



handmark



**4 Day/3 Night  
guided walk along  
Tasmania's iconic  
Three Capes Track**

# Three Capes Lodge “Art” Walk with Mandy Renard

The Tasmanian Walking Company and Handmark Gallery are thrilled to offer a program of 'art walks' hosted by Tasmanian artists. In 2022, we will be thrilled to host a 'Rewilding Creativity' walk on The Three Capes Track with Mandy Renard.

The Three Capes Lodge Walk is a fully guided, four-day, 48 kilometre, walking experience along Tasmania's dramatic Tasman Peninsula with the wild Southern Ocean as a constant. A boat trip, dolerite spires and 37,000 years of history form part of the journey.

Walkers are immersed in one of Tasmania's

most pristine environments and enjoy the comfort of our architecturally designed in-park lodges.

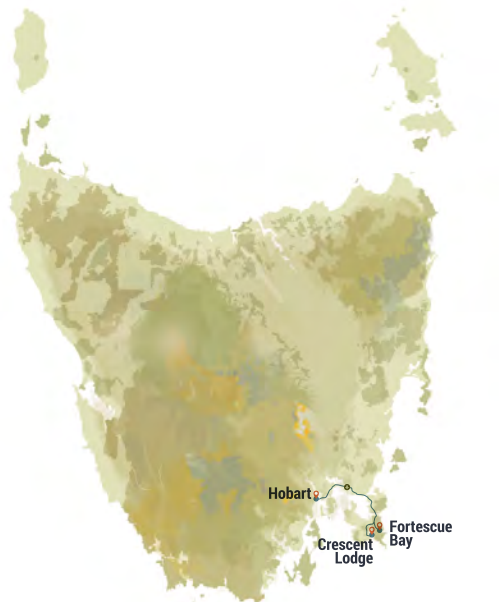
Over four days, walk the inspiring Three Capes Track, stay in stunning lodges, explore the nature of Rewilding, and collaborate with Mandy Renard to create an image from one of Mandy's etchings.

Here you will find everything you need to prepare and get excited about your adventure, all in one document. From pick-up times to gear lists, daily distances to accommodation details, this is your Three Capes Lodge Walk go-to-guide.



# THREE CAPES

*lodge walk*



## The Trip

### Trip Summary

**Trip Duration:** 4 days/3 nights

**Grade:** Moderate

**Activities:** Year-round trekking with a light weight pack on the iconic Three Capes Track.





## Introducing Mandy Renard

Tasmania is a creator's sanctuary.

The normalcy of living right in the thick of a thriving ecosystem amazes me. I am nestled in a cosy corner, listening to a mountain river mingled with the croaking of tiny brown frogs and wind in the many different trees. I get so much inspiration from observing all these things.

My shows have been about Tasmania's animals and landscapes, Sufi poets, Greek philosophers, musicians, intuition, and meditation. But all of them have also been about relationships. I feel compelled to understand, explore and research the ways in which we relate to each other, to current affairs, to the world around us, and to ourselves. I love drawing, printing, painting, and sharing these ideas.

In 2005, I finished a Bachelor of Fine Arts majoring in printmaking at the University of Tasmania, which was a formative and brilliant experience. To create, I need to be excited and relaxed; I need access to endless research information and nature. And Tasmania is perfect for this.

[Bio](#) | [Latest work](#) | [Video](#)

## Handmark Gallery

Our lodges, huts and offices feature the work of Handmark's artists. Allanah Dopson and her team are found in Salamanca, Hobart. Allanah has curated three Art Walks: Cradle Mountain Huts 'Art Walk' with Peter Gouldthorpe and Bay of Fires Lodge 'Art' Retreat with Jock Young.

Allanah recommended Julie as her first 'Art' Walk leader because of her teaching experience and her dedication to drawing, both perfect for a walking workshop. 'She has spent a lifetime drawing, around the world, has incredible attention detail, imparts knowledge with joy and is fascinating. She is the complete package!'



## 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 to take care of the small things. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

We are the only guided walking company entrusted by the Tasmanian Parks & Wildlife Service to offer the Three Capes Track and stay within the national park each night.

Our groups have exclusive use of our architecturally designed lodges which sit gently on the natural environment. Ours are the only private lodges along the trail. As you are not camping we can offer truly light pack weight. Each lodge has been discreetly located off the main trail and offers a hot shower, drying room and twin share accommodation. Your accommodation is an important aspect of the walk and we believe it should be enjoyed not endured!

We believe that food and wine should be part of the experience, never an afterthought. 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.





## Itinerary

### At a glance

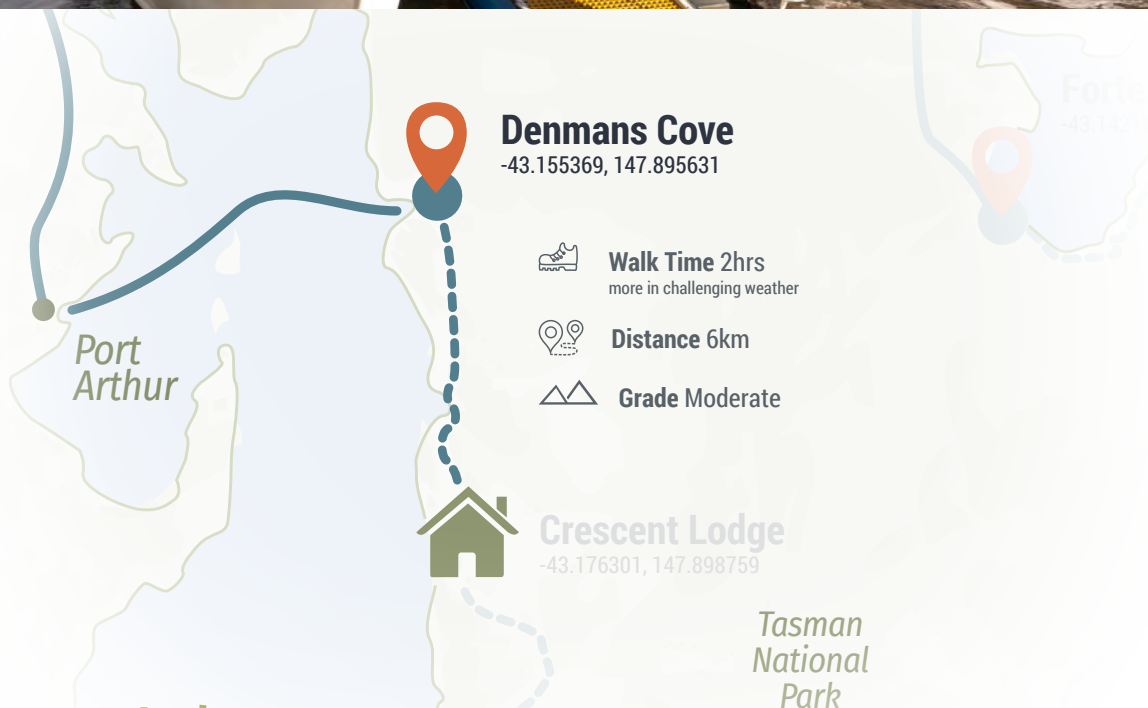
DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	Hobart - Crescent Lodge	6km (2hrs)	Crescent Lodge	-/L/D
Two	Crescent Lodge - Cape Pillar Lodge	11km (5hrs)	Cape Pillar Lodge	B/L/D
Three	Cape Pillar Lodge return	18km (6hrs)	Cape Pillar Lodge	B/L/D
Four	Cape Pillar Lodge - Fortescue Bay	13km (6hrs) optional Cape Hauy sidetrip	Return to Hobart	B/L/-

\* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on 03 6392 2211 or email [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)



## Day 1



### Hobart to Crescent Lodge

Our groups meet for a gear check and briefing at the walkers base (located at 164 Murray Street, Hobart) at 9:30am before departing for Stewarts Bay.

Upon arrival at Stewarts Bay we will make our way down to the jetty where a private boat will be waiting to depart for our short trip across to Denman's Cove at 1pm. Cruising with views back to Port Arthur, aside from the possible seal and dolphin spotting, some of the highest dolerite cliffs in the Southern Hemisphere come into view, an indication of the drama to come.

In Denman's Cove we'll fuel you with local produce for lunch, in preparation for a gentle walk through coastal woodland to the rocky refuge of Surveyors Cove. At this point, if the Southern Ocean begs, head for a dip before a gradual incline up to the lodge.

Crescent Lodge is perched high, with far stretching views across Crescent Bay to Cape Raoul, with guest rooms spilling into the gully. Your smiling lodge host will greet you as you arrive and will ensure your time spent is comfortable, while also preparing a three-course feast of local fare. Settle in with a warm shower as dinner is prepared. Post dinner, take your Tassie pinot to a quiet deck for your own private sunset.





## Day 2



**Walk Time 5hrs**  
more in challenging weather



**Distance 11km**



**Grade Moderate**



-43.202238, 147.969190

Cape  
Pillar

Tasman  
Island

### Crescent Lodge to Cape Pillar Lodge

Wake to the silence of Crescent Lodge and wander down to the stunning dining room for a hearty breakfast to start the day. From here, head due south with views across Safety Cove and Maingon Bay to Bruny Island. Climbing Arthurs Peak, 300 metres above sea level, is worth the oceanic vista. In these parts, White Bellied Sea Eagles soar in the thermal currents, so be sure to look skyward. Lunch isn't far away, an easy downhill descent to south-facing cliffs where pelagic seabirds are plenty - albatross, petrels and gannets. Here, there's nothing between you and Antarctica.

Following lunch, skirt the edge of Tornado Ridge before heading south toward Cape Pillar Lodge, your base for the next two nights. Your pace might quicken in the knowledge there is a massage or facial on offer at Cape Pillar Lodge.



## Day 3

Park

Munro  
Bight

**Cape Pillar Lodge**

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**Walk Time** 6hrs  
more in challenging weather



**Distance** 18km



**Grade** Moderate

Cape  
Pillar

Tasman  
Island

### Cape Pillar Lodge return

This is the most adventurous day of your journey. Today you'll walk through silver peppermint forest (*Eucalyptus tenuiramis*), a species endemic to the area, out to the highest sea cliffs in the Southern Hemisphere. There's little wonder Cape Pillar has been afforded other names – Hurricane Heath and Desolation Gully. A side trip to The Blade is a must, with staggering views across to Tasman Island.

Lunch is served at Chasm Lookout – with Tasman Island's weathered lighthouse in sight. It's then a direct return journey home to Cape Pillar Lodge where the relaxation pavilion, a hearty meal and a glass of wine and ocean views await. By now, walking strangers might just have become firm friends. Unlace the boots, read a book with the sea breeze in your toes.

Those with a penchant for pampering can forego today's walk and spend the day at Cape Pillar Lodge. Enjoy one of our relaxing treatments ranging from 30 to 60 minutes and immerse yourself in the enchanting surrounds.





## Cape Pillar Lodge to Fortescue Bay

Time to farewell Cape Pillar's safe forest haven. From here you'll cross Retakunna Creek (local indigenous dialect for creaking trees) en route to a patch of rainforest. Breathe it in – lush mosses, ferns and vibrant greens. Next mission is the peninsula's highest peak, Mount Fortescue, climbing some 490 metres above sea level. Enjoy lunch with leafy-framed ocean views overlooking The Monument.

Take the side trip and enjoy the majesty of Cape Hauy - or simply remain with the group for a final cliff-walk descent onto the cool white sands of Fortescue Bay. This is your chance to drop the pack and sink your toes in pristine sands or perhaps take a celebratory dive into the crystal clear waves. After some canapes and a glass of sparkling you'll be transported back to Hobart via the airport.

Alternately, stay and discover the Tasman Peninsula's local produce, wines, whiskies, lavender, uncrowded beaches and more.



## What is included

- / Return transfers from Hobart
- / Lodge accommodation
- / All meals, non-alcoholic beverages and a selection of Tasmanian wines
- / National Park Pass
- / Boat transfer from Stewarts Bay to Denman's Cove
- / Use of a backpack and weather-proof jacket for the duration of the walk
- / Linen and comfortable beds
- / Two qualified guides for the duration of the walk

## Single supplement

All accommodation is twin share. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a single room for the duration of the walk a supplementary price of 75% of full fee will apply. This needs to be requested at the time of booking.

## Booking Terms and Conditions

All prices are quoted per person in AUD including GST and are on a seasonal basis.





## Gear Checklist

The items on the gear list below will be packed into your 50-litre pack (provided) and carried by you.

We provide the following:

- / 50-litre canvas pack (available on the morning of departure) and Pack liner
- / Rain jacket (3-layer membrane; waterproof and breathable) (available on the morning of departure)
- / Lightweight travel quilt cover and fitted sheet carried by you (our quilts are specifically designed for us and provided in the Lodges)
- / Lunch container, cutlery and travel mug
- / Small day pack for return walk Cape Pillar Lodge – Blade – Cape Pillar Lodge (day three)
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at each lodge)
- / Bio-degradable liquid soap (also suitable as a shampoo; available at each lodge - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- / Library offering a range of books and games (including field guides; some titles are available in every hut along the track)

\* 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, daypack and rain jacket if you would prefer.

## Essential Gear List

When you arrive at the pre departure point, 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

- / Light weight lace-up walking boots or shoes with ankle support and 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 use)
- / Sun hat & sunscreen (small bottle for use during the day)
- / Travel towel or body chamois (for showers and swimming on day one and four)
- / 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
- / Any personal medication, including anti-inflammatories and EpiPens
- / Polar fleece jacket (preferred) or woollen jumper/pullover
- / Light jumper (warm)
- / Beanie
- / Gloves or mittens
- / Shorts and/or light walking trousers
- / Thermal base layer (long-sleeved top and long johns - merino or polypropylene)

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. We are more than happy to discuss footwear with you.

\* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE





## Recommended Items

- / Walking poles (assists with balance and muscle fatigue)
- / Water-proof overpants (highly recommended – particularly in winter months)
- / Camera
- / Spare batteries or USB power cord for camera (there is one charging station in each lodge)

## Optional Gear List

- / Bathers for swimming on day one and four
- / Small mirror (especially if you wear contact lenses)
- / We can provide disposable facemasks whilst on your walk if you choose to wear one. Alternatively you may wish to bring your own disposable or reusable masks. Please note if you are planning to bring reusable masks we do not have the facilities to wash and dry daily (as per health advice), therefore, you will need to bring enough for the duration of your experience and a safe way to carry them.

\* 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.

\* While the lodges include drying rooms for wet gear, they do not incorporate laundry facilities. If you adhere to the packing list, you should be all set for the duration of your walk.

\* Please note that guides will do a thorough gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.

## Hire Gear – Gear and Gourmet

Any items you may not have can be hired or purchased from Three Capes Gear & Gourmet. Walking poles, over-pants and headlamps and other relevant items can be booked at [twc.3capesgearandgourmet.com.au](http://twc.3capesgearandgourmet.com.au) and conveniently delivered to our walker's base for the start of your walk.



## Frequently Asked Questions

**How often do trips depart?** Our trips depart year round. From September to May we have departures every second day. We have less frequent departures from June to August. Please refer to our booking calendar for dates.

**What is the accommodation like?** Our groups have exclusive use of the only private Lodge accommodation along the track. Our lodges are architecturally designed to sit lightly within the environment with stunning views. The Lodges do not forego creature comforts with plenty of lounge areas and a dedicated relaxation area at Cape Pillar Lodge.

**How many guests will be on my trip?** Each trip requires a minimum of 4 and a maximum of 14 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 exercise regularly, are capable of walking an average of 10km for four consecutive days (with the longest day being 18kms), and are comfortable with varied terrain, you'll be fine! This track is considered a "dry foot track" so mud will not be an issue!

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?** On the morning of your departure, the guides will carry out a thorough gear check to ensure you have suitable gear and help you reduce pack weight.

If you adhere to our gear list, your pack will likely weigh between 7kg and 9.5kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 6.5kg.

The pack and weather proof jacket that we provide have a combined weight of 2.5kg, leaving 4.5–6.5kg for your personal items.

**What do we carry?** Each person must carry their lunch and water, wet weather gear, spare clothes for the lodges, thermals and warm clothing, plus any extras such as a camera.





**What style of boots should we have?** You will need lace-up hiking shoes or boots that have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended).

We cannot over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots 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.

**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. Please see our Booking Terms & Conditions for details and contact us if you have any questions.

**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. Each of our lodges has a hut host to look after you during your stay.

**How about food?** The guides and hut host prepare scrumptious three-course meals each night. We are quite happy to cater for special dietary requirements, we just need to know in advance. We use fresh Tasmanian produce and evening meals are served with a selection of Tasmanian wines.

**What time does the trip commence and conclude?** Our shuttle picks up in front of MACq01 (18 Hunter Street, Hobart) between 9.00 - 9.10am and from reception at The Old Woolstore Apartment Hotel, 1 Macquarie Street between 9.05 - 9.15am. **You must advise us if you need collection otherwise the bus will not stop.** If you would like to make your way directly to our walkers base at 164 Murray Street, Hobart, please arrive no later than 9.30am

For anyone staying on the Tasman Peninsula prior to the walk, please contact reservations to make arrangements regarding gear check and meeting time.

Ph: 03 6392 2211

E: [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)

At the conclusion of your walk: the group will arrive back into Hobart at approximately 6.00pm with a Hobart airport drop off at 5.30pm.

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

#### **The Old Woolstore Apartment Hotel** 1 Macquarie Street, Hobart

This multi- award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly. To book visit [www.oldwoolstore.com.au](http://www.oldwoolstore.com.au)

- / Enter your check in and check out dates, number of rooms and guests
- / Hit 'Book Now'
- / Once the booking page loads, select the 'Add Code' tab and change the discount code to 'Rate Access/Corporate Code'
- / Type in the code TWC and click 'Add' to receive your exclusive offer

#### **The Henry Jones Art Hotel** 25 Hunter Street, Hobart

A hotel where art and history collide. Hobart's oldest waterfront warehouse has been transformed into Australia's first dedicated art hotel with views capturing the bustling wharf. Close to galleries, restaurants, bars and cafés.

The Henry Jones offers luxury boutique accommodation with warm friendly service.

To book please email [reservations@thehenryjones.com](mailto:reservations@thehenryjones.com) and quote "Tas Walking Co" to receive your 10% discount.

#### **MACq01** 18 Hunter Street, Hobart

MACq 01 lives on Hunter Street on the old Hunter Island, one of the earliest sites of European settlement in Tasmania. Surrounded by yachts, docks, convict-built sandstone warehouses and a huge expanse of open water, the hotel boasts gorgeous views alongside supreme convenience.

MACq 01 is the perfect place to start telling your own Tasmanian story. Accommodation is available in a variety of luxurious suites and rooms. Each of the hotel's 114 rooms are linked to a real character central to the story of Tasmania - heroes, villains, explorers, inventors, convicts, bushrangers, first people, industrial giants, political mavericks and much more.

To book please email [reservations@macq01.com.au](mailto:reservations@macq01.com.au) and quote "Tas Walking Co" to receive your 10% discount.

**Are there age restrictions?** The minimum age for guests walking with us is 10 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

The Three Capes Track is a great introductory bushwalking experience. The high quality of the track surface, the achievable distances, and the stunning scenery reward you with every step. However, walking for days at a time whilst carrying a pack can be hard on your body, so we recommend that our guests put some time aside before their booking date to condition their body in preparation. Training will allow you to enjoy the hike more and focus on the landscape and experience.

The Three Capes track covers 48 km over a 4 day journey. The track begins and ends at sea level and the highest point of the track sits at 480 metres on Mt. Fortescue which you will hike over on day 4. The track itself undulates gradually over the four days and steeper sections of the track utilise stairs. Your pack weight will range between 7 and 9.5 Kg depending on the weight of your personal gear so you need to be prepared to carry the weight for four days.

## Training Tips!

Do what you can! Any walking training is better than no walking. Your training walks should be around 7-9km in length to walk comfortably on your trip. Now is also a good time to add more strength based exercises.

- / Consistency and persistence are key.
- / The best training you can do is hiking with a pack and in the boots you plan to wear on the track.
- / Work up to carrying a pack weight at least equal to your anticipated trip pack - remember that this will include your gear, lunch, water (2L), snacks and rain gear.
- / If possible, train on terrain similar to your hike – find a steady incline bush track, hill or set of stairs near home to practise on.
- / Get to know the walk – check your trip notes so you are 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.
- / 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. If you plan to use poles practise with them on stairs and hills. Your poles should be going in front of you on the way up and down to reduce the stress on knees, hips and ankle supporting your whole weight.
- / Listen to your body – if you feel unwell, or excessively tired, then rest and recover.
- / Aim to fit in yoga or a stretch session before and after your walks. This will show you where you hold tension or become tight while walking. Take note of this as it's important to look after those muscles that become tight to prevent injury during your training, but also while on the track.
- / Strength training, focussed on the lower body will greatly benefit your fitness and recovery during your walk. Focus on powering up glutes, hamstrings, quads and calves.

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## 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 urban hill and stair climbs can be a great quick training fix for busy weekdays.
- / Encourage a friend or family member to walk with you to increase motivation.
- / Record distance and duration each day that you walk. Aim to increase either distance or duration each week. Phone apps like Strava, Nike and other health apps are a great tool to track your progress.

To help with motivation during your training download outdoor podcasts and audiobooks to listen too. This will put you in the adventure mindset leading up to your hike. Our guides recommend some of the following podcast channels:

- |                           |                       |
|---------------------------|-----------------------|
| / Wild Ideas Worth Living | / Sounds of the Trail |
| / TedTalks                | / Outside/In          |
| / The Dirtbag Diaries     |                       |

And Audiobooks:

- |   |                             |
|---|-----------------------------|
| / Wild by Cheryl Strayed                  | / Tracks by Robyn Davidson  |
| / Walk in the Woods by Bill Bryson        | / On Trails by Robert Moore |
| / Becoming Odyssa by Jennifer Pharr Davis |                             |

## 2-3 months before your walk

**Training commitment:** One short walk, one cross-training session and one long walk per week.  
**Midweek walk:** The aim should be to walk for an hour at a reasonably brisk pace. This helps develop leg speed as well as helping get in condition for your hike.

## IDEAS:

- / Long weekend walking – research bush trails in your local or surrounding areas. Try and tick off a different one every second weekend. Variety in your training will build up your leg muscles and endurance. Start with shorter walks and build up to half day and full day hikes.
- / If possible try and pick walks that have some inclines and declines to condition your joints.
- / 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 or spin class, running, stairmaster, hot yoga or swimming.

## 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 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 The Three Capes Lodge Walk and train with this gear to test its comfort and reliability. See our gear list for recommendations or material types, layers and brands.
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## 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 Tasmanian Walking Company Hike
  - / 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, and sleep well. Keep active, but don't go any longer or high intensity training, now is the time to recharge. Do lots of stretches, and ensure you pick up any last minute gear.

