

arendevious - 'just ladies' overland track tour



trip highlights

Walk Australia's internationally famous Overland Track

Explore deep forests, sub-alpine plateaus, high peaks and spectacular highland landscapes

End each day at scenic campsites with delicious meals prepared by your guides

Summit iconic Cradle Mountain and Tasmania's highest peak, Mt Ossa (1617m)

Enjoy close encounters with the local wildlife and amazing endemic wildflowers



Trip Duration	7 days
Grade	Moderate level
Activities	Trekking with a Full Pack
Accommodation	7 day trip, 6 days trekking with a full pack, 1 night cabin accommodation, 5 nights camping

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 25 tailored itineraries that incorporate trekking, walking, cycling, paddling and climbing throughout Tasmania and some of its offshore islands.

why travel with Tasmanian Expeditions?

Tasmanian Expeditions has evolved from its grass roots heritage to offer a range of exclusive adventures as diverse as Tasmania itself. Over the past 30 years we have used our understanding of the land to carefully construct trekking, cycling, rafting, climbing and kayaking adventures around this unique landscape. Our expertise is reflected in our outstanding range of itineraries, each guided by our exceptional leaders, whose local knowledge and extraordinary culinary skills, ensure an enriched Tasmanian experience. Our excellent safety record, commitment to responsible and sustainable travel practices, along with the quality equipment we provide on many of our trips, guarantee you unsurpassed value for money.



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trip dates

12th November 2011

Group size:

Min Size: 4 – Max Size: 10

the trip

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.

where to meet and at what time

The 7 Day 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.

If you are staying at the nominated group hotel, for pre tour accommodation you will be collected from the Clarion Hotel - City Park Grand between 12.30 and 1pm on Saturday 12th November 2011.

Clarion Hotel City Park Grand

22 Tamar Street

Launceston, Tasmania 7250

Ph 03 6331 7633 Fax 0363341579

www.cityparkgrand.com.au

Please Note:

All of your luggage will be taken up to Cradle Mountain with you – there will be ample opportunity for you to pack & organise what you would like to take on the trek with you & what you would like to leave behind. Your excess luggage will be brought back to the Tasmanian Expeditions Offices in Launceston where it will be stored until the vehicle collects you at Lake St Clair on the final day of the tour.

at a glance

DAY 1	LAUNCESTON TO CRADLE MOUNTAIN NATIONAL PARK
DAY 2	DOVE LAKE TO WATERFALL VALLEY
DAY 3	WATERFALL VALLEY TO LAKE WINDERMERE
DAY 4	LAKE WINDERMERE TO PELION PLAINS
DAY 5	PELION PLAINS TO KIA ORA
DAY 6	KIA ORA TO WINDY RIDGE
DAY 7	WINDY RIDGE TO LAKE ST CLAIR AND RETURN TO LAUNCESTON

what's included

- 2 professional wilderness guides
- 1 night cabin accommodation (3-8 share)



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adventure travel

By its very nature adventure travel involves an element of the unexpected.

Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

important 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 alterations to the trips itinerary in the best interests of all involved.

- 5 nights camping
- 6 breakfasts, 6 lunches & 6 dinners
- Food drop provisions along the track
- Transport by private minibus
- Lake St. Clair ferry passage
- 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 & eating equipment
- Emergency communications & group first aid kit

what's not included

- Travel to and from Launceston
- Accommodation before or after the trip
- Items of a personal nature - alcoholic beverages, car parking etc
- Travel insurance

pre tour meeting

The Overland Track Tour commences at Mountain Designs Equipment Store in Launceston at 1pm. If you have requested a hotel pick-up from the Tasmanian Expeditions reservation staff you will be collected between 12.30pm and 1pm. Your guides will conduct a thorough trip briefing at Mountain Designs which will be approximately 2 hours in duration and will include the following:

- An outline of the general itinerary/objectives of the tour
- A cross-check of essential gear and clothing required
- Distribution of all hire gear included in the tour price and/or requested
- Explanations of what is expected from the group and individual participants
- Identification of inherent risks of the trip and outline emergency procedures
- Explanation of Leave no Trace principles and overall conservation strategies
- Forecast weather conditions

detailed itinerary

DAY 1 Launceston to Cradle Mountain National Park

Today we begin our journey to Cradle Mountain. We meet at Mountain Designs Equipment Store 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: D

DAY 2 Dove Lake to Waterfall Valley

Your guides will have you up early this morning for breakfast and any last minute packing. We drive the short distance to Dove Lake where our Overland Track Trek begins. We spend the morning



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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.

Walking Distance: 10Km + side trips

Walking Time: 5 Hours + side trips

Meals: B, L, D

DAY 3 Waterfall Valley to Lake Windermere

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.

Walking Distance: 8Km

Walking Time: 3 Hours

Meals: B, L, D

DAY 4 Lake Windermere to Pelion Plains

Today is a wild day of moorlands and mountain views. Our morning takes us across Pine Forest Moor 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.

Walking Distance: 17Km

Walking Time: 7 Hours

Meals: B, L, D

DAY 5 Pelion Plains to Kia Ora

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. In fine weather, climbing Mount Ossa (1617m), 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.

Walking Distance: 9Km + side trips

Walking Time: 5 Hours + side trips

Meals: B, L, D

DAY 6 Kia Ora to Windy Ridge

Today we walk through towering rainforests of Leatherwood and Sassafras trees, 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, named after the eccentric bushman with the bowler hat Paddy Hartnett. We make camp in the afternoon at Windy Ridge.

Walking Distance: 10Km + side trips

Walking Time: 4 Hours + side trips

Meals: B, L, D



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DAY 7 Windy Ridge to Lake St Clair and return to Launceston

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.

Walking Distance: 9Km

Walking Time: 3 Hours

Meals: B, L

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

important note about weather

Tasmania is located between Latitudes 40 and 43, with the islands temperature and weather moderated by the surrounding oceans. The cool temperate climate offers four distinct seasons which can interchange on any given day of the year. Summer in-land temperatures average 24 degrees with nights averaging a relatively cool 8 degrees. Rainfall in Tasmania is far higher than any mainland counterpart and averages 2700 millimetres on the west coast and central highlands.

Tasmania's alpine regions can experience heavy rainfalls and temperatures below zero degrees in summer. For group safety and comfort, having adequate gear and equipment for the local conditions ensures accessibility to the wilderness is enjoyed. Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures.

what to expect

- Itinerary:

Physical and mental preparation for your 7 day Overland Track Tour 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 may 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 get ready for the day and pack up all your equipment. After breakfast the guides will finish their last minute packing and then 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, take photos, or simply enjoy the magnificent scenery around you. 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.

Your guides will not expect any assistance but will appreciate it if you have the energy to help collect drinking water when arriving at camp, wash up the lunch dishes in readiness for the evening meal etc.

- Food:



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Tasmanian Expeditions aims to provide high quality local Tasmanian produce to supply interesting and nutritional meals for its guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality, nutritional levels and presentation of their meals and their ability to cater to a wide range of dietary requirements.

A typical evening meal that can be expected on both accommodated and remote adventures with us includes:

Entree: Tasmanian cheese platter, fresh antipasto, crackers & dips

Main 1: Tasmanian lamb curry served with basmati rice, fruit chutney and a side salad

Main 2: Pumpkin, mushroom, lemon & sage risotto with fresh rocket salad

Dessert 1: Local strawberry and blueberry pavlova

Dessert 2: Stewed sweet apple strudel

Dehydrated foods are combined with fresh food meals on some of our most remote expeditions to lighten the loads carried by our guides and guests.

- **Personal Hygiene:**

Tasmanian Expeditions is deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for generations to come. The following policies & techniques for personal hygiene in the wilderness will help to reduce our impact and ensure that the trip is sustainable.

- Please keep toiletries to an absolute minimum. If biodegradable products are brought on tour, their suitability will be discussed at your pre-departure briefing. We suggest leaving items such as shampoo, soaps & hair products behind. Natural 100% tea tree oil serves as a good antiseptic soap/shampoo alternative.
- Toilet paper is supplied on every tour and most bushwalking tours will have composting toilets available. On remote expeditions there is the need to dispose of waste as per leave no trace principles which will be discussed at your pre-departure briefing.
- On many of our bushwalking tours there will be the opportunity to have a swim or bathe in nearby suitable lakes & streams. A quick drying micro/travel towel is recommended for washing/drying.
- On remote bushwalking expeditions personal hygiene can be maintained with wet wipes/moist towelettes.
- If possible, organic/natural brands of insect repellent, sunscreen, deodorant and toothpaste are preferred – small quantities are lighter to carry!
- Sanitising hand gel will be provided at mealtimes & around camp. Having a small personal quantity is also recommended – approx 60mls is sufficient.

accommodation on the trip

The first night of the Overland Track Tour will be accommodated at Black Jack Cabins. These rustic, multi-share, timber cabins are ideally located on Cradle Mountain Road, just outside of the National Park boundary. The cabins are set in 260 acres of bushland, offering a private wilderness setting away from the crowds of the big hotels and public huts.

There is a large cabin which contains a comfortable living area, kitchen, dining room and 2 separate bedrooms that can sleep 3 people in each room. A second smaller cabin contains 4 sets of bunk beds sleeping 8 people in total. Separate shared bathroom facilities are available. Both cabins are heated & fully powered so please feel free to bring your camera chargers etc with you for the first night of the tour.

The remaining 5 nights of the tour will be spent camping along the track at designated commercial campsite areas. These areas have timber platforms for our tents to be pitched on and nearby rainwater tanks and composting toilet facilities.



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Tasmanian Expeditions provides strong, 2 person, bushwalking tents (twin share), which provide each occupant with a personal access door and vestibule for individual use. Our tents weigh between 2.0 and 2.5 kg and this weight is shared equally by each occupant. We use a range of high quality 3-4 season tents which have been trialed and tested to withstand all weather conditions that may be encountered on our adventures. Brands that are most commonly used are Wilderness Equipment and Eureka.

what you are required to carry

On the 7 day Overland Track bushwalking expedition you will need to carry all personal equipment in a full trekking backpack that is 70-90 Litres in capacity. This includes sleeping bag, inflatable sleeping mat, a proportion of the shared tent, a proportion of the group's fresh food supplies and all personal items as specified in our gear list. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be 12-15kg.

A comprehensive gear list is available to detail what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you. Every bushwalking expedition operated by Tasmanian Expeditions will commence with a full gear check by your guiding team to ensure the right mix of gear for your adventure is present.

equipment required

Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures. The gear list is specific to the type of tour you will be joining us on and it provides a clear description of what is included in the tour cost, what items are available for hire and what you will need to bring with you. Brand recommendations and the individual weight of the gear provided is also included.

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. Our minimal impact/leave no trace principles specific for your adventure will be introduced at the initial group briefing and reinforced by your leaders when required out in the field.



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