



BAY OF FIRES

Lodge walk

Welcome to the Bay of Fires Lodge Walk

**4 Day/3 Night
guided walk along
Tasmania's Bay
of Fires coastline
with an optional
kayak day**



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 Lodge Walk go-to-guide.



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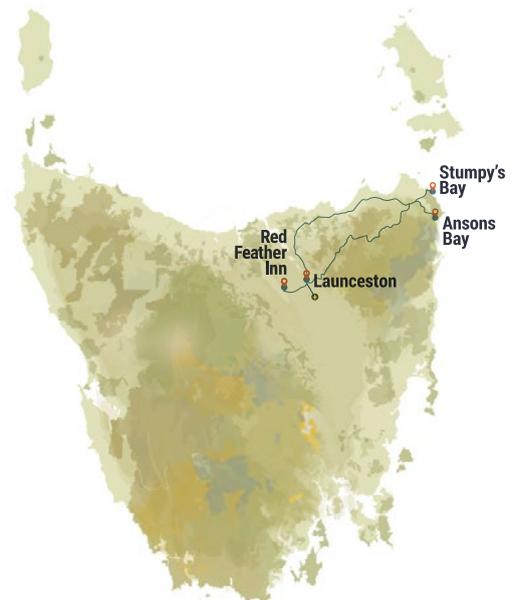
The Trip

Trip Summary

Trip Duration: 4 days/3 nights

Grade: Easier

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





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 Forester Beach camp and Bay of Fires Lodge. Nestled in a protected dune swale behind a glorious white sand beach within the National Park, Forester Beach Camp has been designed as a demountable seasonal structure. Twin-share rooms with timber floors, canvas rooves and full kitchen facilities provide perfect seclusion in a setting of unspoiled beauty. Private wash areas and composting toilets provide comfort without harming the environment.

The Bay of Fires Lodge is 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 Mt William National Park Boulder Point to Forester Beach Camp	9km (4hrs)	Forester Beach Camp	-/L/D
Two	Exploring the Bay of Fires coastline	14km (7hrs)	Bay of Fires Lodge	B/L/D
Three	Kayaking and enjoying the area	6hrs kayaking/ walking	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



Launceston to Mt William National Park

Bay of Fires Lodge Walk guests meet at Red Feather Inn at 8.00 am. Launceston pick-up is 7.35am at The Sebel Launceston and 7:40am at Quamby Estate.

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

Exploring the Bay of Fires Coastline

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.

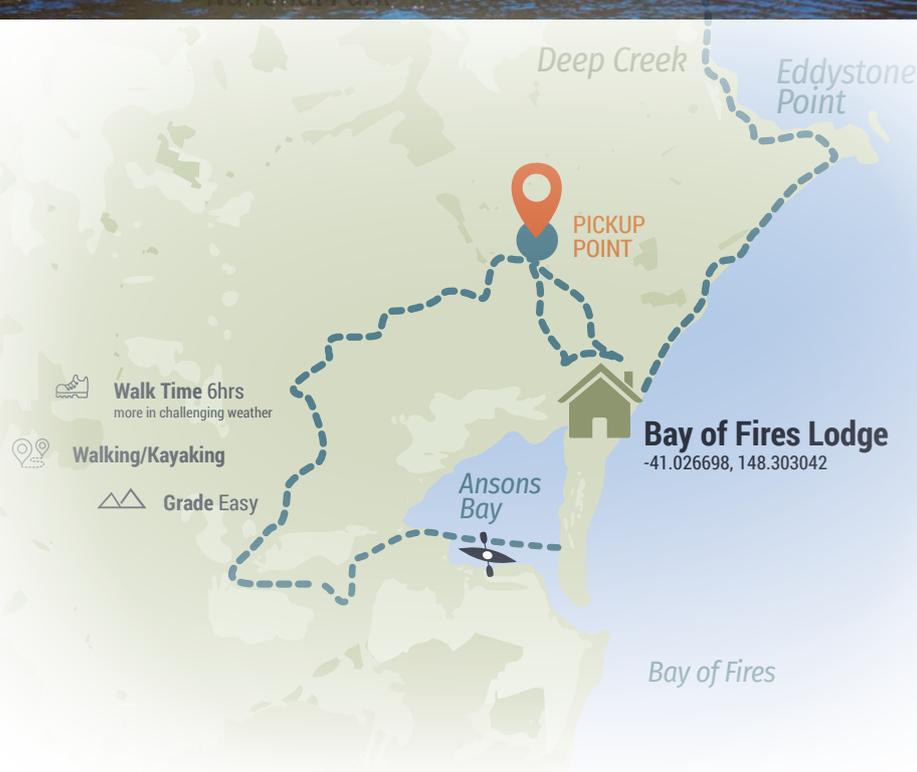
Afternoon tea will be waiting, along with spa treatments for those who want to indulge. Pre-bookings are best if you're keen to sink into the outdoor tub or settle in for a luxurious few hours at the spa.

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.





Day 3



Kayaking and enjoying the area

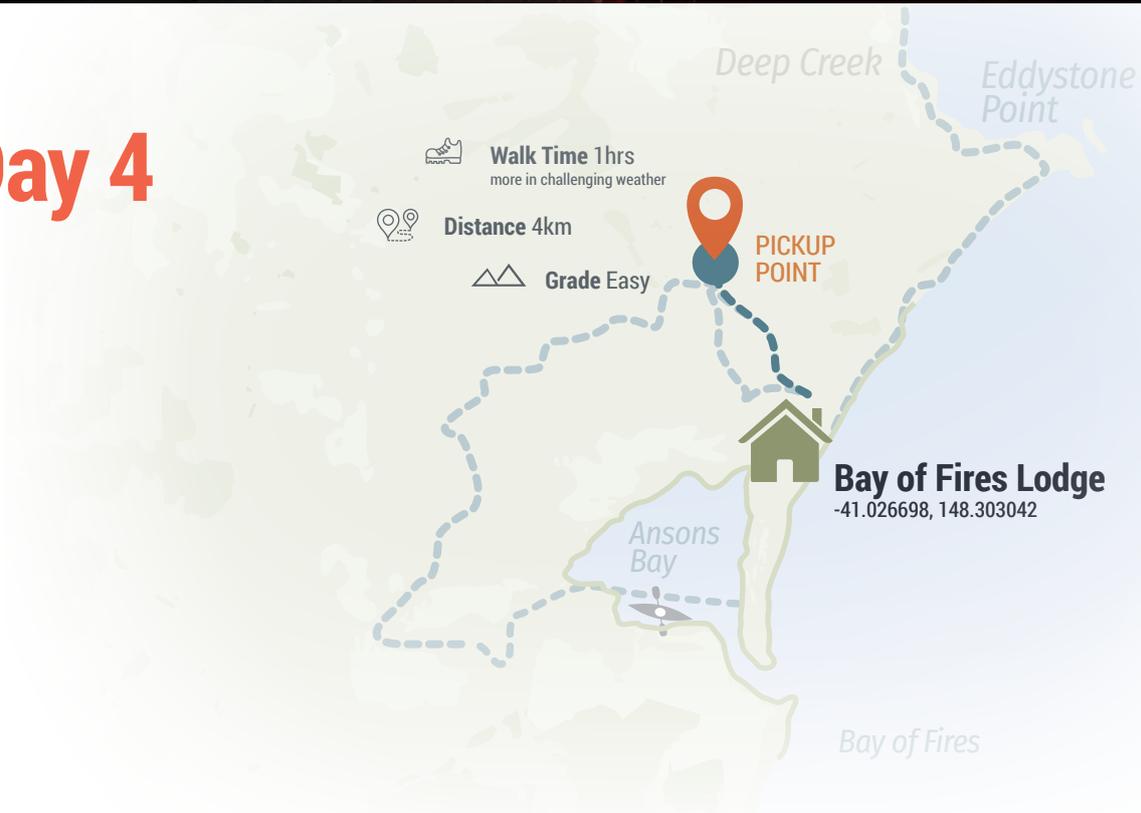
Today choose your own adventure. Rise early to the native birds accompanying the dawn, waking to the aroma of a hot-cooked breakfast and freshly brewed coffee. If it's a sunny morning, breakfast on the deck can reward you with whale spotting and dolphins surfing the waves.

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 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 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 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 selection of Tasmanian wines and beer
- / National Park passes
- / Kayaking on the Ansons River on Day 3
- / Use of a backpack and rain jacket for the duration of the walk
- / Access to the exclusive Bay of Fires Lodge Wellness Spa (Night 2 and 3)
- / Sleeping bags, pillows and a comfortable mattress at the Beach Camp
- / 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 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 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.

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.

In May, September or October, please ensure you bring all items on the Essential Gear List including 2 sets of thermals, beanie or balaclava and gloves or mittens. If we have experienced heavy rain in the weeks prior to your walk the water level in the creek crossings may be higher than usual. We recommend you wear shorts or zip off pants on day two.

Essential Items

- / Lace-up hiking shoes or boots that have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended).
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 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)
- / Shirts/t-shirts (merino or polypropylene; 3 recommended)
- / Underwear
- / 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 (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)
- / Travel mug for hot drinks out on track
- / Head torch or small torch
- / Swimming costume
- / Any personal medication, including anti-inflammatories and EpiPens
- / Sunglasses
- / Socks (3 pairs recommended)

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING





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 (for contact lenses)
- / Camera, spare batteries or USB power cord for camera (there is a charging station at the Lodge with USB ports)
- / Ankle gaiters

Optional Gear List

- / Face masks - enough for the duration of the trip.

* 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? Our trips depart regularly from 1 October through to 1 May.

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.

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. If you haven't worn your boots for awhile please dust them off, take them for a walk and make sure the soles are still firmly attached to the boot. There is nothing worse than your boot failing on day one. 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. 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 Red Feather Inn 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 7.35am.

For those staying at Quamby Homestead our shuttle will pick you up in front of reception. Please be ready at 7:40am.

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 6pm followed by Launceston CBD at 6.15pm. If you are staying at Quamby Homestead we will organise a transfer for you.



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 current special rate which includes cooked breakfast visit www.taswalkingco.com.au/bay-of-fires-lodge-walk/faq. We will provide a transfer to Red Feather Inn for your trip departure on the morning of day one.

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 www.taswalkingco.com.au/bay-of-fires-lodge-walk/faq.

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 Bay of Fires Lodge Walk, whilst predominantly on beaches and flat trails, is not necessarily an easy walk. The first two days 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.
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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.
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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 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.