



BAY OF FIRES

SIGNATURE WALK



4 Day/3 Night guided walk
along Tasmania's Bay of Fires coastline
staying in private camps and lodges along the track.



Welcome to the Bay of Fires Signature Walk

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, kayak Ansons River and enjoy the uncomplicated luxury of our accommodation at the Forester Beach Camp and award-winning Bay of Fires Lodge. If you are looking for a little more indulgence why not have a signature treatment at our exclusive spa or enjoy the outdoor bathing pavilion.

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 Signature Walk go-to-guide.

Contents

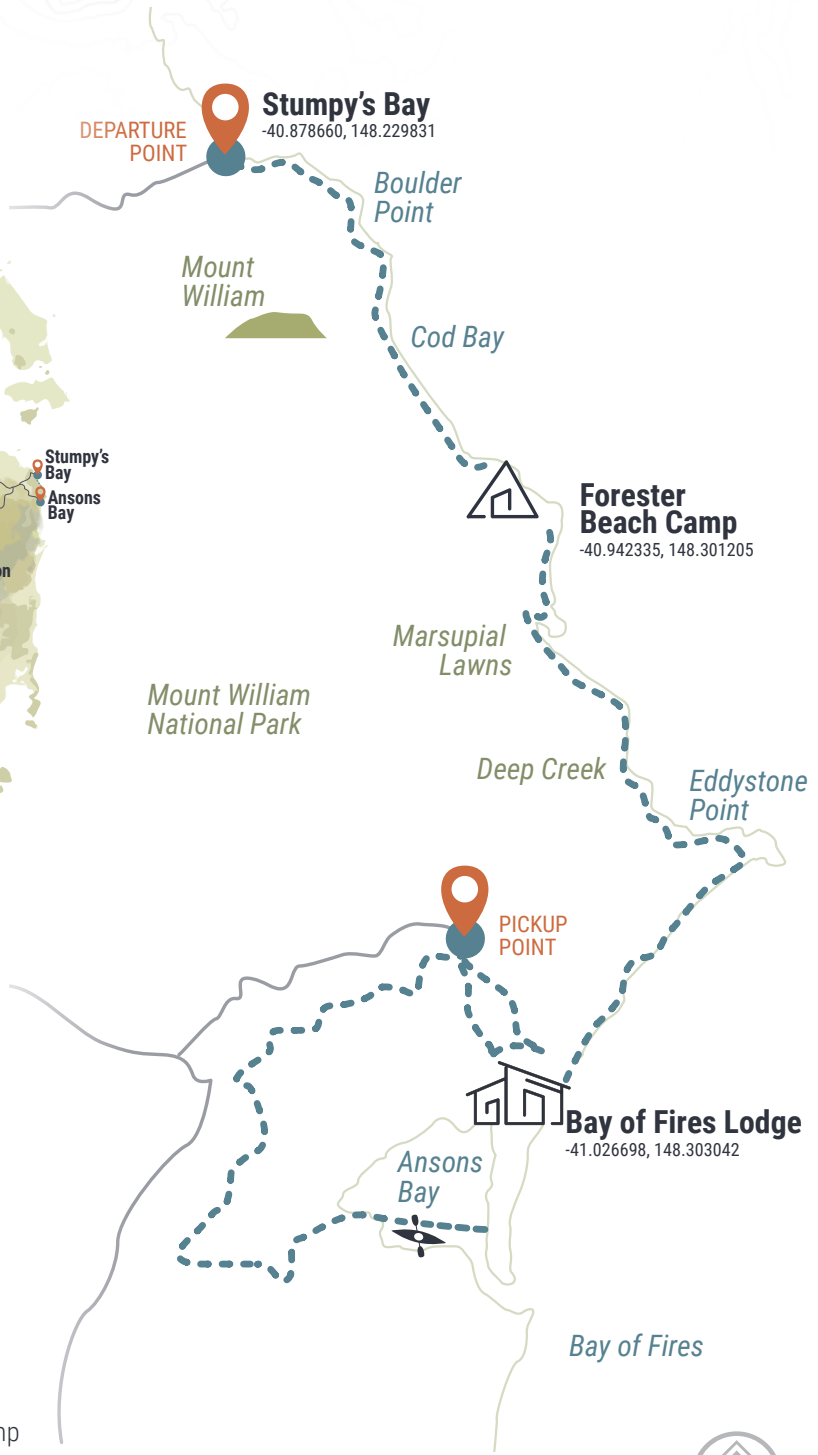
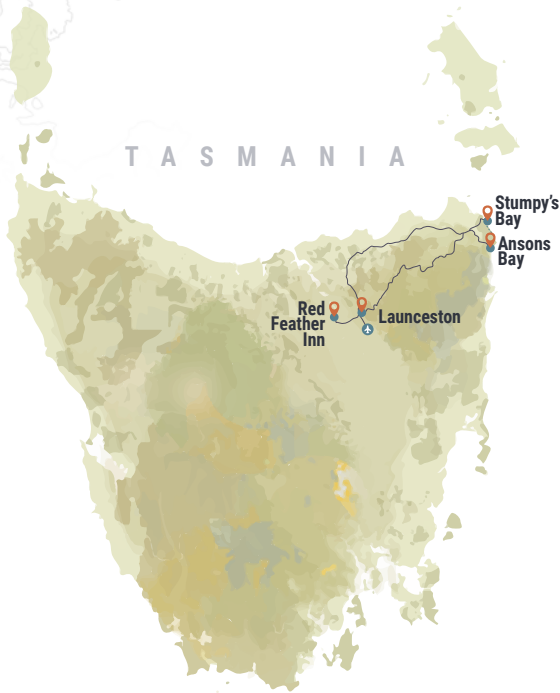
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Acknowledgement to traditional owners

In recognition of the deep history and culture of this land, we acknowledge and pay respects to all Tasmanian Aboriginal people, the past and present custodians of the Land. We are privileged to learn from them in the way we care for and share Tasmania's diverse nature and culture, and we strive to walk humbly in the footsteps of those who have walked these paths before us.


BAY OF FIRES


SIGNATURE WALK




Walk at a glance

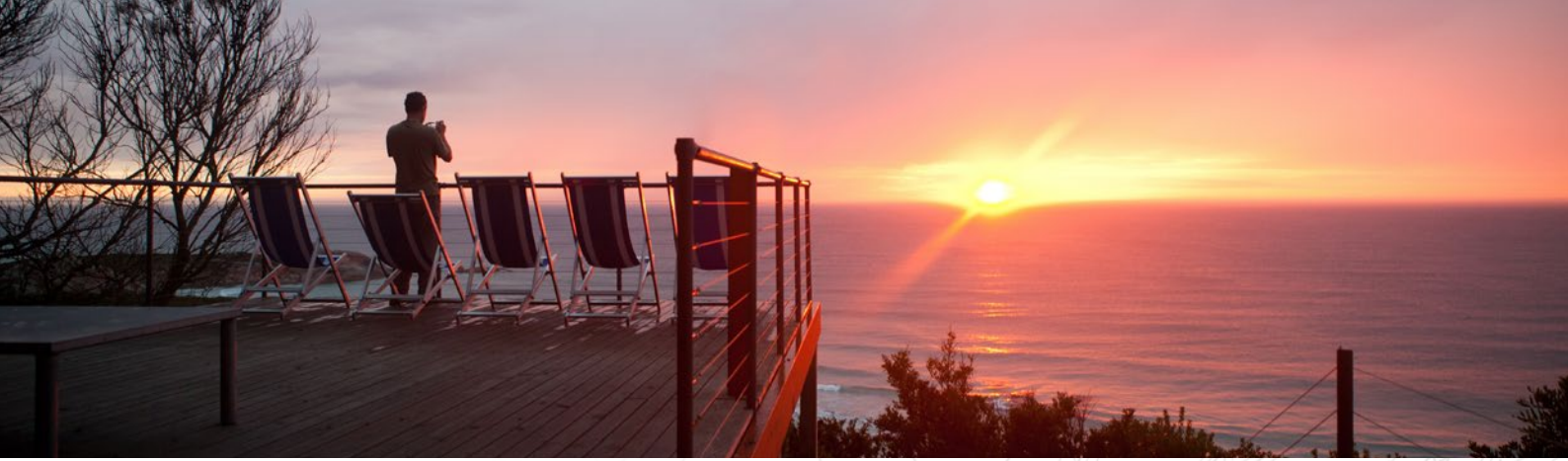
 **Trip Duration:** 4 days/3 nights

 **Grade:** Easier

 **Accommodation:** Luxury beach camp and award-winning private lodge

 **Activities:** Spring/Summer/Autumn coastal trekking with a light weight pack and kayaking on the gently-flowing Ansons River.





Why walk with us?

We are proudly Tasmanian and have been walking for over 35 years. Our history and reputation will be with you every step of the way. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you.

The Tasmanian Walking Company was born in 1985, after the Tasmanian Government called for expressions of interest for a commercial operator to develop an “accommodation based” guided walk along the Overland Track in the Cradle Mountain/Lake St Clair National Park.

Since then, we have expanded our horizons and now walk all over Australia, delivering unique experiences to our guests and encapsulating what it means to be ‘Truly Tasmanian’ every step of the way. We offer our guests the chance to build incomparable memories, being immersed in the magic of the remote wilderness with local produce, world-class guides, local knowledge, lightweight packs and the comfort of knowing that we have you covered -- you don’t need to worry about a thing!

Our guides are our best assets. They are highly trained and there with you every step of the way, seamlessly bringing together all elements of a great walking experience to make your time with us unforgettable.

Our accommodation has been architecturally designed with a commitment to sit gently on the natural environment, whilst maximising natural assets and protecting wildlife.

Our vision is to inspire people to connect with and conserve the natural environment and culture of the Australian wilderness for generations to come. We are committed to making a real difference with sustainable tourism at the heart of what we do. Over the years Tasmanian Walking Company has been the proud recipient of many tourism and sustainability awards. In 2020, we launched the Tasmanian Walking Company Foundation (www.taswalkingcofoundation.com.au), a non-for-profit organization to support and advocate for the sensitive environments that we walk amongst.

We want to provide you with an unique opportunity to step out of everyday life into nature and be revitalised. You’ll leave your time with us with a fresh, profound perspective of humanity, the environment and wanting to come back for more.

Let us take care of everything, as we take you on an adventure of a lifetime.



Itinerary

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
<u>One</u>	Launceston - Forester Beach Camp	9km (4hrs)	Forester Beach Camp	-/L/D
<u>Two</u>	Forester Beach Camp to Bay of Fires Lodge	14km (7hrs)	Bay of Fires Lodge	B/L/D
<u>Three</u>	Bay of Fires Lodge return	6hrs kayaking/ walking	Bay of Fires Lodge	B/L/D
<u>Four</u>	Bay of Fires Lodge to Launceston	4km (1hr)	Return to Launceston	B/L/-

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



Day 1

9km (Easy)

Launceston to Forester Beach Camp

Start at Red Feather Inn, 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 this morning begins at Boulder Point in Mt William National Park. 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. From day one your guides will begin unravelling the Bay of Fires tales; its early inhabitants, visiting explorers and how it came to bear its fiery name.

After about 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 2

14km (Easy)

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. We'll visit marsupial lawns, often encountering quiet native animals and the tracks they leave at nightfall.

We will be crossing a tidal creek this morning so be prepared! The creek can vary from very shallow to waist deep. Our guides will find the best route across and assist with carrying backpacks.

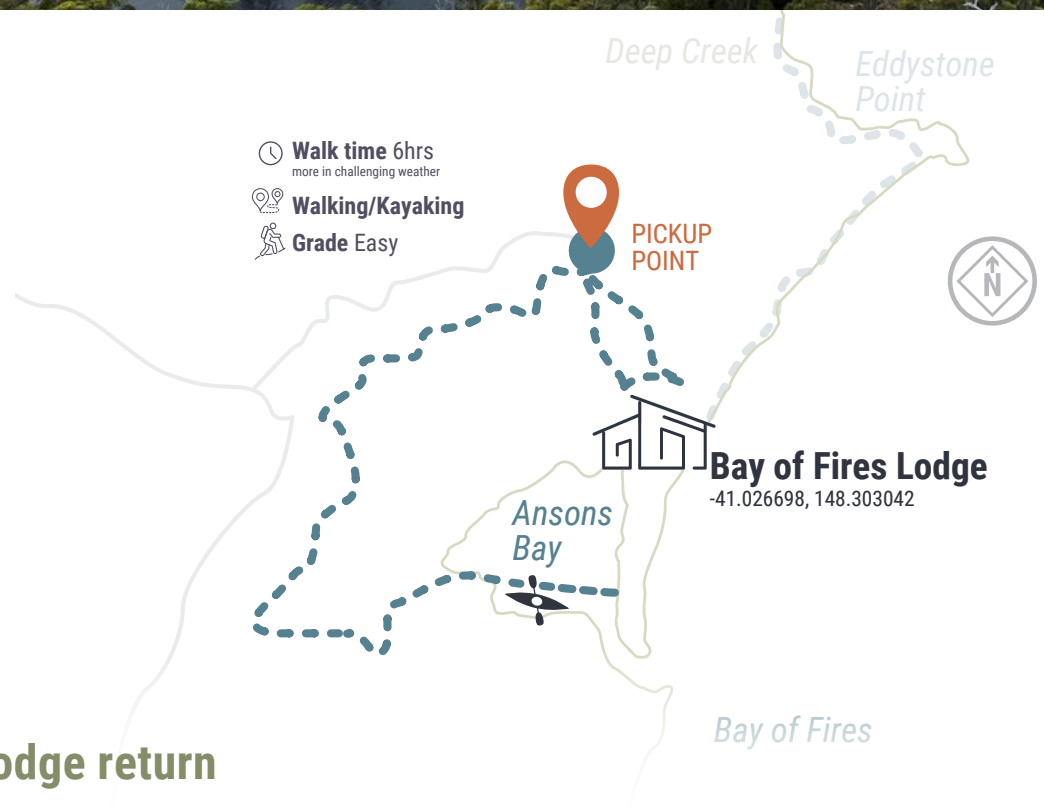
Our lunch spot today is a beach sheltered behind the dunes near Eddystone Point Lighthouse. We'll have time to explore the lighthouse and its long-standing story before we trek far-stretching beaches that lead to the celebrated Bay of Fires Lodge.

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, 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.



*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES



Day 3

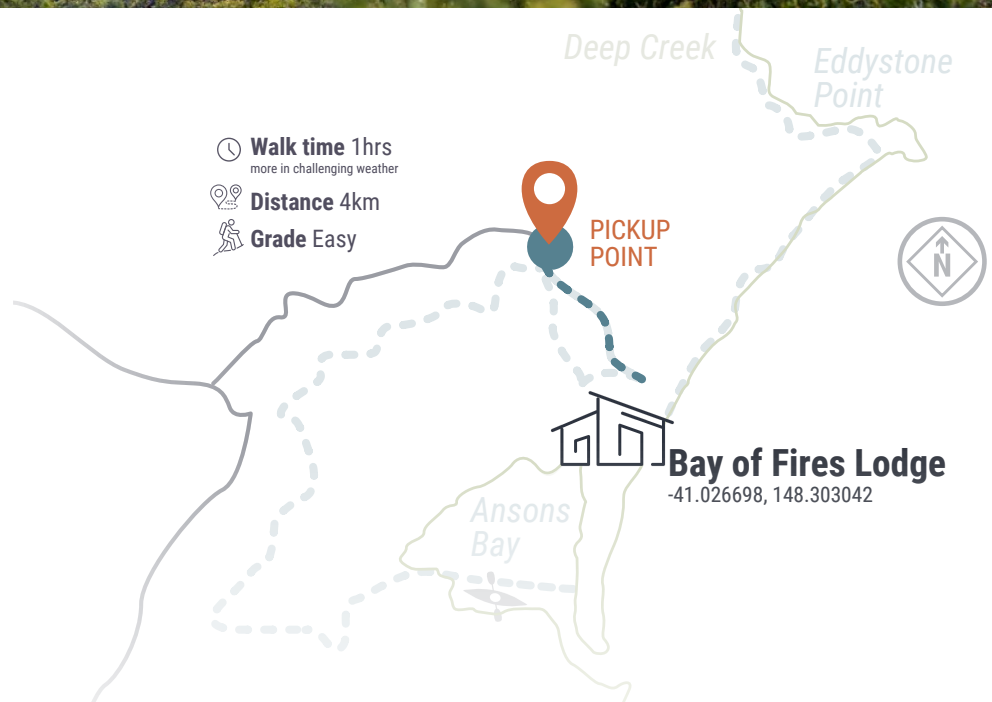
6 Hours (Easy)

Bay of Fires Lodge return

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, 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.

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

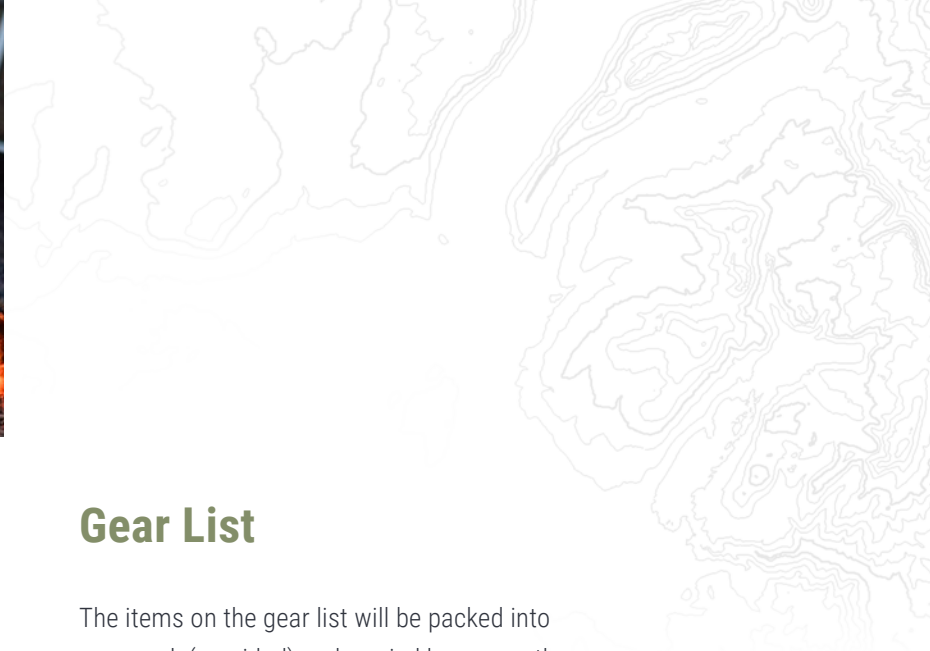
4km (Easy)

Bay of Fires Lodge to Launceston

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 Red Feather Inn, Launceston Airport or Launceston CBD. If you are staying at Quamby Homestead we will organise a transfer for you.

Upon our return to Red Feather Inn 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 Forester Beach Camp (Night 1) and Bay of Fires Lodge (Night 2 and 3)
- All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- National Park pass
- Kayaking on the Ansons River on Day 3
- Use of a backpack and Gore-tex jacket for the duration of the walk
- Access to the exclusive Bay of Fires Lodge Wellness Spa (Night 2 and 3)
- Bedding and a comfortable mattress at the beach camp and at the lodge
- Sleeping bag liner and pillowcase to use for the duration of the walk
- Two qualified guides for the duration of the walk

Gear List

The items on the gear list will be packed into your pack (provided) and carried by you on the 3 days guests carry gear.

We provide the following:

- A high quality 50-litre backpack (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 bag liner and pillow case (sleeping bags provided in lodge)
- Lunch container and cutlery
- 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. These need to be of an appropriate standard and will be assessed by the guides on the morning of departure.



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

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

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.

- ❖ Polar fleece jacket (preferred) or woollen jumper/pullover
- ❖ Light jumper (warm)
- ❖ Beanie or balaclava (mandatory in May, September and October)
- ❖ Gloves or mittens (mandatory in May, September and October)
- ❖ Shorts and/or light walking trousers
- ❖ Warm, long pants (evening lodge wear)

- ❖ Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred, 2 sets mandatory in May, Sept. and October)
- ❖ Lightweight indoor footwear (thongs/sports sandals; for lodge and kayaking)
- ❖ Sun hat & sunscreen (small bottle for use during the day)
- ❖ Travel towel or body chamois (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)
- ❖ Travel mug for hot drinks out on track
- ❖ Head torch or small torch
- ❖ Swimming costume
- ❖ Shirts/t-shirts (merino or polypropylene; 3 recommended)
- ❖ Socks (3 pairs recommended)
- ❖ Underwear
- ❖ Any personal medication, including anti-inflammatories and EpiPens
- ❖ Sunglasses

*** DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING**

[Download Footwear Guide](#)



Recommended Items

- Walking poles (highly recommended for negotiating rocky terrain and muddy patches, as well as assisting with balance and muscle fatigue)
- Insect repellent
- Camera
- Sand gaiters
- Spare batteries or USB power cord for camera (there are eight USB charging ports in each hut)

Optional Items

- Small mirror (especially if you wear contact lenses)

Tip: Layering

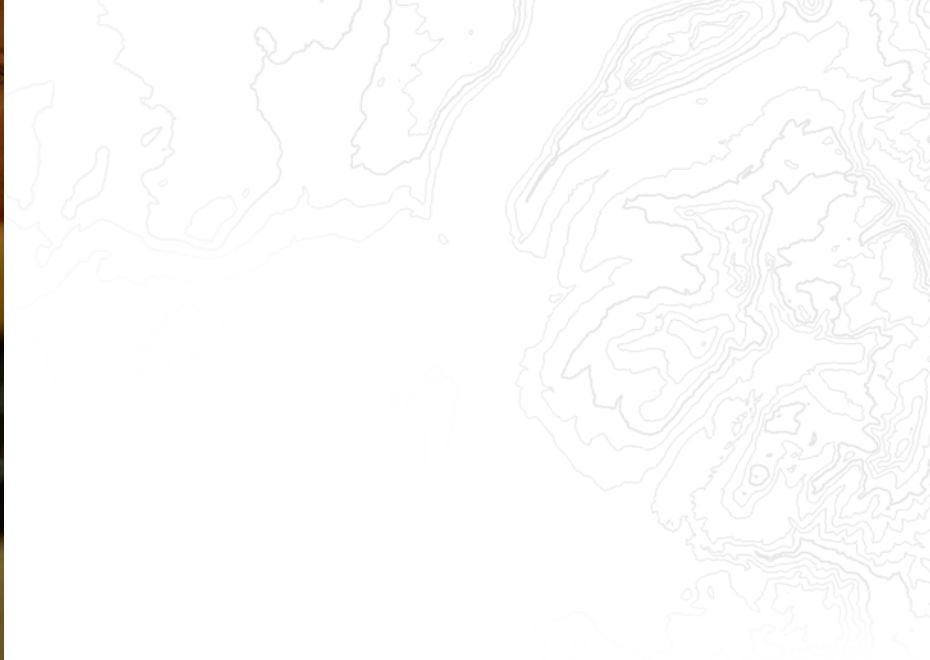
Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

Hire Gear – Bush Walking Gear Hire Tasmania

Gaiters, wet weather over pants, headlamps and walking poles are available for hire from Bushwalking Hire Gear Tasmania. You can arrange this directly by booking and paying online at www.bushwalkinghiregear.com at least one week prior to your walk, to arrange hire and delivery to our walker's base before departure of your walk.

* 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.

* 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.



Frequently Asked Questions

How often do trips depart?

Our trips depart regularly from 1 October through to 1 May. Please refer to our booking calendar for dates.

What is the accommodation like?

Whilst walking with us you will experience some truly spectacular accommodation. The first night will be spent nestled behind the dunes at Forester Beach Camp for the second and 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 5 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 9-14 km 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.

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.

Please note: This weight is based on the recommended water capacity for this walk. If you choose to carry more water, your pack weight will most likely weigh upwards of 9.5 kgs.



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?

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

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.

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 Red Feather Inn at 7.00am 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 Chalmers Church (5A St Frederick Street, Launceston). You will need to be ready in front of church entrance at 6:30am.

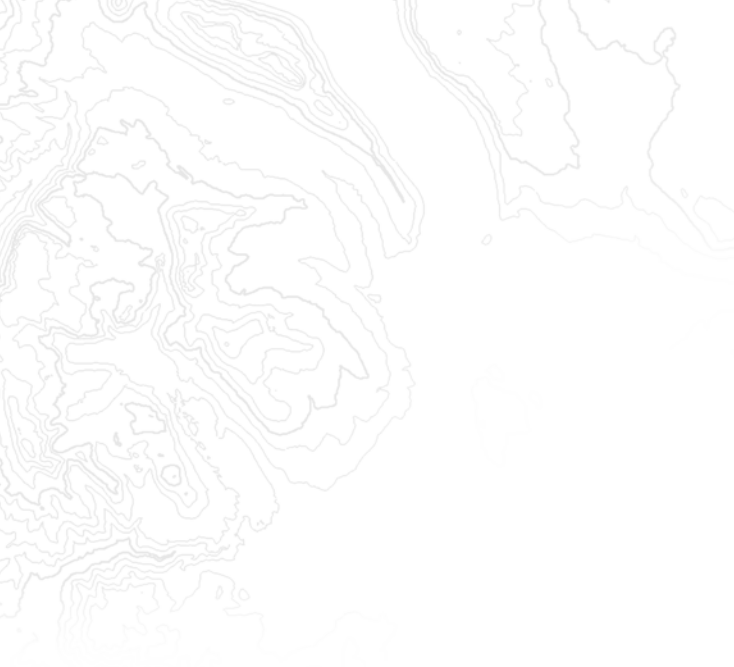
For those staying at Quamby Homestead our shuttle will pick you up in front of reception. Please be ready at 6:30am for the 10 minute transfer.

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

At the end of the walk you have the option of leaving us from Red Feather Inn around 5.45pm. We drop off at Launceston Airport at 6.15pm followed by Launceston CBD at 6.30pm. If you are staying at Quamby Homestead we will organise a transfer for you.

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.



Accommodation suggestions pre and post-walk

Red Feather Inn – our walking base

Located in the small township of Hadspen, just a 10 minute drive from Launceston's CBD makes it the perfect accommodation prior to your walk. Red Feather Inn has a range of double and twin heritage rooms and three beautiful cottages which are perfect if you are travelling with friends or family. To see details of the current special rate which includes in room continental breakfast visit our [Walker Benefits](#) page.

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 current special rate which includes breakfast visit our [Walker Benefits](#) page.

We will provide a transfer to Red Feather Inn for your trip departure on the morning of day one.

Staying in Launceston

For hotel options in Launceston, please visit our Walker Benefits page for a range of special rates available to our guests. Our shuttle service leaves from out the front of our head office at Chalmers Church at 6:30am. Please notify our team prior to your walk if you wish to use this complimentary service.

Parking

Parking is available at the walker base at the Red Feather Inn and at the Quamby Homestead for the duration of your walk.



Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

3-6 months before your walk

If you have limited experience with long-distance treks, 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/duration of your walks.

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
- ☛ Getting off your bus a stop earlier and walk the extra distance to work
- ☛ Short bush walks or coastal strolls on the weekend
- ☛ 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



5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

Ideas:

- 🌿 Single leg balances, keeping a micro bend in your knee
 - 🌿 Advance single leg balance by standing on a rolled towel, foam mat or pillow
 - 🌿 Barefoot beach walking on soft sand for ankle stability
 - 🌿 Pilates based abdominal exercises (various depending on starting level)
-

4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

Ideas:

- 🌿 Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- 🌿 Soft sand walking
- 🌿 Walking on dry riverbeds
- 🌿 Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.



3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

Ideas:

- ☛ Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- ☛ Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.



DEPARTURE
POINT



Stumpy's Bay

-40.878660, 148.229831

Boulder Point

Mount William

Cod Bay



Forester Beach Camp

-40.942335, 148.301205

Marsupial Lawns

Mount William National Park

Deep Creek

Eddystone Point



PICKUP POINT



Bay of Fires Lodge

-41.026698, 148.303042

Ansons Bay



Bay of Fires

TASMANIAN
WALKING
COMPANY



BAY OF FIRES

SIGNATURE WALK



T A S M A N I A

Stumpy's Bay
Ansons Bay

Red Feather Inn
Launceston



Contact us

To make a booking or enquiry:

e: enquiries@taswalkingco.com.au

For existing bookings:

e bookings@taswalkingco.com.au

p (03) 6392 2211

w www.taswalkingco.com.au

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 [@taswalkco](https://www.youtube.com/@taswalkco)

Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better? Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.

Subscribe to our Newsletter

Don't miss anything. Get news about our walks, special offers, events and behind-the-scenes stories from Tasmanian Walking Company.

www.taswalkingco.com.au/stay-in-touch

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Walker Benefits

See our valued partners businesses who provide discounts to our walkers.

www.taswalkingco.com.au/walker-benefits