



3 Day Freycinet Walk

Wednesday 3 - Friday 5 March 2010

- Three fantastic days exploring the Freycinet and Douglas Apsley National Parks
- 3 days and 2 nights; 2 nights in multi-share cabins
- Trip Grade 3 – **Introductory level** - Vehicle/Cabin based easy - moderate activities. May be away from vehicle/cabin for half or full day (up to 6 hours). Carrying daypack weighing approx 5kg. Minimum age is 10 yrs old.
- Price \$850 per person

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.

Freycinet Walk

This 3 day tour encompasses a variety of walks through the spectacular Freycinet National Park on the East Coast of Tasmania and the nearby Douglas Apsley National Park. We discover the pristine beauty of secluded bays, white sandy beaches, turquoise waters and visit highlights such as Wineglass Bay & the isolated Friendly Beaches.

During our day walks you will only be required to carry a small daypack (containing your lunch, wet weather gear & camera etc) and in the evenings we will return to comfortable, simply appointed cabins in the village of Coles Bay or surrounding towns on the edge of the Freycinet National Park.



What is included in the cost of your tour

- Professional guide/s
- 2 night's comfortable cabin accommodation (2-4 share)
- 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.

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)

Pre Tour Hotel, Launceston:

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

Where to meet and what time

A Rendezvous Group

Members of A Rendezvous Group staying at the Old Bakery Inn will be collected between 8:00 – 8:30am from the Old Bakery Inn.

Others:

The 3 Day Freycinet Walk 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.

Itinerary for the Freycinet Walk

Day 1 Launceston to Coles Bay via Douglas Apsley National Park

Walk: 3 – 4 hrs

Today you will be picked up from your accommodation 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. A scenic drive east from Launceston takes us to the Douglas Apsley National Park. Here we will walk the Apsley Gorge Circuit, a picturesque walk featuring Oyster Bay Pines, sheer cliffs and a tranquil rock pool fed by miniature waterfalls. This park is the largest area of undisturbed dry sclerophyll forest remaining in Tasmania.



We then have a 45 minute drive to our accommodation within Coles Bay or its surrounding towns where the 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.

MEALS: Lunch, Dinner

Day 2 Freycinet National Park

Walk: 6 – 8 hrs

Today we visit Freycinet National Park for a full day of walking & exploring. The highlight of today is Wineglass Bay with its pristine white sandy beach and turquoise waters.

We have the opportunity to see many bird and mammal species, such as the Bennett's wallaby, Tasmanian Pademelon, wombat, black cockatoo, swift parrot, and green rosella. After lunch we continue our circuit walk via the Isthmus Track to Hazards Beach and Lemana Lookout, a small rocky headland with great southerly views of the Peninsula and Schouten Island. 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 3 Freycinet National Park to Launceston

Walk: 3 – 4 hrs

On our final day of the tour we have the opportunity to walk toward the summit of Mt Amos for panoramic views of mountain and coast. This is a rugged walk and most of the ascent route is on bare rock. An alternative walk is to explore the remote and often deserted Friendly Beaches, including a visit to Saltwater Lagoon where large numbers of black swans and other waterfowl can be seen. After lunch, we return to Launceston via Campbelltown arriving at your accommodation at **approx 5.00pm**.

MEALS: Breakfast, Lunch

Please 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

Our 3 Day Freycinet Walking Tour offers a series of easy to moderate day walks. 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.

Accommodation on tour

Both nights of the 3 Day Freycinet Walking Tour will be accommodated in cabins. The cabins we try to book are situated within the Village of Coles Bay or in the nearby towns of Bicheno & Swansea. The cabins are usually two bedrooms with shared bathroom facilities. Our cabin allocation will have been booked 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 travelling alone we will try to accommodate you with other people of the same gender, 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.

Gear check list for Freycinet Walk

What equipment we provide

- Waterproof clothing – jacket, over pants and gaiters
- 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 you need to bring

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

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	To wear around accommodation at night	1	Yes	
Walking trousers	Not jeans, light weight quick drying	1	Yes	
Item	Description of item	Number to bring	Essential	Packed
Walking shorts	Light weight, quick drying	1	Yes	
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	
Towel	For bathing at cabin/beach	1		
Bathers		1		
Boots	Must be lace up, ankle high, leather or leather/fabric construction with a sturdy	1	Yes	



	rubber sole (runners or sand shoes are not adequate) they must be well worn but not worn out.			
Shoes	A change of shoes or sandals to wear around the cabins.	1	Yes	
Torch	Light weight head torch or small hand held torch	1	Yes	
Sunglasses		1	Yes	
Water bottles	Or water bladder with minimum capacity of 2 Litres	1	Yes	
Insect repellent				
Sun Screen	30 plus		Yes	
First Aid kit				
Camera and film				
Binoculars				
Book/Maps				

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 if necessary (small, medium, large, extra-large).

Hire gear prices

\$15 day Pack and \$15 Walking Poles (per pole)

Hire gear to be paid in cash to Tasmanian Expeditions guide at trip briefing

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 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 or less than six clients from A Rendezvous for Singles subject to demand and availability.

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 45 years and over. You will need to complete the booking form on the A Rendezvous for Singles website:

<http://www.arendezvous.com.au/holidays/freycinet10/index.asp>

Alternatively, you can call them for more information on 1300 653 692 or email holidays@arendezvous.com.au. Once you submit a booking form with A Rendezvous for Singles they will send you a booking reply and subject to availability, a booking confirmation will be issued when you pay a non-refundable deposit of \$400.

