



LAKAPAWA MYLAYTHINA *walk*

Welcome to the lakapawa mylaythina walk

**4 Day/3 Night
cultural and
wilderness walk,
Mount William
National Park and
Bay of Fires**

lakapawa mylaythina translates as "see our country" - to see, feel and explore the land from an Aboriginal perspective.

This incredibly unique and special walk brings to together two of Australia's premier eco experiences; the palawa (Tasmanian Aboriginal) owned and operated wukalina walk and the iconic Bay of Fires Lodge Walk.

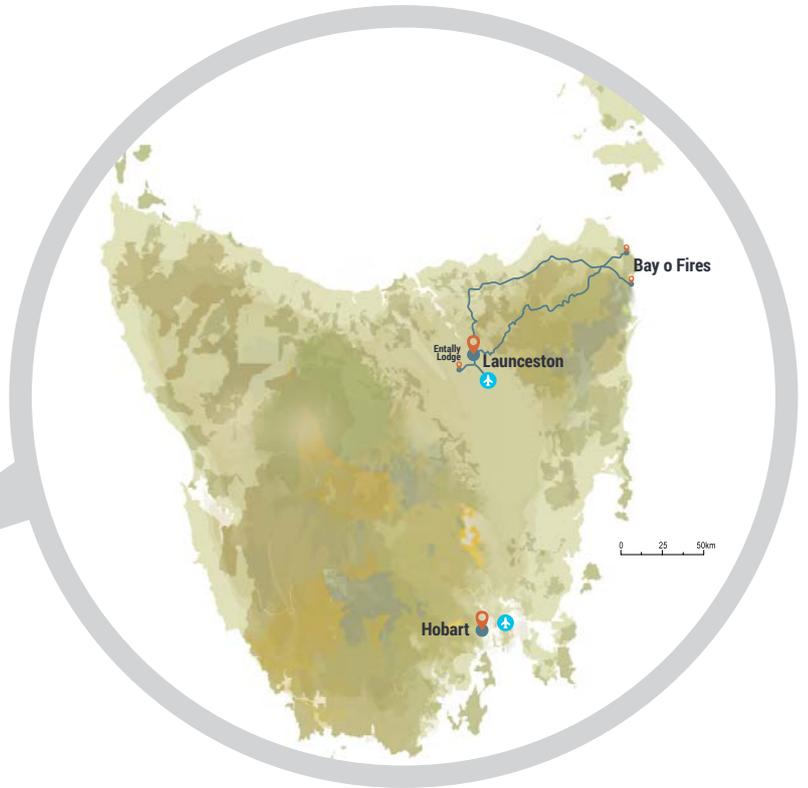
Over the course of four days, immerse yourself in one of the most pristine environments that Tasmania has to offer. Over the first two days, walk with palawa guides in the footsteps of their traditional people on the cultural homeland of wukalina and larapuna.

You will hear first-hand palawa creation stories and participate in cultural practices that have been passed down for hundreds of generations.

Then it's time to get your boots sandy as you continue your journey along the coastline, maintaining a continuous connection to country as you walk into your award-winning private accommodation each evening.

No other Bay of Fires walking experiences provides the diversity and quality of accommodation, depth of authentic cultural experience, world class local guides and commitment to sustainability.

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The Trip

Trip Summary

Trip Duration: 4 days/3 nights

Grade: Easy/Moderate

Activities: Walking, cultural activities, storytelling, spa treatment (optional), Relaxing

Single supplement:
Additional charge of 75% of full price (ex. GST)

Group size: Minimum 8 guests
Maximum 10 guests

Pack Weight: 8kg-9kg

Walk Distance:
Day 1 – 11km, 4.5 hours (medium) Day 2 – 7km, 3.5 hours (medium) Day 3 – 17km, 7.0 hours (medium) Day 4 – 4km, 1.0 hours (easy)

Operators:
wukalina walk; and
Bay of Fires Lodge Walk
(Tasmanian Walking Company)

Options:
Pre and/or post accommodation at
Quamby Homestead



Why walk with us?

It's very important to us that you spend time reconnecting with friends and family or simply giving yourself some space, so we make sure the small things are taken care of. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

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Our groups have exclusive use of our architecturally designed krakani lumi camp, Forester Beach camp and Bay of Fires Lodge.

We have our own in-house chef to design all meals and train guides in their preparation to ensure they are both healthy and delicious. We work in remote locations which makes our menu design more challenging, however, by focusing on using as much fresh produce as possible and engaging a chef who understands what we have to work with we proudly serve outstanding meals each day.

Our guides are our most outstanding asset. They are passionate outdoor enthusiasts, educated interpreters and fantastic hosts all rolled into one. Through your guides' interpretation, you can learn about the flora, fauna and local history of Tasmania's awe-inspiring wilderness. Our guides are trained in accident prevention, incident management and remote area first aid. They carry appropriate communications equipment to ensure that, should it be required, help is only a call away.

Over the years Tasmanian Walking Company has been the proud recipient of many awards. Call and talk to us on 03 6392 2211 and find out why we are the most awarded walking company in Tasmania.

LAKAPAWA MYLAYTHINA walk



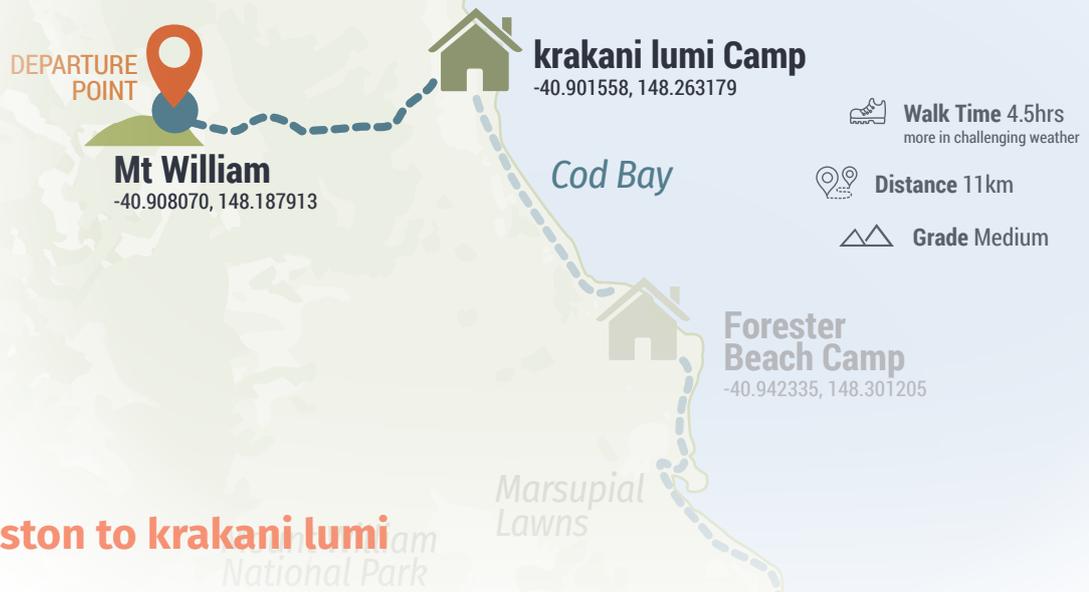
Itinerary at a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	Arrive at Launceston. Meet palawa elders and transfer to Mount William National Park. Explore wukalina region	11km (4.5hrs)	krakani lumi Camp	-/L/D
Two	Morning cultural activities followed by lunch at krakani lumi. Afternoon coastal walk to Forester Beach Camp	7km (3.5hrs)	Bay of Fires Lodge	B/L/D
Three	Coastal beach walk to Bay of Fires Lodge via larapuna/Eddystone Point	17km (7hrs)	Bay of Fires Lodge	B/L/D
Four	Relax and rejuvenate during the morning at the Bay of Fires Lodge, maybe even treat yourself to a spa treatment!	4km (1hr)		B/L/-

Should you have any questions, please feel free to call us on 03 6392 2211 or email bookings@taswalkingco.com.au.



Day 1



Launceston to krakani lumi

After our morning departure brief at our walker departure lounge we make our way to the Tasmanian Aboriginal Elders Centre to be welcomed by a palawa Elder. Following a traditional morning tea we commence our journey bound for north eastern Tasmania to the trail head. Our walk starts with a Welcome to Country and a Smoking Ceremony, prior to a guided walk to the summit of wukalina (Mount William). Following lunch you will be guided along a newly crafted walking track to the architect awarded purpose built standing camp krakani lumi.

Once you arrive at krakani lumi you can relax in your private hut before regrouping to enjoy pre-dinner drinks, followed by a traditionally inspired Seafood dinner. Evening activities include interaction with a palawa Elder and the telling of the palawa Creation Story.



Day 2



krakani lumi to Forester Camp

After breakfast our guides will lead cultural sessions which include kelp and reed basket making, making and playing clap sticks, and working with shells and native animal furs. Lunch will be served back at the krakani lumi and then it's time to get our boots sandy as we stretch out our legs and begin the coastal walk to Forester Beach Campsite.

In clear conditions, the Bass Strait islands of Flinders and Cape Barren are visible to the north. We'll nestle into a protected beach along the coastline for lunch, enjoying the company of native birds, rare shells and marine artefacts. After about three-four hours walking, we'll arrive at the Forester Beach Camp, tucked away in secluded dunes. These semi-permanent tents are our home for the night. Relax on the deck with a local wine, take a dip or explore the dune swale location while your guides prepare delicious Tasmanian fare.

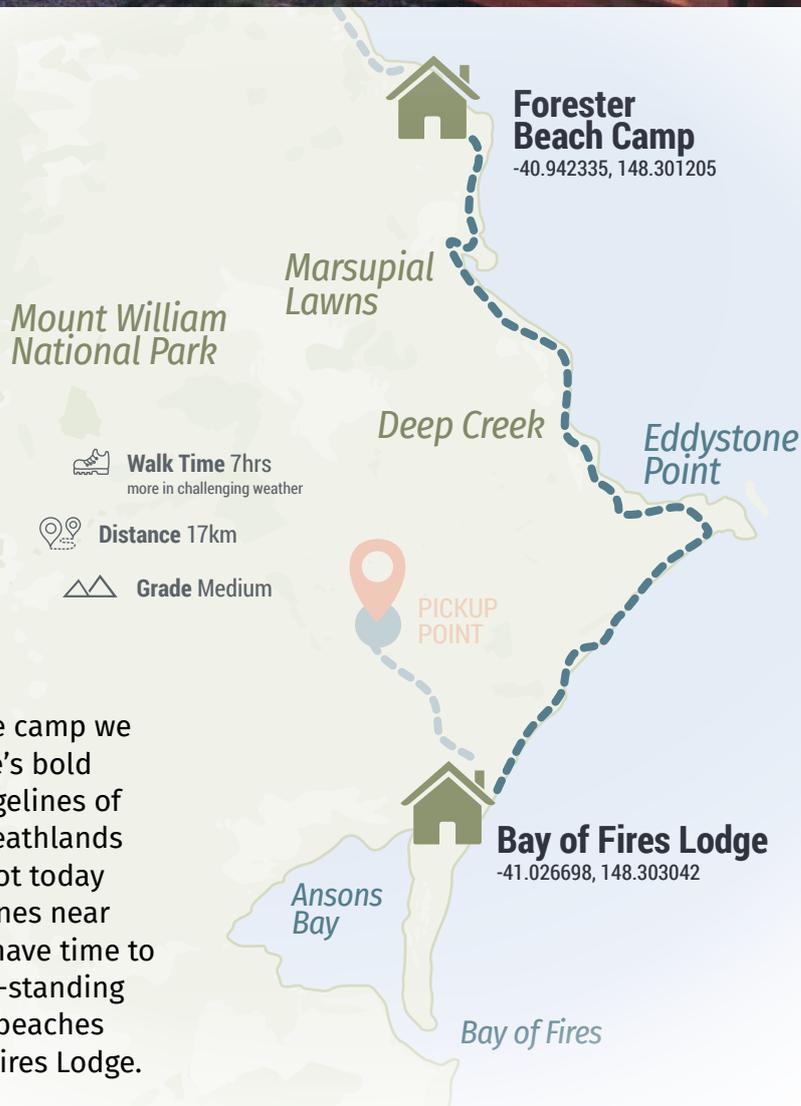


Day 3

Forester Beach Camp to Bay of Fires Lodge

Following a relaxed breakfast at the camp we walk south, absorbing the coastline's bold colours and solitude. Along the ridgelines of sand dunes, views extend across heathlands and out to the ocean. Our lunch spot today is a beach sheltered behind the dunes near Eddystone Point Lighthouse. We'll have time to explore the lighthouse and its long-standing story before we trek far-stretching beaches that lead to the celebrated Bay of Fires Lodge.

Afternoon tea will be waiting, along with spa treatments for those who want to indulge. Come evening, venture into the library, cast a line off the beach or have your hosts deliver a cold drop while you dip toes into a foot spa on the back deck. Dinner is a Tasmanian long-table affair, featuring produce from the island matched with fine local beer and wine.





Day 4



Return to Launceston rejuvenated

Following a leisurely breakfast at the lodge, there's plenty of time for a morning swim or final spa treatment before we depart the lodge. Unlike our other walking, today we venture through eucalypt forests and coastal heathland. We'll enjoy a forest lunch to the sound of native birds, including the endemic green rosella.

We travel on to Launceston where you have the option of leaving us from Entally Lodge around 5.45pm. We drop off at Launceston Airport at 6pm followed by Launceston CBD at 6.15pm. If you are staying at Quamby Homestead we will organise a transfer for you. Upon our return to Entally Lodge there will be time to raise a glass to the four wonderful days spent together.



What is included

- / Return transfers between Launceston and the start & finish of the walk
- / Accommodation (twin share) at the Krakani lumi Camp (Night 1), Forester Beach Camp (Night 2) and Bay of Fires Lodge (Night 3)
- / All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines and beer
- / National Park passes
- / Use of a backpack and rain jacket for the duration of the walk
- / Access to the exclusive Bay of Fires Lodge Wellness Spa (Night 3)
- / Sleeping bags, pillows and a comfortable mattress at the Campsite
- / Linen at the lodge
- / Two qualified guides for the duration of the walk and a host at the lodge



Gear List

We provide the following:

- / 50-litre canvas pack (available on the morning of departure)
- / Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- / Pack cover and pack liner
- / Sleeping sheet and pillow case (sleeping bags provided in Lodge)
- / Lunch container, cutlery and travel mug
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at the lodge)
- / Biodegradable liquid soap (also suitable as a shampoo; available at the lodge – we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- / Lodge library offering a range of books and games (including field guides).

* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

* You're welcome to bring your own backpack and rain jacket if you would prefer.

Essential Gear List

When you arrive at our walkers' base it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

Essential Items

- / Lace-up hiking shoes or boots that have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended).
 - / Warm, long pants (evening lodge wear)
 - / Shirts/t-shirts (merino or polypropylene; 3 recommended)
 - / Socks (3 pairs recommended)
 - / Underwear
 - / Lightweight indoor footwear (thongs/ sports sandals; for lodge)
 - / Sun hat & sunscreen (small bottle for use during the day)
 - / Travel towel or body chamois (for swimming; light and quick-drying)
 - / Water bottle(s) or water bladder (2-litre total capacity required; our packs can fit a water bladder – just ask your guides)
 - / Head torch or small torch
 - / Swimming costume
 - / Any personal medication, including anti-inflammatories and EpiPens
- We can not over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots/shoes must be worn in to minimise the risk of blisters. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details. We are more than happy to discuss footwear with you.
- / Polar fleece jacket (preferred) or woollen jumper/pullover
 - / Light jumper (warm)
 - / Beanie
 - / Shorts and/or light walking trousers
 - / Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred)

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE





Recommended Items

- / Walking poles (highly recommended for negotiating rocky terrain and muddy patches, as well as assisting with balance and muscle fatigue)
 - / Insect repellent
 - / Small mirror (especially if you wear contact lenses)
 - / Camera
 - / Spare batteries or USB power cord for camera (there is a charging station at the Lodge with USB ports)
 - / Ankle gaiters
- * Tip: Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.
 - * Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.
 - * Your guides will do a thorough gear check prior to departure. If you are unsure about anything.

Hire Gear – Bush Walking Gear Hire Tasmania

- / Bushwalking Hire Gear Tasmania has gaiters, over pants, head torches and walking poles available for hire
- / Hire gear must be pre-booked at least 1 week prior to departure
- / Gear will be delivered to our walking base ready for collection on the morning of your departure
- / To organise hire gear please visit www.bushwalkinghiregear.com

Frequently Asked Questions

How often do trips depart? This is a special departure scheduled for 29 April 2021.

What is the accommodation like? Whilst walking with us you will experience some truly spectacular accommodation. The first night will be spent at the iconic Krakani Lumi camp, the second night nestled behind the dunes at Forester Beach Camp and on the third night you will enjoy uncomplicated luxury at the award winning Bay of Fires Lodge.

How many guests will be on my trip? Each trip requires a minimum of 8 and a maximum of 10 guests. All accommodation is twin share. If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.

How fit do I need to be? As long as you regularly exercise, or are capable of walking between 9-14kms for the first two days along beaches and rocky headlands, you will enjoy your walking holiday. There is plenty of time each day to sit and rest as well as explore. If you have any concerns about fitness, please call 03 6392 2211 and speak with one of our friendly Reservations staff members. We are more than happy to discuss additional information about what you can expect.

How much weight do we carry? Before the trip, the guides will carry out a thorough check to ensure you have suitable gear. Usually packs weigh between 8.5 - 9.5kgs but ultimately your pack and contents can weigh as little as 7.5kg.

What do we carry? Each person carries their lunch, personal clothing, toiletries, wet weather gear, plus any extras such as a camera. Sleeping gear is provided at your accommodation. For detail please refer to the gear list.

What style of boots should we have? You will need lightweight lace-up boots or walking shoes. Boots/shoes must be worn in to minimise the risk of blisters. Sandshoes, elastic-sided boots, street shoes and similar are not acceptable.

Do we need travel insurance? We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. We do not refund for such occurrences, therefore travel insurance is your only safeguard.





How many guides are there? Our guides are passionate outdoor enthusiasts, educated interpreters and fantastic cooks all rolled into one. Two knowledgeable guides accompany each trip. This allows plenty of time for interpretation at interesting points along the track, photo opportunities, rest breaks and walking at your own pace.

How about food? All meals are provided, including scrumptious three-course dinners with fresh Tasmanian produce prepared by your gourmet cooks/guides. We are happy to cater for special dietary requirements, we just need to know in advance.

What time does the trip commence and conclude? At the start of your walk we ask that you be at our walker's base at Entally Lodge at 8.00am for your briefing. This allows time for introductions and a gear check before departing for Mount William National Park.

For those staying in Launceston CBD, we offer a complimentary shuttle service from The Sebel Launceston (12/14 St John Street, Launceston). You will need to be ready in front of reception at 7.45am for a 7.50am departure.

For those staying at Quamby Homestead our shuttle will pick you up in front of reception at 7.50am for the 10 minute transfer.

If you require the shuttle from either of these locations please ensure you let our reservation team know so we can ensure the shuttle is provided. You can email bookings@taswalkingco.com.au



What accommodation options do we have pre and post-walk?

Quamby Homestead: Set on the grounds of Quamby Estate, Quamby Homestead is the perfect pre or post night of accommodation if you would like a little luxury. The homestead features ten restored guest rooms which feature antique furniture. Rooms are appointed with king, queen or twin bedding, marble or stone bathrooms and heated floors. To see details of the special rate which includes cooked breakfast visit <https://www.thebookingbutton.com.au/properties/quambydirect> and enter promo code TWC1920. We will provide a transfer to Entally Lodge for your trip departure on the morning of day one.

Entally Lodge – our walking base: Located near the small township of Hadspen, just a 10 minute drive from Launceston’s CBD makes it the perfect accommodation prior to your walk. Entally Lodge has 20 newly renovated King Suites with Scandinavian inspired, modern décor with ensuite bathrooms. To see details of the special rate which includes breakfast visit <https://entally.com.au/taswalkingco> and enter promo code TWC1920.

Staying in Launceston? Our shuttle will pick up from The Sebel Launceston at 7.50am sharp from in front of reception. Should you wish to use our shuttle please make your way to the Sebel by 7.45am so we can have an on time departure. Please advise our reservation team if you require the shuttle from The Sebel by emailing bookings@taswalkingco.com.au.

Are there age restrictions? The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.



Fitness Training

Training will prepare your body so you can enjoy the hike more and focus on the landscape and the experience. The lakapawa mylathina Walk, whilst predominantly on beaches and flat trails, is not necessarily an easy walk. Day 2 and 3 of the walk include some long, continuous beach sections, with the walking difficulty varying with the weather and tides. Beach walking can be challenging due to the soft terrain, consistent slope of the beach and exposed conditions. Your pack weight will be between 7.5- 9.5kg so you need to be prepared to carry the weight throughout your walk.

Training tips

- / Do what you can! Any walking training is better than no walking.
- / Consistency and persistence are key.
- / The best training you can do is hiking with a pack. Walking will toughen your feet, loosen your joints, and strengthen all the right muscles.
- / Work up to carrying a pack weight at least equal to your anticipated trip pack – remember that this will include your gear, lunch, water, snacks, sleeping linen, and rain gear.
- / If possible, train on terrain similar to your hike – which will be sandy beaches, rocky headlands and bush land tracks.



- / Hike in the shoes, socks and other gear that you will be hiking in on your trip.
- / Get to know the walk – check your trip notes so you are well familiar with the features of the walk – call us if you need advice about anything!
- / Build exercise into your day, walk where possible and take the stairs as much as you can.
- / Watch your walking form: make sure you hit the ground with your heel first, then roll onto your toe. Walk with your head up, eyes forward and with upright, relaxed posture.
- / Walk in all weather – try and train in cold, windy, rainy and sunny conditions. This helps you prepare mentally and physically, and select the right gear for the weather conditions.
- / Try out walking poles – they take pressure off the knees and support you on hills
- / Ensure you snack and drink water when needed whilst training.
- / Listen to your body – if you feel unwell, or excessively tired, then rest and recover.
- / In addition to your cardio walking training, add strength and flexibility sessions into your training routine. Aim to fit in yoga or a stretch session a few times a week. Improving your flexibility, particularly of the lower body, hips and spine will help prevent injuries and discomfort whilst walking. Strength training, focussed on the lower body will greatly benefit your fitness and recovery during your walk.

3-6 months before your walk

If you have limited experience with long-distance walking, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program and gradually increasing the length/difficulty of your walks. Use the 10% rule: from one week to the next, do not increase your total weekly distance, or the distance of your long walk by more than 10%.

IDEAS:

- / Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work.
 - / Short bush walks or coastal strolls on the weekend.
 - / Encourage a friend or family member to walk with you to increase the motivation.
 - / Record distance and duration each day that you walk. Aim to increase either distance or duration each week.
 - / Barefoot beach walking on soft sand for ankle stability.
-

2-3 months before your walk

IDEAS:

- / Long weekend walking – a longer walk on coastal and uneven terrain if possible, start at one hour, and increase by 10% each week.
- / Hiking on the same terrain and the same number of hours that you will be on the longest day of your Bay of Fires walk (about 7 hours).
- / Make sure you carry some weight on your back – start with 2-3kg and build up from there, adding some more weight each week.
- / Cardio Cross-training – mix up your training to reduce your risk of injury, improve your endurance and keep the training interesting.
- / Choose something you enjoy; cycling, rowing, running, stairmaster, treadmill and swimming are all good choices.



1-2 months before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week.

Midweek walk: Start to include hills and stairs in your weekly walk to build lower body strength.

IDEAS:

- / Walk on beaches and bush tracks whenever possible.
 - / If possible, have your short walk the day after the long weekend walk.
 - / Long weekend walk – start to decide on what gear you need to carry and wear on your Bay of Fires walk and train with this gear.
-

1-3 weeks before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week.

Long weekend walk: Have a practice walk! You should aim to walk for two days in a row with about 4-5 hours of walking each day.

IDEAS:

- / Make sure you keep hydrated and aim to use the gear you will be taking on your Bay of Fires walk.
 - / It's of great benefit if your practice walking on the coast, with a mix of beach and headland walking.
 - / Ideally you will be able to comfortably carry up to 10kgs on all your training walks.
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1 week before your walk

The last week before your walk you should look after yourself! Keep hydrated, eat well, sleep well. Keep active, but don't exhaust yourself. Do lots of stretches, and ensure you pick up any last minute gear.