



**Walking the Bay of Fires Tour, Tasmania 'for singles' (50 years & over)
7 – 12 March 2010**



- One of our most recent additions - six spectacular days exploring Tasmania's northeast including Mt. William National Park, the Blue Tier and the Bay of Fires Regions.
- Six days and five nights - 2 nights at 'The Pub in the Paddock' in Pyengana and 3 nights at Private Rental Holiday Homes at Binalong Bay.
- Trip Grade 4 - Introductory to Moderate level - Vehicle/Cabin based moderate activities. May be away from vehicle/cabin for half or full day (up to 8 hours). Carrying daypack weighing approx 5kg. Minimum age is 10 yrs old.

Tasmanian Expeditions

Tasmanian Expeditions has been in continuous operation for over 30 years. We offer economical, reliable, environmentally friendly, small group, fully inclusive adventure holidays to some of the most beautiful and pristine parts of Tasmania. Our trips cater to people from many walks of life, age groups





and motivations. Tasmanian Expeditions offers more than 30 tailored itineraries that incorporate trekking, walking, rafting, cycling and climbing throughout Tasmania and some of its offshore islands.

The Blue Tier and Bay of Fires

This spectacular six day tour combines the rare and varied beauty of Tasmania's northeast. The Blue Tier is a mountain plateau that once swarmed with tin miners. Their old pack trails wind through remnant and regenerated rainforest passing by rusted relics of the past. The Bay of Fires beaches are some of the most pristine in the world with their white sands contrasting with the pink granite rocks and aquamarine waters of the Tasman Sea.

Beginning in Launceston we drive northeast to discover this magnificent region. Six days allows us to encompass a variety of terrain and attractions, which is covered in easy and moderate day walks. It allows us time to appreciate places such as Mt. Poimena, Ralph Falls, St Columba Falls and the Eddystone Point Lighthouse.

Our experienced guides will bring the area alive with their local knowledge and enthusiasm for the Tasmanian Wilderness.

What is included in the cost of your tour

- *Professional guides
- *2 night's accommodation (2-3 share) at 'The Pub in the Paddock', Pyengana
- *3 night's accommodation in private rental holiday homes, Binalong Bay
- *All meals as specified
- *Transport by private minibus
- * National Park fees
- *Waterproof jacket, overpants & gaiters
- *All linen required
- * Emergency communications & group first aid kit

Please Note: The following items are not included in the cost of the tour - travel to Launceston (airfares, Spirit of Tasmania etc), accommodation before and after the trip, items of a personal nature as listed in the gear checklist, car parking in Launceston, alcoholic beverages & travel insurance.



Where to meet and at what time

A **Rendezvous group members** staying at the Old Bakery Inn will be collected from the Old Bakery Inn between 8:00am and 8:30am on the 7 March 2010.

Old Bakery Inn, Launceston
 Check in: After midday
 Check out: 10:00am

Corner of York & Margaret Streets, Launceston, Tasmania 7250
 Freecall Reservations: 1800 641 264 Phone: +61 3 6331 7900 Fax: +61 3 6331 7756
 Email: reservations@oldbakeryinn.com.au

Other members, the 6 Day Blue Tier & Bay of Fires Tour meets at **The Arthouse Hostel**.
 Address: **20 Lindsay St, Launceston 7250**. Phone: **03 6333 0222**

We meet on **Day 1 at 8.30am** sharp unless you have requested a hotel pick-up from the Tasmanian Expeditions Reservation staff. Hotel Pick-ups are **between** 8.00am and 8.30am.

Day 1

Ben Lomond and Ralph Falls and or Cuckoo Falls
Overnight: Pub in the Paddock, Pyengana

Walking Distance: up to 10km
Time: 5 hours

Today you will be picked up from your accommodation in Launceston between 8.00am and 8.30am & transferred to a pre-departure briefing at The Arthouse Hostel in Launceston beginning at 8.30am. Your guides will present a general overview of the trip, conduct a gear check and provide the opportunity to hire/borrow any equipment/clothing that you may need.

After our briefing we drive to **Ben Lomond National Park** and walk to the summit Legges Tor through spectacular rock boulder fields, alpine vegetation and historic ski lodges. We enjoy a picnic lunch at the modern ski village and then drive down the impressive Jacobs Ladder. We reach Ralph Falls and Cash Gorge via remote forestry roads to complete another walk through tall tea tree forests and open button grass plains. We overnight at the quaint 'Pub in the Paddock' at Pyengana where we will enjoy a traditional country Pub meal.

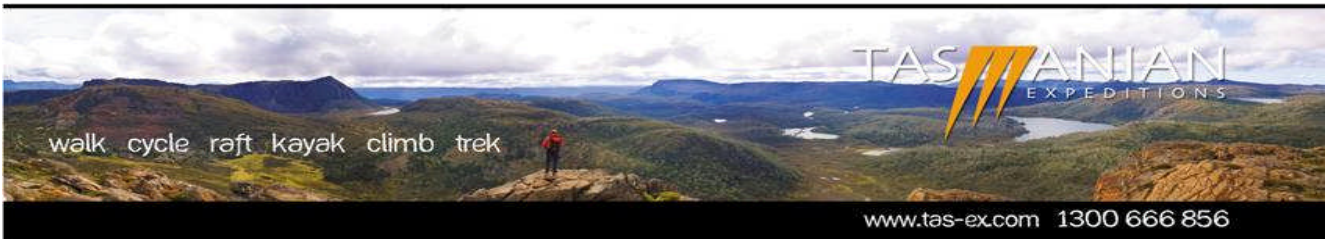
MEALS: Lunch, Dinner

Day 2

Blue Tier Exploration
Overnight: Pub in the Paddock, Pyengana

Walking Distance: up to 10k
Time: up to 8 hours





This morning we drive up to the Blue Tier and the deserted mining town of Poimena to start our day walks.

Mt Australia Hill walk: This walk has great aboriginal significance and fantastic views back to Ben Lomond and surrounding mountains.

Weldborough Creek Walk: A walk full of the tin mining history and through regenerating rainforest.

Moon Rim Walk: Great views to the east coast, St. Helens and the Furneaux Island Group.

Three Notch Track: Follows an old mining pack trail to McGoughs lookout - superb views of the coastline.

If time permits we will stop by the historic Pyengana Cheese Factory and enjoy a cheese tasting and cup of coffee. Overnight stay at the Pub in the Paddock, Pyengana.

MEALS: Breakfast, Lunch, Dinner

Day 3

Waterfalls in the Blue Tier

Overnight: Binalong Bay

Walking Distance: up to 10km

Time: up to 6 hours

This morning we leave Pyengana to first explore local waterfalls in the area such as St. Columba Falls, Halls Falls and the historic site of the Anchor Stamper Batteries, where mining relics have been again swallowed by regenerated cool temperate rainforest.

After lunch we depart for St. Helens where we have an opportunity to see the town and enjoy a coffee before we continue on to Binalong Bay and our spacious holiday houses. Take your first stroll down to famous Binalong Bay while dinner is being prepared by your guides.

MEALS: Breakfast, Lunch, Dinner

Day 4

Bay of Fires Beach Walk

Overnight: Binalong Bay

Walking Distance: 14km

Time: up to 7 hours

Today we set out to explore the Bay of Fires and start our walk at Policeman's Point. We will spend the whole day walking along isolated white sand beaches, exploring rock pools, ancient middens and will see numerous sea birds along the way. We also get to see the iconic orange lichen on the pink granite rocks. We will stop for lunch and if weather permits a swim along the way and get picked up at The Gardens to return to Binalong Bay and hopefully enjoy dinner and spectacular views onto the bay from our veranda.

MEALS: Breakfast, Lunch, Dinner





Day 5

Eddystone Lighthouse & Mt. William National Park

Overnight: Binalong Bay

Walking Distance: up to 10 kms

Time: up to 6 hours

This morning we drive to the most northern end of the Bay of Fires to see the Eddystone Lighthouse which was constructed in 1889. We will explore the surrounding coves before continuing to Mt. William National Park to see one of the only areas where Forrester Kangaroos still exist in Tasmania.

After lunch at Stumpy's Bay we make our way through costal vegetation to Mt. William and climb to the summit to enjoy spectacular views of the east coast, Flinders Island, Cape Barren Island, Eddystone Lighthouse and even Ben Lomond!

MEALS: Breakfast, Lunch, Dinner

Day 6

St. Mary's and Evercreech Forest Reserve

Walking Distance: up to 6km

Time: 3-4 hours

This morning we leave the small holiday village of Binalong Bay to stop by St. Mary's for a coffee. We then continue on to the Evercreech Forest Reserve to see the White Knights, the largest white gums in the world and walk to Evercreech Falls. After lunch we drive past Mathinna and return to Launceston via forestry roads. You will be dropped off at your accommodation at approx 5pm.

MEALS: Breakfast, Lunch

Special Note

The above itinerary is to be taken as a guide only. Inclement weather, group fitness and a number of other factors may influence our planned itinerary causing delays and variations. The Tasmanian Expeditions group leader reserves the right to make modifications and or alterations to the trips itinerary in the best interests of all involved.

What you are required to carry

The Blue Tier and Bay of Fires Tour offers a series of day walks. During the day walks you will need to carry a small backpack. It needs to contain water bottles, warm and waterproof clothing, sun protection cream and clothing, your camera and a snack that your guide may offer before departing the bus. It needs to be at least 25-40 Litre capacity and should not weigh more than about 7 kg max once packed.





Accommodation on tour

The first two nights of the Blue Tier and Bay of Fires Tour will be spent at 'The Pub in the Paddock' at Pyengana. There are 9 bedrooms available at the property (double, twin and/or triple share). The remaining three nights of the tour will be spent at Binalong Bay in large rental holiday homes that are booked many months in advance. Larger groups will be divided up between two houses that are close to one another. Most groups are made up of a mixture of single participants and couples. If you are travelling alone we will try to accommodate you with other people of the same sex and this usually sorts itself out naturally.

Trip Preparation

As with any active holiday, the fitter you are for the activity, the more the attention moves from looking at your feet to experiencing your surrounds. Your guides can easily make this trip as challenging or as gentle as you need and want it to be. Fitness enables you to do more, see more or simply relax more. The best way to train for an active holiday is to simulate the activity you will be undertaking on the trip. Train for uneven terrain by finding a rough narrow bush track, even just your local park or sports field, go for a lovely long walk in your trekking boots (nothing spoils a trekking holiday quite as much as poor fitting boots!) - splash in the puddles or kick up the dust! Prepare yourself for adverse conditions by getting out there at a prearranged time despite rain, hail or shine - maybe try parking a few kilometers from work and walking there and back. Different conditions prompt you to see different things and your routine walk can be a whole new experience from under a rain jacket hood. Enjoy your training - include friends and family, set some goals, note your progress, explore.

Important Note about Weather.

Please consider while you are packing your clothing & gear:

Tasmania is a remarkable little island sculpted and shaped by the 'Roaring 40s'. Tassie's precious and unique qualities are a result of a wind band at 40 degrees south which travels across vast oceans right around from South America and Antarctica. The very elements that make it such an incredible place also make it hard for human habitation. We must adapt to discover the beauties of this place and we can do that by being well equipped against the prevailing forces.

Tasmania's alpine regions routinely experience heavy precipitation and temperatures below freezing, even in summer. For your own safety and comfort, you will need to be adequately equipped with appropriate warm and waterproof clothing that will keep you warm even when wet. This means synthetic thermals, wool or fleece - NOT cotton as when wet, cotton actually robs the body of warmth. In the wet, cold conditions often experienced around Cradle Mountain, this can drastically affect your comfort and even your safety.





Gear Check List for the Blue Tier and Bay of Fires Tour

What equipment we provide

- Waterproof clothing - jacket, over pants and gaiters
- All linen (Except a towel for washing/swimming)
- All group and individual cooking and eating equipment (cup, bowl, plate, utensils etc)
- A large all-weather tarp for lunch undercover if required.
- Emergency communications & group first aid kit

What equipment/clothing to bring

The following table lists the clothing and equipment you are required to bring to participate in this adventure.

Clothing	Description of item	Number to Bring	Essential	Packed
Jumpers	Woolen or Polar Fleece	2	Yes	
Thermal tops	Polypropylene, wool, polyester power dry, Long sleeve.	2	Yes	
Thermal pants	Polypropylene, wool, polyester power dry	1	Yes	
T- shirts	Light weight, quick drying material preferred - not cotton	4	Yes	
Warm trousers	To wear around the cabins at night.	1	Yes	
Walking trousers	Not jeans, light weight, quick drying	1	Yes	
Walking shorts	Light weight, quick drying	2	Yes	
Walking socks	Wool or thermal	5	Yes	
Gloves	Warm gloves or mittens	1	Yes	
Sunhat		1	Yes	
Beanie	Balaclava. Wool beanie	1	Yes	
Underwear		As required	Yes	
Boots/shoes for walking	Must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole (runners or sand shoes are not adequate) they must be well worn but not worn out.	1	Yes	
Shoes/sandals	A change of footwear for the end of the day to wear around the cabins	1	Yes	
Clothing	Description of item	Number to Bring	Essential	Packed





Daypack	Min 25 Litre capacity	1	Yes	
Torch	Light weight head torch or small hand held torch	1	Yes	
Sunglasses		1	Yes	
Water bottles	Or water bladder minimum capacity of 2 Litres	1	Yes	
Bathers	For swimming	1		
Towel	For washing/bathing	1	Yes	
Insect repellent				
Sun Screen	30 plus		Yes	
First Aid kit				
Camera				
Binoculars				
Book/Maps				

The Environment

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments. Tasmanian Expeditions take steps through training and education to minimise the impact we have on these areas. It is our priority to leave these areas unspoilt and as they were for all future visitors to enjoy. Our environmental policies together with your help and co-operation will ensure that we can safe guard the pristine wilderness areas in which we operate.

The Group & How to Book

This trip is operated by **Tasmanian Expeditions** (in co-ordination with World Expeditions)
 There are 6 places (of the total 10 places) on this trip reserved for A Rendezvous for Singles clients and therefore the trip is not exclusive to A Rendezvous for Singles. The trip may also confirm more than six clients from A Rendezvous for Singles subject to demand and availability. Likewise, fewer than six A Rendezvous for Singles clients may book this trip.

Other travellers may book from other channels and they are not guaranteed to be single nor within the age range promoted by A Rendezvous for Singles. However, everyone in the group will have the walking spirit and generally this trip appeals mostly to persons around 50 years and over. You will need to complete the booking form on the A Rendezvous for Singles website:
<http://www.arendezvous.com.au/holidays/bayoffires10-2/index.asp>

Alternatively, you call them for more information on 1300 653 692 or email holidays@arendezvous.com.au. Once you complete submit a booking form with A Rendezvous for Singles they will send you a booking reply and subject to availability, a booking confirmation that includes a Deposit Payment Form which must be completed if you want to secure your place on the holiday. The non-refundable deposit is \$400. The Deposit Payment Form will include the details of the deposit and where to return the form.

