



TRIP NOTES - TARKINE & CRADLE MOUNTAIN

Please find attached some trip notes about your upcoming trip to the Tarkine Wilderness and Cradle Mountain.

Our central Launceston pick up is from the Hotel Grand Chancellor, 29 Cameron Street, Launceston—7.45am for 8.00am departure.

DAY ONE

6km walking, (approx. 2 hours) easy grade

We depart Launceston at 8am. Enroute we stop to enjoy morning tea and trip briefing. By 11am we'll be on our way to Hellyer Gorge. Here we will enjoy a brief stroll and prepare lunch. We eat lunch at Waratah Falls, in the heart of Waratah township..

We will then head off on the afternoon walk, which is a two hour walk through towering myrtle and sassafras to the beautiful Philosophers Falls. We then head off to Corinna Wilderness Lodge – our place of stay for the next two nights. We enjoy dinner at Corinna in the Tannin restaurant (drinks own expense).

Meals: Lunch and dinner

Cabin style accommodation at Corinna Wilderness Lodge

DAY TWO

8km (approx. 3-4 hours walking) easy grade

Today sees us departing our place of stay at sunrise as we are taking a boat ride down to the mouth of the Pieman River and out onto the wild Tarkine Coast. It's an absolutely stunning piece of coastline and a scenic paradise.

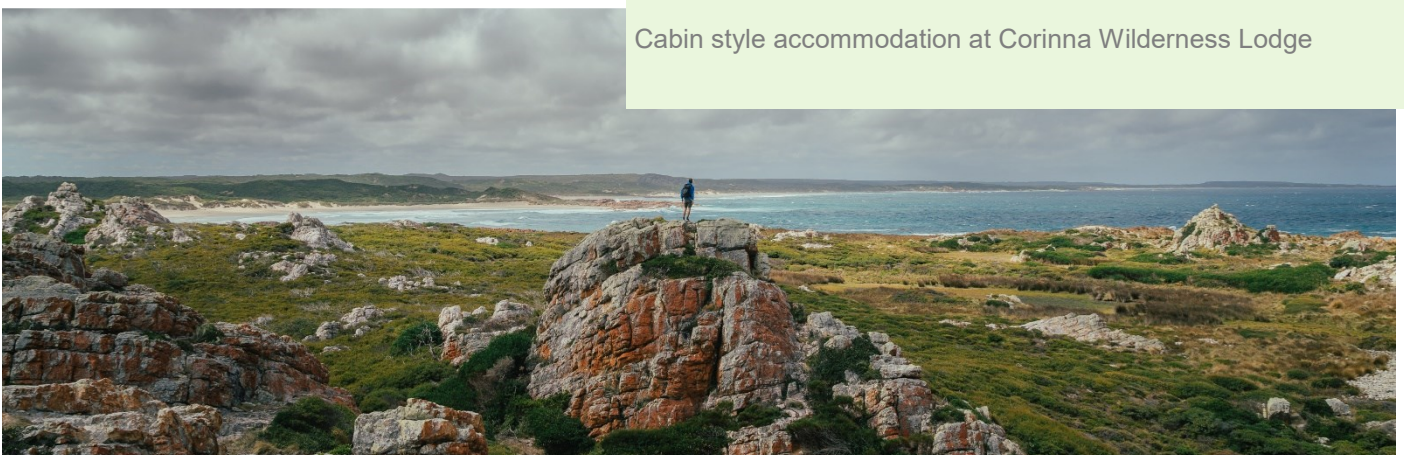
It takes approximately one and a half hours to travel the 22km down to the Pieman Heads where you will disembark with your Park Trek guides and explore the wild Pieman Heads.

The track can be muddy and wet in places as it deviates in and out of the coast. There is the opportunity for a lunchtime swim if weather permits. We spend the whole morning out on the trail. We come across many Aboriginal middens that line the coast and may be lucky enough to spot a Tasmanian Devil in the wild.

We make our way north before turning around to retrace our steps and hop on board the MV Arcadia for lunch and an early afternoon cruise back to Corinna. We are back mid-afternoon and there is also the option of paddling a canoe on the Pieman or Whyte river where you have a good chance of seeing platypus in the wild. Or else you can always relax on the porch of your cabin.

Meals: Breakfast, lunch and dinner

Cabin style accommodation at Corinna Wilderness Lodge





DAY FOUR

Cradle Mountain National Park

14km walking (approx. 6 hours) moderate to hard

We depart for the day after breakfast and making lunches. Today we partake in a very scenic 14 km walk. Starting from Ronnie Creek we will take the Lake Lilla Track up to Lake Lilla and then head onto Wombat Pool and Crater Lake. From here we make our way up to Marion's Lookout, which includes a very steep climb and Kitchen Hut. We then head back via the Horse Track to meet the vehicle.

Meals: breakfast, lunch and dinner

Overnight: Cradle Mountain Discovery Holiday Park

DAY FIVE

Cradle Mountain National Park

6kms walking (approx. 2 hours) easy grade

After breakfast and lunch making we head off on a stunning two hour loop walk around Dove Lake. We will wander through typical Tasmanian rainforest. The Lake is one of the best-known walks in Tasmania, the Dove Lake Circuit is one of the best short walks in the Cradle Mountain region. At just 6 km, the flat, gravel and duckboard track is very easy going, leaving you to focus entirely on the jagged peak of Cradle Mountain, which looms above the track. Along the way, there is a great mix of terrain including scrubby button grass, sandy beaches, cascading streams and at the mid-point of the walk, a very special rainforest known as the Ballroom Forest.

If time permits, we can enjoy one of the short walks near the entrance of Cradle Mountain National Park to showcase the rainforest, waterfalls and magnificent Kingbilly pines including the King Billy Walk and Enchanted Walk. Here we will see some different endemic flora of Tasmania.

We then make our way back to Launceston returning approximately 4 - 4.30pm.

Meals: breakfast and lunch

DAY THREE

12km (approx. 5 hours walking combined) moderate grade

After breakfast and lunch making we pack up and head off to Mount Donaldson (approx. 15 min drive). This is a five hour return hike to summit of Mt Donaldson where we enjoy morning tea on top of Mt Donaldson with spectacular views into the heart of the Tarkine – one of the best panoramic vistas in the area.

After this walk we head off too Cradle Mountain and check into our cabins at the Cradle Mountain Discovery Holiday Park.

Meals – breakfast, lunch and dinner

Overnight: Cradle Mountain Discovery Holiday Park



ABOUT THE MEALS

The food we serve is healthy, hearty and home style. Our menus are designed to showcase the fabulous regional produce. Fresh local cheese, yoghurt, fruit, vegetables, fish and meats are used, supporting local farmers and minimising our food miles. We don't offer five-star dining, but our guides take pride in ensuring that all meals are delicious and plentiful, prepared with top-quality fresh seasonal ingredients.

Breakfast is a continental spread of cereals, stewed fruit, yoghurt, toast and spreads. Coffee and tea are always available at your base accommodation.

Lunch can vary from day to day, but includes meat, salad, bread and wraps. Some days might include something different like roasted chicken.

Dinner is a casual two-course meal of main and dessert prepared by your guides. The menu changes to suit available fresh produce but could include a classic roast lamb, salmon fillet or Thai chicken. Dessert may include things like maple baked apples, pears in red wine or seasonal fruit salad.

Snacks Guests can prepare their own trail mix each morning from our self-serve trail mix selection. There will be fresh fruit for the trail and biscuits or fruit cake for tea breaks.

Pre-dinner antipasto Each night we prepare pre-dinner appetizers to encourage walkers to come together and reflect on the day and the adventure ahead. This may include cheese, dips, crackers, fruit platter, soup or similar.

Dietary requirements We are able to accommodate guests' specific dietary requirements and can prepare meals to meet individual needs.

Alcohol Our tours do not include alcoholic beverages, however guests are most welcome to bring wine/beer along with them. If you are bringing bottled wine, please pack this well in your main bag to avoid breakages. There may also be an opportunity to visit a local bottle shop while on the tour. If you prefer, alcohol can be purchased at Corinna at the pub.



ABOUT OUR ACCOMMODATION

Corinna Wilderness Lodge

Our eco wilderness retreat cottages (where we stay for 3 nights) are self-contained, all linen and towels are included. Our accommodation includes two-bedroom cottages which have a twin room and double room, shared bathroom plus its own lounge and kitchen area.

Each cabin has its own bathroom, but none of the individual rooms within the cabin have their own ensuite. You can choose a single supplement if you would prefer not to share a room, this means you would have one room in the two-bedroom cabin and could be sharing the cabin (and bathroom) with one or two other guests.

Corinna runs on solar power so just be mindful of this, there is electricity for charging devices, but no television, mobile coverage or wi-fi at Corinna. For heating purposes there is a small gas fired log fire in each cabin. Hairdryers can't be used at Corinna.

There are no laundry facilities at Corinna so it is advised to have enough clothes for the duration of the tour. Remember the environment in the Tarkine is temperate rainforest, meaning the tracks can get very muddy and there can be a good dose of rain at any time.

Cradle Mountain Discovery Holiday Park

We spend two nights at Cradle Mountain Discovery Holiday Park in comfortable two bedroom cottage accommodation. These have shared bathroom facilities between the two rooms and a separate toilet. The cottages have a small lounge and kitchenette area and each bedroom has a queen bed or twin single beds.

A rustic outdoor dining area is where we serve breakfast and dinner and it is where we make our lunches. If you have booked a single room you will have your own room in a two bedroom cabin. You may be sharing the cabin (and bathroom) with one or two other guests.



GEAR LIST

Please bring your gear in a soft bag rather than hard suitcase to help guides pack the trailer.

DAY PACK—recommend approx. 20 litres, with a load bearing harness. As a walker you will need to have your own day pack and water bladder and suitable hiking shoes/boots. Here is a suggested list of what walkers will need to be wearing or have in their day pack:

- rain jacket
- a fleece jacket
- wide-brimmed hat for sunny days
- beanie or woollen hat for cold days
- water bottle or drinking bladder, min 2 litre
- high factor sunscreen & lip balm
- blister pads and / or tape for rubbing and/or blisters
- antiseptic hand gel
- sun glasses
- walking poles (optional)
- gaiters (optional)
- camera
- binoculars
- spare batteries for all devices/charger

MAIN BAG

Your main bag stays at Corrigin & is moved to Cradle Mountain Discovery Park for the duration of the trip. You only carry your light day pack while walking.

- 4 pairs long and/or short pants. Preferably loose fitting, lightweight and quick drying
- 2 x Long sleeved shirts
- 4 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Rain jacket/ spray jacket
- Swimmers/bathers and towel (optional)
- Walking socks
- if rain is expected, then having a set of thermal under garments can keep you warm in the face of blustery conditions
- a woollen or fleece hat for cooler weather
- lightweight, quick drying towel
- waterproof, reusable bag for worn clothing
- Comfortable shoes and clothing for evenings and activities
- Underwear
- Toiletries— shampoo/conditioner, body wash, deodorant, sanitary products, toothpaste etc.
- PPE - Masks, Hand sanitiser and Personal use rapid antigen tests

Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding unforeseen Covid-19 circumstances coverage



LIST OF WHAT WE PROVIDE:

- Park Trek guides, who will drive, cook and care for you.
- Transport which includes collecting from Launceston and returning back. We use a comfortable mini coach with a trailer attached for luggage. Plus we use the coach to drop off and pick up during the course of the day.
- 4 breakfasts, 5 lunches and 4 dinners. Plus trail mix, anti-pasto, fresh fruit
- We always have a thermos with plenty of tea, coffee, hot chocolate and biscuits/cake.
- 4 night's accommodation on a twin share basis (single supplement available at additional cost).
- National Park entry fees

POST TOUR INFORMATION:

We will drop you back to the Hotel Grand Chancellor in Launceston around 4-4.30pm. If you are flying out that night, you'll need to book a flight out after 6pm.

Pre and Post tour accommodation - When making your accommodation arrangements, please note Hotel Grand Chancellor Launceston offer Park Trek guests a discounted rate. Simply quote 'Park Trek' upon booking to receive this offer.

We pick up from the Hotel Grand Chancellor

Tel: (03) 6334 3434 at 8am on day 1 of the trip.

If you are looking for accommodation other than the Hotel Grand Chancellor, here are some options:

- Balmoral on York Tel 03 6331 8000
- Best Western Plus Tel 03 6333 9999
- Kurrajong House Tel 03 6331 6655
- Ashton Gate House Tel 6331 6180