisters
- Antiseptic hand gel
- Sunglasses
- Tupperware container to carry your lunch
- **Optional Extras** (personal preferences)
- Walking poles
- Gaiters
- Camera and Binoculars
- Spare batteries for all devices/charger
- Keep cup for any café stops
- **Main bag:** *Please bring your gear in a soft (rather than hard) bag to help our guides pack the trailer. Your main bag stays at our accommodation as you only carry your light day pack walking.*
- 2 pairs long and/or short pants - preferably loose fitting, lightweight and quick drying
- 2 long sleeve shirts - light, breathable sun cover
- 3 x T-shirts
- Fleece jacket / woollen sweater for warmth
- Swimmers / bathers, lightweight towel for swims
- Walking socks & underwear
- Thermals to keep warm in blustery conditions
- Waterproof, reusable bag for worn clothing
- Comfortable shoes / clothes for evenings
- Toiletries – shampoo / conditioner, deodorant, soap, toothpaste, repellents and personal items
- PPE - Masks, hand sanitiser, rapid antigen tests



## LIST OF WHAT WE PROVIDE

### Our tours are all-inclusive

- Two 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.
- 2 night's accommodation on a twin share basis (single supplement available at additional cost, subject to availability).
- Meals and non-alcoholic beverages, including 2 breakfasts, 3 lunches and 2 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.

## 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 Hotel in Hobart at around 4:30-5:00pm 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.

...we walk the highlights

