



## Cradle Mountain Walk 8 – 10 November 2009

- Three fantastic days exploring the pristine beauty of Cradle Mountain National Park
- 3 days and 2 nights - 2 nights in multi-share cabins
- Trip Grade 4 – 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 29 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.

We are pleased to be offering this departure to A Rendezvous for Singles clients

### Cradle Mountain Experience

The Cradle Mountain Lake St Clair National Park is home to Tasmania's iconic Cradle Mountain. One of the first National Parks in Australia, this wilderness area is a must see for visitors to the state who wish to see the rare beauty Tasmania has to offer.

On this 3 day tour we will discover the abundant wildlife, rare and unusual vegetation and spectacular scenery present in this area. To climb Cradle Mountain is our ultimate goal depending on weather conditions with plenty of other challenging options also available.

Upon entering the park you will be astounded by the lakes, waterfalls and vegetation on offer. You need to be reasonably fit for this trip but no special skills are required. Our experienced guides will help to bring the Tasmanian wilderness alive for you with their local knowledge and enthusiasm.

What's included	What's not included
<ul style="list-style-type: none"> <li>• Experienced guides</li> <li>• All cooking and eating equipment</li> <li>• National Park fees</li> <li>• Return bus transfers Launceston to Cradle Mountain NP</li> <li>• Quality rain jacket &amp; waterproof overpants</li> <li>• Sleeping Bag with inner sheet</li> <li>• Gaiters</li> <li>• Secure storage space for excess luggage</li> <li>• Group first aid kit for emergency use</li> <li>• 2 nights accommodation in multishare cabins</li> <li>• All meals</li> </ul>	<ul style="list-style-type: none"> <li>• Travel to Launceston – airfares, boat, bus etc</li> <li>• Accommodation before and after the trip</li> <li>• Car parking in Launceston</li> <li>• Items of a personal nature as listed in gear checklist</li> <li>• Alcoholic beverages</li> <li>• Travel insurance</li> </ul>

### Where to Meet and What Time

#### Old Bakery Inn Pick Up:

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 Sunday 8 November 2009.

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](mailto:reservations@oldbakeryinn.com.au)

#### Other Hotel Pick Ups:

If you have arranged in advance a hotel pick up at another hotel your pick up is between 8.00 – 8:30. This includes the Star Bar hotel.

#### Other Group Members

All other group members meet at The Arthouse Hostel unless you have organised a hotel pick-up when you finalised your booking.

The Arthouse Hostel

Address: 20 Lindsay St, Launceston 7250.

Phone: 03 6333 0222

We meet on Day 1 at 8.30am sharp!

### Proposed Itinerary Cradle Mountain Experience

**Day 1 Distance approx 5km      Walking Time approx 3hrs**

#### Launceston to Cradle Mountain

Today you will be picked up from your accommodation between 8.00 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. We will aim to depart at approx 9.30am, transferring to our cabins at Cradle Mountain which will take approximately 3 hours including a mid journey leg stretch in Sheffield – Tassie's town of murals. On arrival we will unload the bus and have lunch before setting off on an afternoon walk around the beautiful Dove Lake. During the walk your guides will take the time to introduce this beautiful area to you – the history of the region, its pioneers, the amazing prehistoric plant life and impressive views of Cradle Mountain and Dove Lake you will witness.

In the evening your guides will prepare a feast for you to enjoy as you relive the excitement of the day & prepare for our full day in the National Park tomorrow.

**Day 2 Distance up to 12km      Walking Time up to 8hrs**  
**Cradle Mountain**

Today can be as challenging or as leisurely as you wish. Conditions permitting, your guides will offer you the opportunity to trek to the base of Cradle Mountain and to climb to its summit. The breathtaking 360 degree views on offer are a worthy reward for the effort required to reach the summit. En route you will encounter the beautiful Crater Falls and Crater Lake before tackling the steep trail up to Marion's Lookout. If weather or other conditions prevent our summit attempt there are numerous alternatives, a popular one is the challenging Face Track which skirts beneath the well known outline of Cradle Mountain.

Your guides are passionate about this wonderland and will provide a day full of highlights. Blue skies or rough weather this region provides a very special experience. Your guides will provide a packed lunch and plenty of snacks to keep your energy up whilst wandering throughout the day. When we return to our cabins you will be able to freshen up and relax while your guides prepare another hearty evening meal.

**Day 3 Distance approx 5km      Walking Time approx 3hrs**  
**Cradle Mountain to Launceston**

This morning we will pack up our belongings, load the bus and enjoy a selection of morning walks including the King Billy Walk. This walk takes in some of the oldest trees in the world including an ancient King Billy that is between 1500 and 2000 years old. Our walking complete, we will share a picnic lunch at the National Park & check out the visitor centre. Travelling back to Launceston we will pass through the wonderful Tassie countryside with its rolling farmland and colonial style towns – arriving back at your accommodation at approx 5pm.

Tasmanian Expeditions recommends a visit to the Devils at Cradle Conservation Facility ([www.devilsatcradle.com](http://www.devilsatcradle.com)) on one of your evenings at Cradle Mountain. Admission prices are \$25 for adults and \$12.50 for children.

**What You Carry**

The 3 Day Cradle Mountain Experience offers a series of day walks from our cabins. During the walks you will need to carry a small backpack. It needs to contain water bottles, warm and waterproof clothing, sunscreen, your camera and a snack that your guide may offer before departing the cabins. Your daypack needs to be at least 25-litre capacity and should not weigh more than 5-7 kg once packed.

**Accommodation on Tour**

Both nights of the 3 Day Cradle Mountain Experience will be accommodated at Black Jack Cabins. The cabins are ideally located on Cradle Mountain Road, just outside of the National Park boundary. The cabins are bunk style and are three and eight share with shared separate bathroom facilities. If you are traveling alone we will try to accommodate you with other people of the same sex, 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. 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 preparing your 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 example, January 2004 saw frequent falls of rain, hail and sleet, as well as **significant snowfalls**; in the Cradle Mountain day walk area. **For your own safety and comfort, you need to be adequately equipped with appropriate warm and rainproof clothing.**

*A full set of clothing which will keep you warm even when wet is also required. This means synthetic thermals, wool or fleece – NOT cotton. (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 Cradle Mountain Experience

#### What equipment we provide

- Rain jacket
- Waterproof over pants
- Sleeping Bag + Inner Sheet
- Gaiters
- All group and individual cooking and eating equipment (Cup, Bowl, Plate Utensils)
- A large all-weather tarp for lunch undercover if required.
- Group first aid kit for emergency use only

#### What equipment you need 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
<b>Jumpers</b>	Woolen or Polar Fleece	2	Yes	
<b>Thermal tops</b>	Polypropylene, wool, polyester power dry, Long sleeve.	1	Yes	
<b>Thermal pants</b>	Polypropylene, wool, polyester power dry	1	Yes	
<b>T- shirts</b>	Light weight, quick drying material preferred – not cotton	2	Yes	
<b>Warm trousers</b>	To wear around the cabins at night.	1	Yes	
<b>Walking trousers</b>	Not jeans, light weight quick drying	1	Yes	



<b>Walking shorts</b>	Light weight, quick drying	1	Yes	
<b>Walking socks</b>	Wool or thermal	2	Yes	
<b>Gloves</b>	Warm gloves or mittens	1	Yes	
<b>Sunhat</b>		1	Yes	
<b>Beanie</b>	Balaclava. Wool beanie	1	Yes	
<b>Underwear</b>		As you like	Yes	
<b>Boots/shoes for walking</b>	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	
<b>Shoes or sandals</b>	A change of footwear for the end of the day	1	Yes	
<b>Daypack</b>	25 – 40 Litre capacity	1	Yes	
<b>Torch</b>	Light weight head torch or small hand held	1	Yes	
<b>Sunglasses</b>		1	Yes	
<b>Water bottles</b>	Or water bladder minimum Min 2 litres	1	Yes	
<b>Towel</b>		1	Yes	
<b>Insect repellent cream</b>			No	
<b>Sun Screen</b>	30 plus		Yes	
<b>First Aid kit</b>			No	
<b>Camera and film</b>			No	
<b>Binoculars</b>			No	
<b>Book</b>			No	
<b>Maps</b>			No	

## Hire Equipment

Please advise Tasmanian Expeditions of your hire requirements at least two weeks prior to departure of your trip and please include your sizes (small, medium, large, extra-large).

### HIRE PRICES

**\$15 Day Pack. \$15 Walking poles**

**Hire gear is to be paid in cash to your Tasmanian Expeditions guide at trip briefing on Day 1**

## The Environment

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage Area. Tasmanian Expeditions take steps through training and education to minimize the impact we have on these areas. It is our priority to leave these areas un-spoilt 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 7 places (of the maximum 12 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 7 clients from A Rendezvous for Singles subject to demand and availability. Likewise, fewer than 7 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 28 years and over.

You will need to complete the booking form on the A Rendezvous for Singles website:

<http://www.arendezvous.com.au/holidays/cradle09./index.asp>

Alternatively, you call them for more information on 1300 653 692 or email [holidays@arendezvous.com.au](mailto: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