



BAY OF FIRES
lodge walk

Welcome to the Bay of Fires Lodge Retreat with Pure Yoga Tasmania

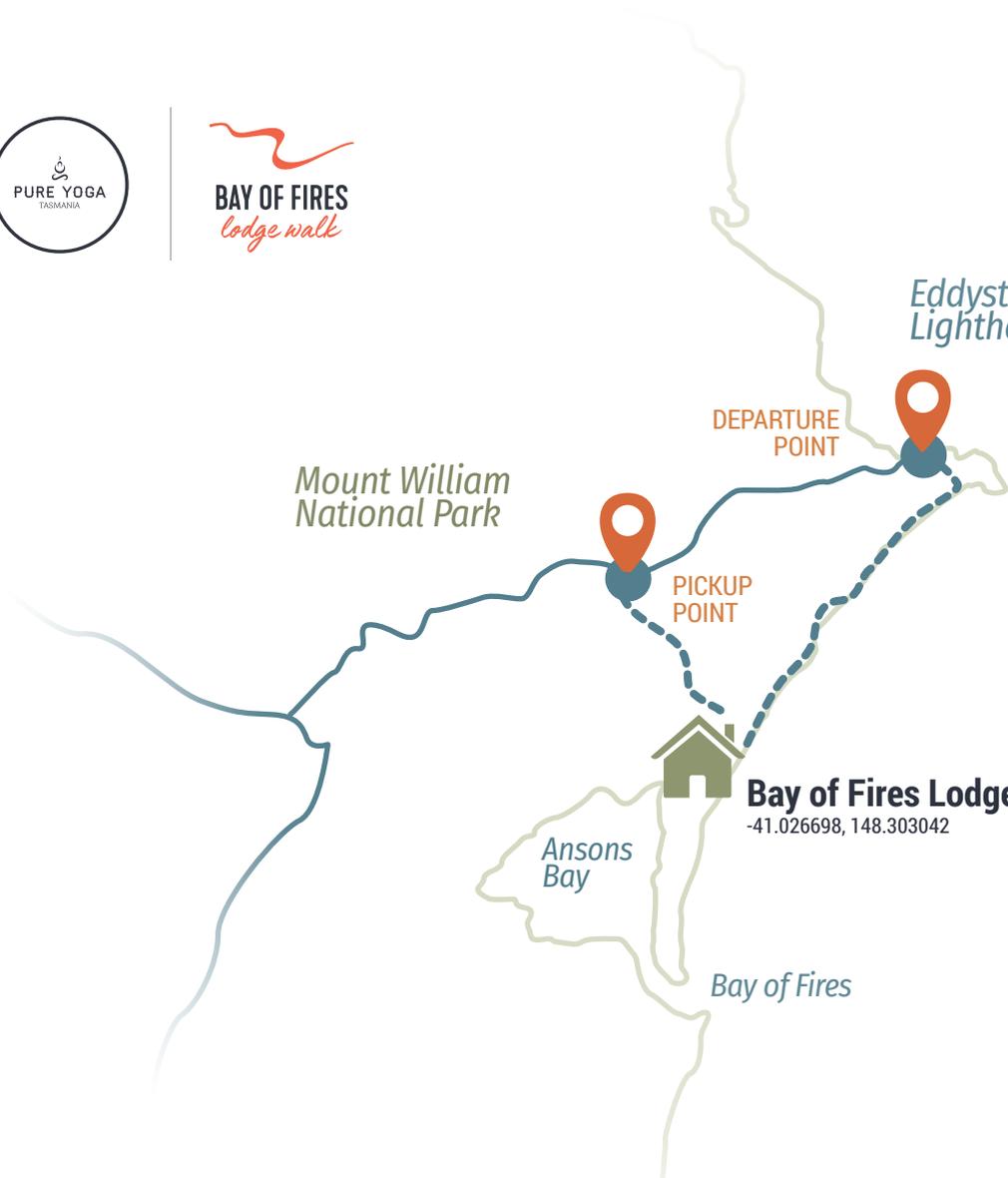
**4 Day/3 Night
guided walk and
yoga retreat on
Tasmania's Bay of
Fires coastline**

Discover the breathtaking beaches along the east coast of Tasmania as you explore the Bay of Fires with us. Join a small group, led by our expert guides, and traverse this wonderfully remote landscape. The Bay of Fires offers an awe-inspiring escape, teeming with unique flora and fauna.

Over the course of four days, immerse yourself in one of the most pristine environments that Tasmania has to offer. Walk the soft sandy beaches, explore secluded coves, delve deep into your

practice and enjoy the luxury of our accommodation at the award-winning Bay of Fires Lodge. This experience gives you time and space to relax, breath and participate in workshops in the heart of nature.

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 Bay of Fires Long Weekend go-to-guide.



Eddystone Point
-40.990308, 148.347658

Bay of Fires Lodge
-41.026698, 148.303042

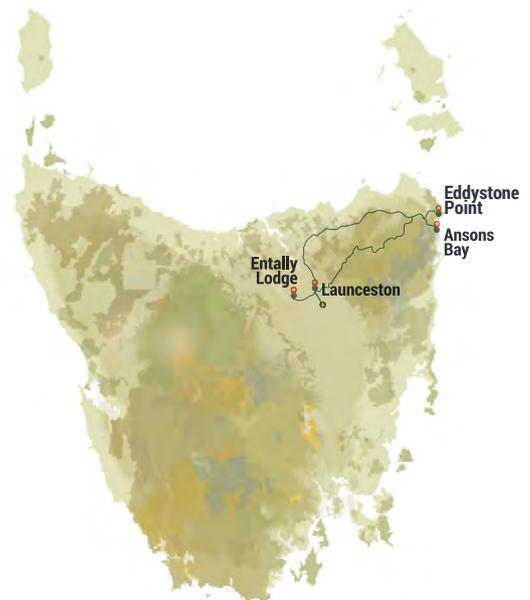
The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Relaxing/Easier

Activities: Spring/Summer/Autumn coastal trekking and yoga workshops





About Rebecca Chabot and Pure Yoga Tasmania

Rebecca brings unique experience and knowledge to this nature-based workshop. Rebecca holds a PhD in Ecology and your yoga experience will be inspired by the wonders of the surrounding wilderness. A senior-level yoga and meditation instructor of 25 years, she will help you discover how conscious moving and breathing in nature can help you reconnect to heal old wounds, tap into your creativity, feel more happiness, and awaken your physical body.

Rebecca will lead daily yoga, meditation and breathing practices that will help your body recover, and that will enhance your connection to nature, your companions, and yourself. You will leave the experience feeling recharged and captivated by this life.

Born in Mississippi, Rebecca Chabot began studying yoga and meditation in Seattle over 25 years ago. She moved to Tasmania in 2001 and has been dedicated to teaching for 15 years, in both Australia and North America. Rebecca is recognised by the international yoga community as an exceptional instructor who fuses yoga, meditation and philosophy in an accessible and relevant way.

As an ecologist, Rebecca understands the interconnection between the internal and the external, and she inspires students to use the practice as a deep dive inwards to stretch and strengthen not only the body but also the heart and mind. Her business, Pure Yoga Tasmania, offers special workshops, online courses and yoga retreats in Australia, Sri Lanka and Indonesia.





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!

Our groups have exclusive use of our architecturally designed Bay of Fires Lodge, set on a hilltop, 40 metres above the beach and surrounded by National Park. Enjoying views up and down the coast in an area of great significance to the Aboriginal community, a truly ecologically-aware building has been gently let into the landscape. Here you will experience true communion with nature in accommodation that combines simplicity of design with comfort and warmth.

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	Vehicle Transfers Launceston to Eddystone Point then explore the Bay of Fires coastline	6km (3hrs)	Bay of Fires Lodge	-/L/D
Two	Workshops and local walks	N/A	Bay of Fires Lodge	B/L/D
Three	Workshops and local walks	N/A	Bay of Fires Lodge	B/L/D
Four	Return to Launceston rejuvenated	4km (1hr)		B/L/-

* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.

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





Day 1

Mount William National Park

Eddystone Lighthouse

DEPARTURE POINT

Eddystone Point

-40.990308, 148.347658

PICKUP POINT



Walk Time 3hrs

more in challenging weather



Distance 6km



Grade Easy



Bay of Fires Lodge

-41.026698, 148.303042

Ansons Bay

Bay of Fires

Exploring the Bay of Fires Coastline

Bay of Fires Lodge Walk guests meet at Entally Lodge at 8.00am. Launceston pick-up is 7.45am at The Sebel Launceston and Quamby Estate shuttle departs at 7.50am.

Taking time for a brief gear check, we then board our bus and travel to Mt William National Park via a scenic route that includes the rich pastoral landscapes of north-eastern Tasmania.

It's time to get your walking boots sandy. Our beach stroll today begins at Eddystone Point. In clear conditions, the Bass Strait islands of Flinders and Cape Barren are visible to the north.

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. Pre-bookings are best if you're keen to sink into the outdoor tub or settle in for a luxurious few hours at the spa.

Come evening, venture into the library 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.

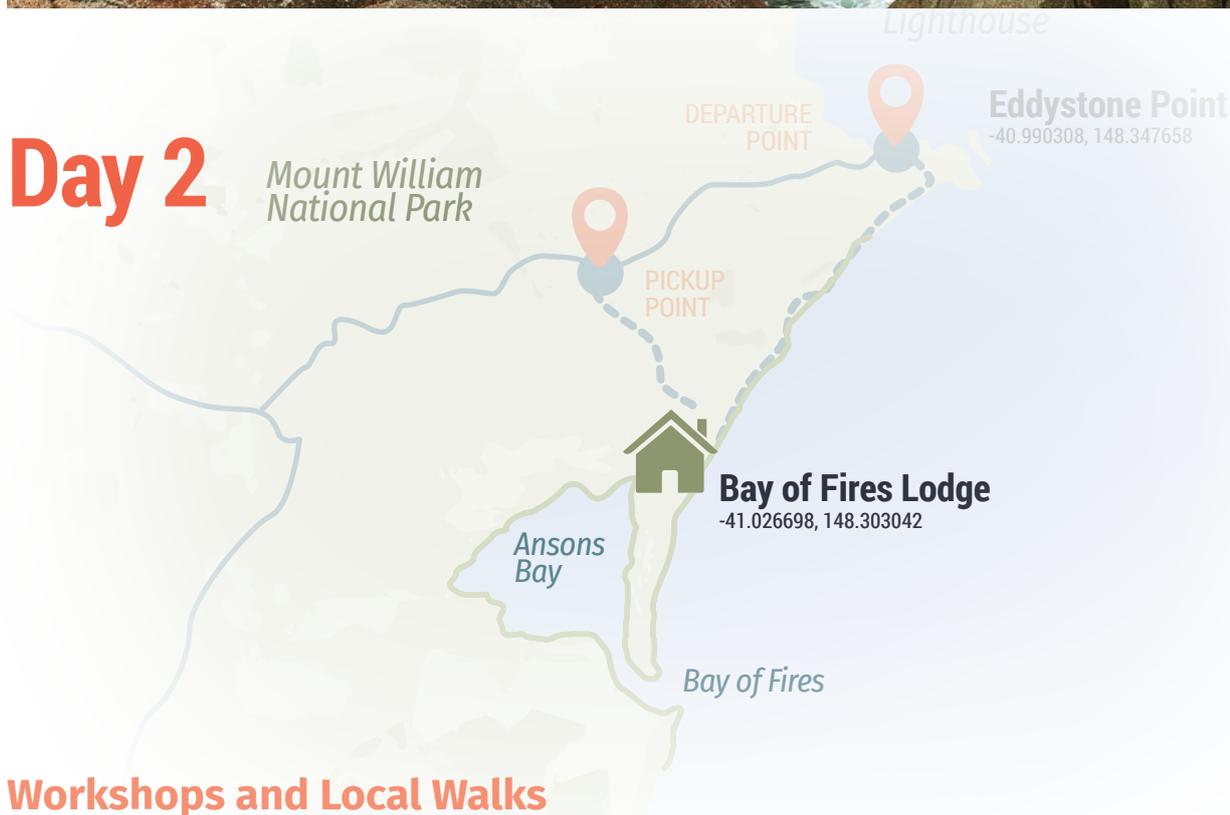


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Day 2

Mount William National Park



Workshops and Local Walks

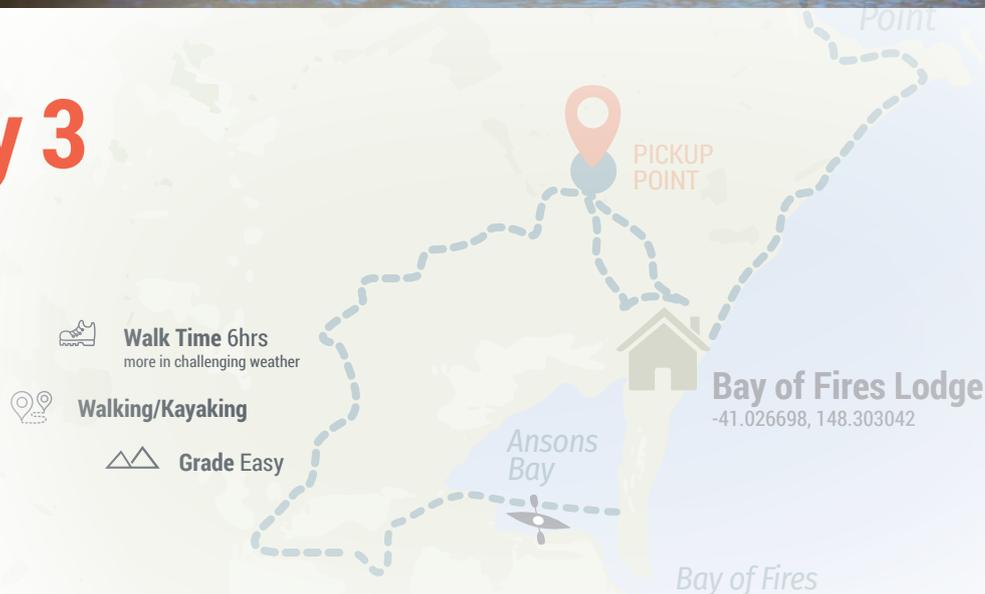
Rise early to the native birds accompanying the dawn. After an early morning yoga or meditation practice enjoy a hot-cooked breakfast and freshly brewed coffee. If it's a sunny morning, breakfast on the deck can reward you with whale spotting and dolphins surfing the waves.

The day includes several yoga practices with Rebecca and evening journaling or a gathering around the outside fire. It is an extraordinary place to stay. So we make sure there is time for daily walks nearby with our naturalist guide and time for yourself. You can chose to fish, snorkelling in the marine nursery, exploring shell coves or enjoying the lodge surrounds. The lodge based schedule is flexible and can be changed at any time to suit the needs to the group.

After dinner is when the native wildlife wander out - keep an eye out for wombats, wallabies, Forester kangaroos, possums or even a Tasmanian devil. Don't forget to look up! The night sky from this pristine coastline is an awesome spectacle.



Day 3



Kayaking and enjoying the area

Today choose your own adventure. Rise early to the native birds accompanying the dawn, waking to the aroma of a hot-cooked breakfast and freshly brewed coffee. If it's a sunny morning, breakfast on the deck can reward you with whale spotting and dolphins surfing the waves.

Later in the morning, choose to kayak down Ansons River and experience the riparian ecology of this winding waterway. Cross the bird-rich waters of Ansons Bay and conclude with a stroll over the dunes of Abbotsbury Peninsula back to the lodge.

Other options for today include a spa treatment, fishing, snorkelling in the marine nursery, exploring shell coves or enjoying the lodge surrounds. After dinner is when the native wildlife wander out – keep an eye out for wombats, wallabies, Forester kangaroos, possums or even a Tasmanian devil. Don't forget to look up! The night sky from this pristine coastline is an awesome spectacle.



Day 4



Return to Launceston rejuvenated

Following another early morning practice and a leisurely breakfast at the lodge, there's plenty of time for a morning swim and a final meditation 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.

Upon our return to Entally Lodge there will be time to raise a glass to the four wonderful days spent together.



*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES



What is included

- / Return transfers between Launceston and the start & finish of the walk
- / 3 nights Accommodation (twin share) at the Bay of Fires Lodge
- / All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines and beer
- / All workshops and yoga practices
- / Use of a day-pack and rain jacket for the duration of the walk
- / Linen at the lodge
- / Two qualified guides for the duration of the walk and a host at the lodge
- / National Park passes



Gear List

We provide the following:

- / Day-pack (available on the morning of departure)
- / Duffle bag for personal belongings to be transferred to the Lodge
- / Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- / Pack cover and pack liner
- / Lunch container, cutlery and travel mug
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser)
- / 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 daypack 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 boots or shoes
- / Shorts/light walking trousers (2 recommended)
- / Sun shirt/t shirt (2 recommended)
- / Water bottle or bladder (minimum 2 litre capacity)
- / Beanie
- / Sunhat
- / Polar fleece or similar (for walking)
- / Yoga mat
- / Polar fleece or jumper (for lodge use)
- / Warm long pants (lodge use)
- / Thermal base layer (long-sleeved top and long johns)
- / Any personal medication, including anti-inflammatories or Epi-pens
- / Socks (2 pairs)
- / Underwear
- / Lightweight indoor footwear (cros/sandals: for lodge and kayaking)

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE



Recommended Items

- / Walking poles
- / Spare batteries for camera
- / Swimming costume and travel towel for beach use
- / Over pants

*** In your daypack (provided by us) you will need to carry your weatherproof jacket, lunch, any layers you may need throughout the day, your water and any personal medication/sunscreen etc.**

**** The duffel bag (provided by us) which will be transported to the Lodge must weigh no more than 5kgs as this will be carried on foot by our staff up to the Lodge.**

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? Our trips depart weekly from 1 October through to 1 May.

What is the accommodation like? Whilst walking with us you will experience some truly spectacular accommodation in the uncomplicated luxury at the award winning Bay of Fires Lodge.

How many guests will be on my trip? Each trip requires a minimum of 4 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 7-8kms, 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.

What do we carry? You will need to only carry a daypack. In your daypack (provided by us) you will need to carry your weatherproof jacket, lunch, any layers you may need throughout the day, your water and any personal medication/sunscreen etc.

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 can be transferred to the Lodge? Any personal items on the essential gear list which are not required for the day. The pack can weigh no more than 5kgs as this will be carried on foot by our staff up to the Lodge

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.