



## Cycle & Walk Tasmania 'for singles' (35 years & over) 30 January – 5 February 2010

- An exhilarating week cycling & walking along Tasmania's stunning East Coast
- 7 Days and 6 Nights - 4 nights multi-share cabins and 2 nights camping
- 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 a daypack up to about 5kg (camera, water, warm and waterproof clothing) Min age is 10 years.

## 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

## Cycle & Walk Tasmania

Welcome to a journey that discovers the regional beauty of central Tasmania and its spectacular East Coast. Our seven day trip from Launceston to Hobart offers a truly diverse range of landscapes including rural villages and farms, the bluffs and peaks of Ben Lomond plateau and the dramatic and serene coastal beauty of the east coast.

The benefits of previous riding experience goes without saying however, if you have a good level of general fitness our Cycle & Walk Tasmania Tour will suit you. We seek a leisurely pace that enhances the senses and allows you to take in an optimal amount of detail.

Daily riding distances range from 30 kms to 80 kms with the support vehicle providing refreshments and the option of completing as many or as few kilometres as you please. Fill your lungs with fresh air, blow away the cobwebs and join us for an adventure that charges your senses with experiences of natural beauty, rugged coastlines, abundant wildlife and charming villages.

## Pre & Post Trip Hotel Accommodation

You may book the pre and/or post trip hotel accommodation, offered by Tasmanian Expeditions or make your own arrangements.

Pre Tour Hotel: \$133 per night, per room (breakfast not included)

Post Tour Hotel: \$164 per night, per room (breakfast not included)

### Pre Tour Hotel, Launceston:

The Old Bakery Inn, located in Launceston, Corner of York & Margaret Streets t: 03 6331 7900

### Post Tour Hotel, Hobart

Inn Keepers Hobart Macquarie Leisure Inn, 167 Macquarie Street Hobart t: 03 6220 7100

The Hobart Macquarie is located in the city centre and is within walking distance to historic Battery Point and the renowned waterfront area of Salamanca Place

## Where to meet and what time

**A Rendezvous group members staying at the Old Bakery Inn will be collected between 8:00 – 8:30am from the Old Bakery Inn.**

The 7 Day Cycle & Walk Tasmania Tour meets at **The Arthouse Hostel**.

Address: **20 Lindsay St, Launceston 7250**. Phone: **03 6333 0222**

We meet on **Day 1 at 9.00am** sharp unless you have requested a hotel pick-up from the Tasmanian Expeditions Reservation staff. Hotel Pick-ups are **between 8.30 and 9.00am**.

What's included	What's not included
<ul style="list-style-type: none"> <li>• Experienced guides</li> <li>• National Park fees</li> <li>• 6 nights accommodation in cabins and camping</li> <li>• All meals</li> <li>• Bikes, helmets, handle bar bag</li> <li>• Group equipment including all cooking and eating equipment</li> <li>• Sleeping bag</li> <li>• Inflatable mattress</li> <li>• Light weight tents</li> <li>• Waterproof jacket and overpants</li> <li>• Bus transfers and support</li> <li>• Luggage transfer to Hobart</li> <li>• Communications for emergency use</li> <li>• Group first aid kit for emergency use</li> <li>• Hotel pick-up &amp; drop off (by request only)</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>

## Itinerary for the Cycle & Walk Tasmania Tour

**Day 1. Distance up to maximum 63km**  
**Time approx 8hrs cycling**  
**Overnight: Ben Lomond**

Today you will be picked up from your accommodation between 8.30am and 9am and transferred to a pre-departure briefing at The Arthouse Hostel in Launceston beginning at 9am. 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 loading the bus and setting up our bikes we cycle from Launceston through the rolling countryside to the historic town of Evandale.

After a delicious picnic lunch beneath the shade of the grand old Oaks, we continue south following the Macquarie River and passing the beautiful estate & gardens of Clarendon House. We continue riding through the grazing country of the Fingal Valley where we will enjoy views of Ben Lomond National Park and Tasmania's second highest peak.

**Day 2. Distance up to maximum 77km**  
**Time approx 8hrs cycling**  
**Overnight: Bicheno**

Wonderful cycling opportunities continue as we journey further up the Fingal Valley & through the Eucalypt forests of the North East. Today's highlight is an exhilarating ride over the spectacular and steep St Mary's Pass down to the east coast with its dazzling aqua blue water and pure white sandy beaches. We spend the afternoon cycling south along the coastline to the seaside fishing town of Bicheno.

**Day 3. Distance up to maximum 55km (plus Wineglass Bay walk)**  
**Time approx 8hrs activity**  
**Overnight: Bicheno**

Today's destination is the Freycinet Peninsular National Park. We will cycle from Bicheno into the busy tourist hub of Coles Bay, a fast growing seaside town in a spectacular setting. We will head straight into the National Park and explore the natural beauty of the area. We will walk to the Wineglass Bay Lookout where we have spectacular view of the beach below and the pink granite rocks of The Hazards Mountain Range. Continuing on down to the beach is optional for the group – perhaps a great opportunity for a refreshing swim! At the end of our day in the National Park we will return by vehicle to Bicheno.

**Day 4. Distance up to maximum 70km**  
**Time 8hrs**  
**Overnight: Orford/Triabunna**

This morning we continue our ride south enjoying the spectacular scenery of Tasmania's coastline and our first glimpse of Maria Island National Park. We finish today's ride at Triabunna a small port town and also our gateway to tomorrow's destination – Maria Island.

**Day 5 & 6. Maria Island NP**  
**Overnight: Maria Island - Camping**

Today we catch the ferry to the secluded Maria Island National Park. Over the next two days we spend our time exploring Maria Island, taking in its vast history and the natural wonders scattered all over the island on foot and by bike. We will see the unusual sandstone formations of the painted cliffs and visit Aboriginal

middens. In the south of the island we will see the beautiful pristine beaches of Chinaman's Bay and the isthmus. You will also have the option of climbing either Bishop and Clerk Mountain or the amazing Mount Maria, the tallest mountain on the island which has a mini alpine area of vegetation right at its summit; this is extremely rare in coastal regions.

The fascinating history of the island is as diverse and substantial as its wildlife. This industrial history includes everything from vineyards to cement works but the most interesting is the convict history. There are many ruins from penal days including cell blocks, commandant's cottages and windmill sites.

#### **Day 7. Distance-30-50km max Time-approx 8hrs**

Today we leave Maria Island on the morning ferry. We rejoin our vehicle and head to Hobart. On arrival, we will drive to the 1270 metre summit of Mt Wellington where you will be provided with fantastic views of the lower Derwent River system, Hobart and its surrounds. Distant ports such as the Tasman Peninsula, far away Precipitous Bluff and many peaks of the wonderful South West are also visible in clear weather.

After lunch we enjoy an exhilarating ride all the way down the mountain and into Hobart where your trip will conclude. Your guides will drop you off at your accommodation (arranged by you) in Hobart at approx 5pm.

#### **What You Carry**

For all day walks at Freycinet Peninsular and Maria Island you will be required to carry a day pack containing water, wet weather clothing, camera and a snack. We recommend its capacity to be between 25 and 40 Litres and it should weigh no more than 5- 7 kg once packed.

During your days of cycling all you will need with you should fit into the handle bar bag we provide on the bike and your water bottle attaches to the bike also.

#### **Accommodation on Tour**

The first 4 nights of the tour will be accommodated in self contained share cabins, units and/or rooms. Some are bunk style and some have shared bathroom facilities. Linen and pillows are provided during most of the trip but we will supply you with sleeping bags for our 2 nights camping on Maria Island.

Our accommodation bookings will have been made many months in advance and, depending upon group size, it is not always possible to provide you with your own room although your privacy and comfort is accommodated for as much as possible. If you are traveling alone you will share with someone/others of the same sex. This usually sorts itself out naturally.

#### **Bicycles**

Tasmanian Expeditions have a fleet of Giant Mountain bikes with road tyres. They have 21 gears and front and rear hand brakes. Your guide will allocate a bike that suits your height and experience. Every bike is serviced before each trip. It will be fitted with a drink bottle bracket, plain pedals without clips or cleats, reflectors and a handle bar bag for your personal items. You are required by law to wear a helmet which we supply in a range of sizes.

It is important to supply your height when making your booking to simplify bike fitting on the morning of departure. Sometimes it is necessary to transport the bikes by vehicle and this is done by securing them to brackets on the top of a closed box luggage trailer towed by our Toyota Hi-ace vehicles.

If you would like to bring your own bike, helmet, seat, or pedals please discuss this with our office staff to ensure it's suitability for the trip. Some sections of riding are on unsealed road and basic vehicle tracks.

## Gear Check List for the Cycle & Walk Tasmania Tour

### What equipment we provide

- Bike, Helmet, Handle bar bag, Water bottle for cycling
- All group and individual cooking and eating equipment (Cup, Bowl, Plate Utensils)
- Waterproof jacket and overpants
- 3 season sleeping bag
- Light weight tents
- Inflatable sleeping mat
- A large all-weather tarp for lunch undercover if required.
- Communications for emergency use only
- Group first aid kit for emergency use only

### What equipment to bring

The following lists set out all the clothing and equipment you are required to bring for you to participate in this adventure. The gear check prior to your departure from Launceston will ensure that your have covered all aspects of the required gear without over packing.

Item	Description of item	Number to Bring	Essential	Packed
Jumpers	Woolen or Polar Fleece	2	Yes	
Thermal tops	Polypropylene, wool, polyester power dry Long sleeve.	1	Yes	
Thermal pants	Polypropylene, wool, polyester power dry	1	Yes	
T- shirts	Light weight, quick drying material preferred - not cotton	3	Yes	
Warm trousers	Must be wool or synthetic fibre	1	Yes	
Walking/cycling trousers	Not jeans, light weight quick drying	1	Yes	
Walking/cycling shorts	Light weight, quick drying	1	Yes	
Cycling gloves		1	No	
Walking socks	Wool or thermal	3	Yes	
Gloves	Warm gloves or mittens	1	Yes	
Sunhat		1	Yes	
Beanie	Balaclava. Wool beanie	1	Yes	
Underwear		As required	Yes	
Swimming costume		1	No	
Casual wear for evenings		As required	No	

Boots	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	
Walking/cycling shoes	Cross trainers or runners (for cycling)	1	Yes	
Sandals	Light weight thongs/shoes for the end of the day	1	Yes	
Daypack	25-40 Litre capacity	1	Yes	
Pillow		1	No	
Torch	Light weight head torch	1	Yes	
Sunglasses		1	Yes	
Water bottles	Or water bladder minimum 2 Litres	1	Yes	
Towel	Light weight, quick drying	1	Yes	
Personal toiletries			No	
<b>Item</b>	<b>Description of item</b>	<b>Number to Bring</b>	<b>Essential</b>	<b>Packed</b>
Insect repellent			No	
Sun Screen/Lip Balm	30 plus		Yes	
Camera and film			No	
Binoculars			No	
Book, Maps			No	
Walking poles			No	
Wind proof shell	For cycling	1	No	
Own helmet, cleated shoes & pedals			No	
Bike seat			No	

## Hire Equipment

Please advise Tasmanian Expeditions of your hire requirements and please include your sizes. Hire gear is to be paid in cash to your Tasmanian Expeditions guide at trip briefing on Day 1

### HIRE PRICES for the Cycle & Walk Tasmania Tour

- \$20 Day Pack
- \$15 Walking Poles (per pole)

## How to Book

This trip is operated by **Tasmanian Expeditions**

There are 7 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 7 clients

from A Rendezvous for Singles subject to demand and availability and likewise, fewer than 7 (however enquiries have been strong and we expect to finalise with 7 in the group at least from A Rendezvous).

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 cycling and walking spirit and generally this trip appeals mostly to persons 35 years and over.

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

<http://www.arendezvous.com.au/holidays/cycletas10./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.

**Please Note: A service charge will be applied when paying the balance with credit card and the balance of your tour is due 30 days prior to departure.**