

Cradle Mountain Experience, TAS

Book Early: limited places on this small group tour

For **SINGLE WALKERS 26 to 45 Years**
Thursday 21 - Monday 25 April 2011 (5 days / 4 nights)

Launceston • Liffey Falls • Mole Creek Karst National Park • Cradle Mountain National Park • Vale of Belvoir Conservation Area • Launceston

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 4 day tour you 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.

Trip Grading

This is graded introductory to moderate and is suited to anyone who enjoys walking with a reasonable to good level of fitness.

The trip includes vehicle and cabin based walking and you may be away from vehicle/cabin for half or full day (up to 8 hours) and carrying a daypack weighing approx 5kg.

Trip Operator

Operated for *arendezvous travel & leisure* by Tasmanian Expeditions who have been in operation for over 30 years. They offer economical, reliable, environmentally friendly, small group, fully inclusive adventure holidays to some of the most beautiful and pristine parts of Tasmania.

Fellow Passengers: Share your journey with other like-minded single travellers. Plus, we 'go the extra mile' and offer a pre-departure contact service to our group of guests (see *itinerary page for details*)

 **arendezvous**



Small group - limited places. Book early to secure your place.



TOP 5 REASONS TO BOOK

1. Age-matched holiday groups
2. Travel with like-minded singles
3. Tours provided by leading tour operators
4. Early bird savings with many tours
5. Room-mate matching option

Tour Inclusions

- Two professional guides
- 1 night hotel, Launceston (4.5 star)
- 3 night's comfortable cabin (3-8 share)
- All meals as specified
- Transport by private minibus
- National Park fees
- Waterproof jacket, overpants & gaiters
- Pillow, sleeping bag & inner sheet
- Emergency communications
- Group first aid kit

Tour Dates

Thursday 21 - Monday 25 April 2011
(bookings close 22 March 2011*)

* Bookings will close before published date if places sell out.

Accommodation on Trip

Each night on the 4 Day Cradle Mountain Experience Tour 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 gender.

The Pre and/or Post tour hotel is the Old Bakery Inn, Launceston. The room rate provided does not include breakfast.

Tour Prices

Prices Per Person AUD	Share	Single Room *
Tour price	\$1375	\$1440
Additional nights Pre/Post Tour Hotel	\$75	\$140
Walking Pole **	\$15 per pole	
Daypack **	\$15	

Notes:

* The Single Room price is only for the first night of the tour at the City Park Grande, Launceston (it does not include a single room while staying in the cabins)

** payment for walking pole/s, daypack paid in cash to your Tasmanian Expedition guides at the trip briefing, morning of day 2. You must book the hire gear in advance.

About Us

At *arendevious travel & leisure* we offer holiday groups for single travellers. All trips age-matched so there's more chance you'll share your journey with like-minded travellers. Visiting destinations across Australia and around the globe, choose from short escapes to adventure trips and leisurely touring.

Contact Us

arendevious travel & leisure

Monday to Thursday 10am to 6pm
Friday 10am to 5pm (AET)

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T/A Licence No. 2TA08183
For your protection and peace of mind we are a member of the Travel Compensation Fund.

Itinerary for Cradle Mountain Experience, Tasmania



Day 1 THU 21 APRIL 2011

Arrive to Launceston

Arrive to Launceston at your leisure. Hotel check-in is from 2pm (your room may be ready earlier). Tonight, for those interested, we suggest meeting at the hotel bar at 7pm to enjoy dinner together at a nearby restaurant/pub at your own expense.

Day 2 FRI 22 APRIL 2011

Launceston to Cradle Mountain via Liffey Falls

Today you will be picked up from the group hotel at 8.15am to be transferred for the 8:30am pre-departure briefing. 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 Launceston at approx 9.30am, transferring to the World Heritage listed Liffey Falls State Reserve approx 1 hour drive away. Here we will spend the morning walking through cool temperate rainforest and marvel at the spectacular waterfalls before making our way to King Solomon & Marakooa Caves in the world heritage listed Mole Creek Karst National Park for a picnic lunch and a 40 minute guided cave tour. In the afternoon we will make our way to our private cabin accommodation (Black Jack Cabins) near Cradle Mountain National Park. Along the way we detour via the stunning Devils Gullet lookout to admire the side on views of the Overland Track and Tasmania's highest peaks, on an easy 30 minute return walk.

In the evening your guides will prepare a delicious evening meal for you to enjoy as you relive the excitement of the day, continue to get to know one another and prepare for our full day in the National Park tomorrow.

MEALS: Lunch, Dinner

Day 3 SAT 23 APRIL 2011

Walking within Cradle Mountain National Park

This morning we drive the short distance from our accommodation to Cradle Mountain National Park (approx 20 mins). We set off on a morning walk around the beautiful Dove Lake. During the walk your guides will take the time to introduce this spectacular 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. We will enjoy a picnic lunch & the opportunity to explore the Visitors Centre before enjoying an afternoon walk on the little known Dove Canyon Circuit Track.

This evening we will visit the "Devils @ Cradle" Conservation Facility (www.devilsatcradle.com) where we will gain an interesting insight into this famous little creature including the 'Facial Tumour Disease' that is threatening its survival in the wild. We will once again stay at Black Jack Cabins

overnight. **MEALS: Breakfast, Lunch, Dinner**

Day 4 SUN 24 APRIL 2011

Walking within Cradle Mountain National Park

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.

MEALS: Breakfast, Lunch, Dinner

Day 5 MON 25 APRIL 2011

Cradle Mountain National Park to Launceston

This morning we will pack up our belongings, load the bus and travel approximately 30 minutes to the Vale of Belvoir Conservation Area. Our 3 – 4 hour walk takes place along the final stage of the 76km Penguin to Cradle Trail, following the Vale River before making our way through majestic Pandani Groves & Myrtle Forests to Cradle Mountain. The bus will be waiting at the end of the track to take us to lunch before making our way back to Launceston via the wonderful Tassie countryside with its rolling farmland and colonial style towns – we will drop you off at your accommodation at approx 5pm. (not included with package, must be requested separately)

MEALS: Breakfast, Lunch

Itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

WHAT YOU CARRY

The 4 Day Cradle Mountain Experience Tour offers a series of day walks within the Liffey Falls State Reserve, Cradle Mountain National Park & the Vale of Belvoir Conservation Area. During the walks you will need to carry a small backpack. It will need to contain a water bottle, warm and waterproof clothing, sunscreen, your camera and a snack that your guide may offer before departing the bus. Your daypack needs to be at least 25 Litres in capacity and should not weigh more than 5-7 Kgs once packed.

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.

GEAR CHECKLIST

This equipment is provided:

- Waterproof clothing – jacket, over pants and gaiters
- Pillow, sleeping bag and inner Sheet
- 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 clothes you need to bring: Woollen or polar fleece(2), Thermal tops, Thermal pants, T-shirts (3), Warm trousers, Walking trousers, Walking shorts, Walking socks (3), Gloves, Sunhat, Beanie, Underwear, Boots/shoes for walking, Shoes or sandals.

What other items you need to bring:

Daypack, Torch, Sunglasses, Water bottles, Towel, Insect repellent, Sun Screen, First Aid kit, Camera and film, Binoculars, Book/Maps

PRE-DEPARTURE CONTACT SERVICE.

With your permission, we share your first name, state and email (or other preferred contact method) with the rest of the travellers on your tour. This provides the opportunity to get in touch with others in the group prior to travel. This contact list is provided after bookings close.

TERMS AND CONDITIONS

Full terms and conditions are available on the holiday website. Information was correct at the time of publishing however some details may change without notice. This holiday is operated by Tasmanian Expeditions for **arendezvous travel & leisure** ABN 23 119 642 992.