



The Overland Track Tour

20 - 26 March 2010

- An unforgettable bushwalk through the Cradle Mountain Lake St Clair NP
- 7 days and 6 nights - 1 night in multi-share cabins & 5 nights camping
- All permits, equipment, transfers & meals included
- Trip Grade 5: Self supported moderate to strenuous activities. Will be remote from modern technologies. Carrying a backpack approx 10-15 kg. May encounter adverse weather/track conditions. Minimum age is 14 years.





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 Overland Track

The Overland Track is Australia's premier extended bushwalk. The Cradle Mountain Lake St Clair National Park is renowned for its beauty, featuring abundant wildlife, rare and unusual vegetation and dramatic scenery.

Starting at Dove Lake, situated beneath Cradle Mountain, we head south for the wilderness adventure of a lifetime. We follow a moderate graded trail for 70kms finishing our journey with a ferry crossing of Lake St Clair. We allow 7 days, averaging of 10km per day, to walk the track so as to best appreciate highlights and side trips along the way. Passing lakes, waterfalls and mountains such as Barn Bluff, Pelion West, Mount Oakleigh and the Geryons we savour this wild remote area in the company of our small independent group.

No special skills are necessary to walk the Overland Track although a good level of general fitness is required. Our schedule will permit time to visit the summits of some of the highest mountains in Tasmania, even Mount Ossa, Tasmania's highest. Our experienced guides will help to bring the track alive for you with their local knowledge and enthusiasm for the Tasmanian wilderness.

What is included in the cost of your tour

- *Professional guides
- *1 night basic cabin accommodation (3-8 share)
- *5 nights camping
- *All meals as specified
- *Transport by private minibus
- * National Park fees
- *Overland Track Permit
- *Waterproof jacket, overpants & gaiters
- *Tent, backpack, sleeping bag, inner sheet & inflatable sleeping mat





- *Group camping equipment including all cooking and eating equipment
- *Secure storage space for excess luggage
- *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

The 7 Day Cradle Mountain Overland Track Tour meets at **Mountain Designs Equipment Store**.
Address: **120 Charles St, Launceston, TAS 7250**. Phone: **03 6334 0988**

We meet on **Day 1 at 1pm** sharp unless you have requested a hotel pick-up from the Tasmanian Expeditions Reservation staff. Hotel pick-ups are **between 12.30 and 1pm**.

Pre and/or post trip accommodation

There is the option to book pre and or post trip accommodation with your booking and Tasmanian Expeditions will make your reservation for you.

This is at a 3 star hotel, the Old Bakery Inn, Launceston.
Corner of York & Margaret Streets, Launceston, Tasmania 7250
Freecall Reservations: 1800 641 264 Phone: +61 3 6331 7900 Fax: +61 3 6331 7756

Check in: After midday Check out: 10:00am

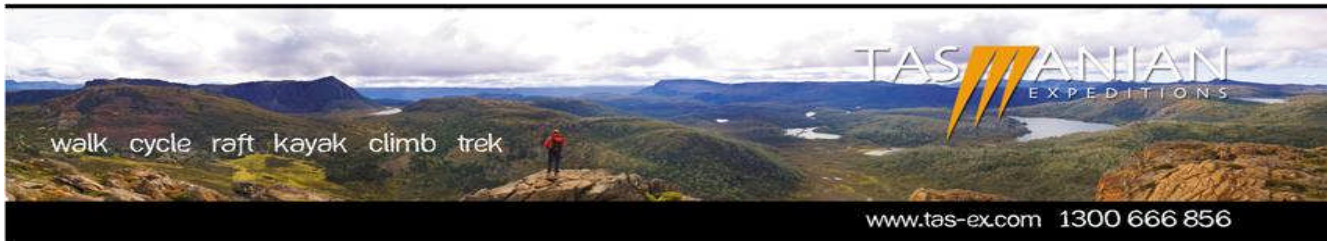
On the final day of the trip, 26 March 2010 generally group members elect to a night of stay in Launceston as it's a great chance for the group to go out for an end of trek celebration dinner in Launceston. The meal and accommodation is at your own expense.

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Itinerary for the Overland Track Tour

Day 1 Launceston to Cradle Mountain NP

Today we begin our journey to Cradle Mountain. We meet at Mountain Designs Equipment Shop at 1pm for a thorough group briefing and gear check. We then transfer up to our cabins at Cradle Mountain, taking approximately 3 hours including a mid journey leg stretch in Sheffield - Tassie's town of murals.

On arrival you will have time to relax & organise your gear while your guides prepare a feast for dinner. Tonight we sleep in the comforts of our warm and cosy cabins, well fed, rested and ready for the start of our trek tomorrow.

MEALS: Dinner

Day 2 Distance 10km + Side trips Dove Lake to Waterfall valley

Walking Time 5 hours + side trips

Your guides will have you up early this morning for breakfast and any last minute packing. We drive the short distance down to Dove Lake where our Overland Track Trek begins. We spend the morning walking up to the top of the Cradle Plateau where we are rewarded with views of Dove Lake below. After enjoying lunch we may opt for a side trip, weather and time permitting, to the craggy summit of Cradle Mountain before making our way to Waterfall Valley for our first night under the stars.

MEALS: Breakfast, Lunch, Dinner

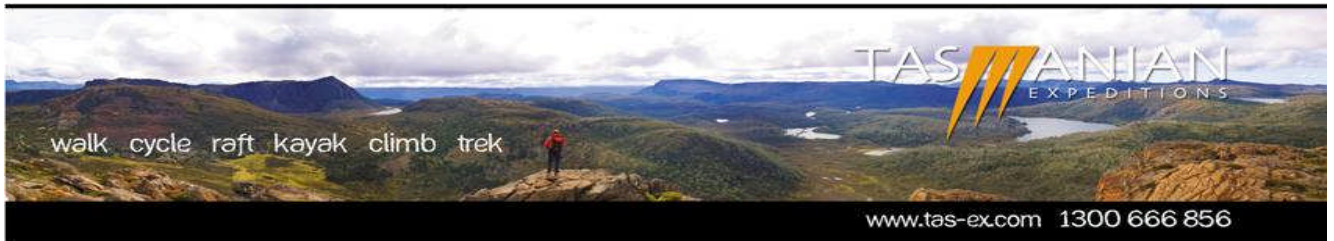
Day 3 Distance 8km Waterfall Valley to Lake Windermere

Walking Time 3 hours

Today we continue south from Waterfall Valley to Lake Windermere. A leisurely day that offers time for a side trip past the diggings of Joseph Will a coal prospector in the 1800's to Innes Falls. At Lake Will we will have the opportunity for a relaxing lunch on its sandy shores. Returning to our packs we head back across the rolling button grass plains towards our campsite at Lake Windermere. We spend the afternoon relaxing, taking in the fabulous views and maybe go for a refreshing swim in the lake.

MEALS: Breakfast, Lunch, Dinner





**Day 4 Distance 17km
Lake Windermere to Pelion Plains**

Walking Time 7 hours + side trips

Today is a wild day of moorlands and mountain views. Our morning takes us across Pine Forest Moore offering spectacular views across the Forth River Valley to the heights of Mount Oakleigh and to today's destination, Pelion Plains, at its base. We descend around Mount Pelion West to a popular lunch spot at Frog Flats. Our afternoon takes us up onto Pelion Plains with marvellous views of fluted Mount Oakleigh and some of the biggest wombats our guides have seen in the park!!! Our main food drop is hidden not far from here and your guides will make time to collect supplies.

MEALS: Breakfast, Lunch, Dinner

**Day 5 Distance 9km + side trips
Pelion Plains to Kia Ora**

Walking Time 5 hours + side trips

From camp we continue walking south and the view opens up to reveal Cathedral Mountain and Pelion East on our left, followed by Mount Ossa on our right. We rest at the saddle (1113 meters) between Mount Pelion East and Mount Ossa (1617m). In fine weather, climbing Mount Ossa, Tasmania's highest peak is without a doubt one of the highlights of the Overland Track. With magnificent views in all directions we continue south into beautiful Pinestone Valley.

MEALS: Breakfast, Lunch, Dinner

**Day 6 Distance 10km + side trips
Kia Ora to Windy Ridge**

Walking Time 4 hours + side trips

Today we walk through towering rainforests of Leatherwood and Sassafras tress, heading towards three of Tasmania's largest and most spectacular waterfalls. The first we visit is Ferguson Falls, named after a former ranger at Lake St. Clair followed by Dalton Falls. The third of these large falls is Hartnett Falls, once again named after the eccentric bushman with the bowler hat Paddy Hartnett. We make camp in the afternoon at Windy Ridge.

MEALS: Breakfast, Lunch, Dinner

**Day 7 Distance 9km
Windy Ridge to Lake St Clair**

Walking Time 3 hours





Today we pack our backpacks for the final day on the track, which takes us through dry sclerophyll forest toward the shores of Lake St Clair. As we near the lake we can gaze up to the peaks of the Labyrinth and look forward to majestic Mount Olympus.

We then catch a 30 minute ferry across Lake St Clair, the deepest natural lake in the southern hemisphere, providing a spectacular conclusion to our Overland Track Trek as we look back upon the mountains we've travelled through. After some time to inspect the visitor centre and indulge in a picnic lunch we board the bus for our return drive across Tassie's Central Plateau to Launceston. You will be dropped off at your accommodation in Launceston 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 Cradle Mountain Overland Track Tour is a full pack carrying supported trek. You will need to carry all your own personal equipment including your sleeping bag, sleeping mat and your half of a twin share tent, plus a very small proportion of the group's fresh food. On average this works out to be between 10-15kgs. Included in these notes is a gear list that has been designed to keep your pack weight to a minimum without jeopardising safety.

The items commonly differentiating a heavier from a lighter pack are toiletries and spare cotton clothing, both of which we recommend you leave out. Your guide will conduct a thorough gear check to ensure you are not carrying too little or too much!

Accommodation on tour

We use lightweight, 2 person, bushwalking tents (twin share). They provide each occupant with a door and vestibule for ease of use. They are high quality, distinguished brand (Macpac, Salewa or Wilderness Equipment) tents suitable for the range of conditions we may encounter during the trek. They weigh approximately 3.6kg and can be divided evenly to be carried by each occupant. Most groups are made up of a mixture of single participants and couples. If you are travelling alone you will share a tent with someone of the same sex. This usually sorts itself out naturally. If numbers are uneven you will have the choice to carry your own tent or share with someone of the opposite sex.





What to expect

Mental preparation for your 7 day trek in the Tassie highlands cannot be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety. Each day, each group, each guide will influence itinerary details but the following will give you an idea of daily timing.

Each day on the track will start with a hot drink call from your guides. They will then prepare breakfast, whilst you prepare for the day and pack up all your equipment. After breakfast the guides finish their last minute packing and you set off for the day's walk.

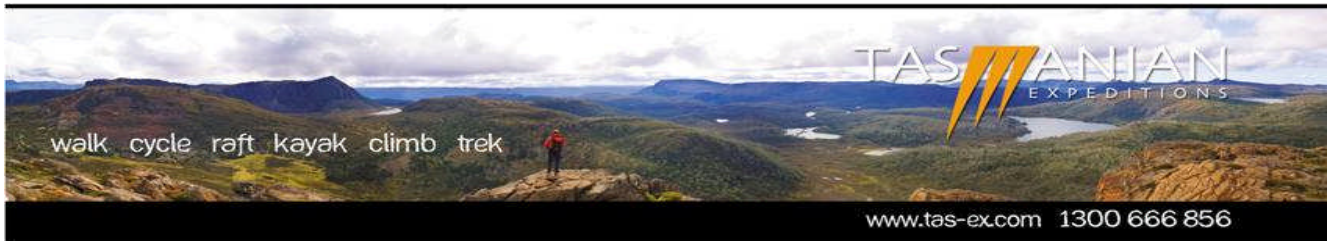
Each day is different but usually the morning walk is 3-4 hours in duration with numerous snack, photo and water breaks along the way. A leisurely lunch is served which provides the chance to put your feet up, dry wet socks, read or simply take in the magnificent scenery. The afternoon walk is usually shorter than the morning walk getting us to camp with plenty of daylight and time for exploring, relaxing or just enjoying a welcome hot drink and a chat. A hot dinner and dessert is served around 7pm with time to tell a few stories and hear a brief on the following day's activities.

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 Overland Track Tour

What equipment we provide (included in tour cost)

- Lightweight 2 person bushwalking tents. Approx 3.6kg per tent (1.8kg per person)
- Self inflating sleeping mattresses (standard thickness, 3/4 length)
- 3 season down sleeping bag with inner sheet
- Lightweight internal frame 70 Litre backpack
- Wet-weather jacket, overpants & gaiters
- All group and individual cooking and eating equipment (cup, bowl, plate, utensils)
- A large all-weather tarp for lunch and dining undercover.
- Satellite phone for emergency use only.
- Group first aid kit for emergency use only

What equipment to bring

The following table lists the clothing and equipment you are required to bring to participate in this adventure. The gear check at Mountain Designs Equipment Store will ensure that you have covered all aspects 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.	2	Yes	
Thermal pants	Polypropylene, wool, polyester power dry	2	Yes	
T- shirts	Light weight, quick drying material preferred - not cotton	3	Yes	
Warm trousers	For around camp at night	1	Yes	
Walking trousers	Not jeans, light weight quick drying	1	Yes	
Walking shorts	Light weight, quick drying	1	Yes	
Walking socks	Wool or thermal	4	Yes	
Gloves	Warm gloves or mittens	1	Yes	
Sunhat		1	Yes	
Beanie	Balaclava. Wool beanie	1	Yes	
Bathers		1		
Underwear		As required	Yes	
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	
Sandals	Light weight thongs/shoes for the end of the day around camp	1	Yes	
Torch	Light weight head torch	1	Yes	
Sunglasses		1	Yes	
Water bottles	Or water bladder (min 1- 2 Litres)	1	Yes	
Towel	Quick-drying sports towel	1		
Whistle	For use in poor visibility	1	Yes	
Garbage bags	For waterproof storage	3	Yes	
Insect repellent				
Sun Screen	30 plus		Yes	
Lip Balm	30 plus			
Camera and film				
Binoculars				
Book/Maps				
Walking poles				





Hire Equipment

Please advise the office staff at 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).

\$25 walking poles (per pole)

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

Excess luggage

Luggage you will not need during your trip can be stored with us in Launceston. You will have an opportunity to label it clearly with your name and tour date at our cabins at Cradle Mountain & it will return to Launceston once you have been dropped at the trail head on day two of the tour. Your excess luggage will be on the bus that collects you from Lake St Clair so that you have it with you when you are dropped at your accommodation in Launceston.

Maps

The following maps are available from most outdoor retailers & online at www.tasmap.tas.gov.au

1:100,000 Cradle Mountain Lake St Clair National Park Map & Notes

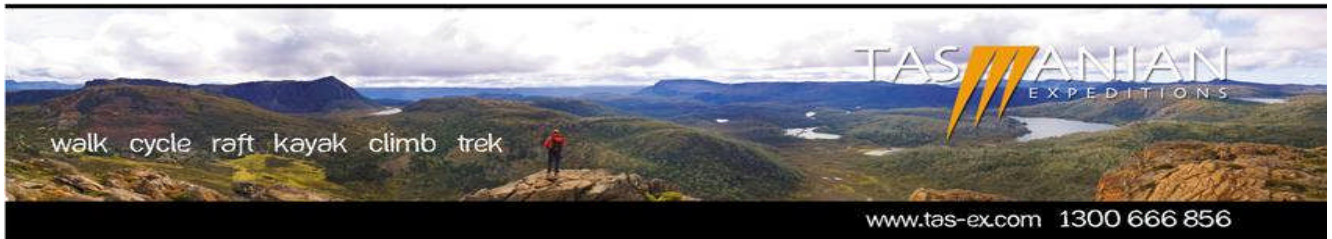
1:50,000 Cradle Mountain Day Walk Map and Notes

1:25,000 series of maps available from Mountain Designs Launceston

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 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.





How to book

This trip is operated by **Tasmanian Expeditions** (in co-ordination with World Expeditions)

There are 5 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 five clients from A Rendezvous for Singles subject to demand and availability. Likewise, fewer than five 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 40 years and over. You will need to complete the booking form on the A Rendezvous for Singles website:

<http://www.arendezvous.com.au/holidays/overland10/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.

A service charge will be applied when paying the balance of your tour with credit card.
(Standard Visa/Mastercard 1.355% and AMEX 3.0799%)

