



TASMAN *long weekend*

**3 Day/2 Night guided
walk along Tasmania's
iconic Three Capes Track
and Tasman Peninsula**

Welcome to the Tasman Long Weekend

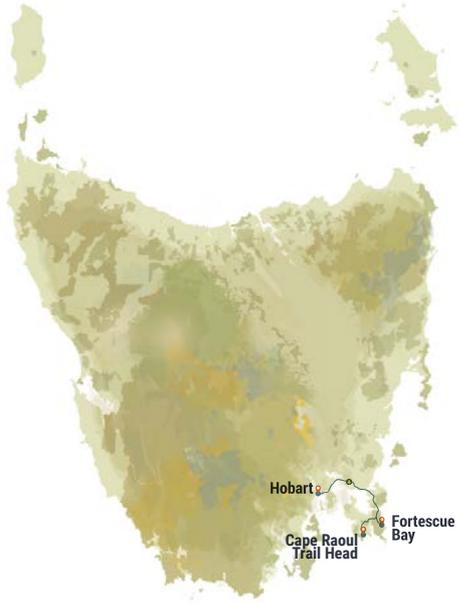
Join us for three unforgettable days on the Tasman Peninsula – a long weekend designed like no other. You'll begin in downtown Hobart, whisked from the city on our private vessel to the peninsula wilds. In the days to follow, you'll walk out to mighty Cape Raoul and Cape Hauy, along the iconic Three Capes Track. In all, we'll guide you about 30 kilometres across our days together.

Each evening, our knowledgeable guides transition to lodge hosts, preparing chef-designed meals brimming with local ingredients. Your only task is to sit back with a Tasmanian sip and enjoy the views from our new secluded standing camp.

Wake to views stretching out to Tasman Island from your door and by day we'll guide you along Tasmania's epic coastline. On this peninsula are some of the highest sea cliffs in the southern hemisphere. The flora, unexpected native animal meetings and long table dinners with new and old friends set this long weekend apart. We top it off with a wine tasting and lunch at an award-winning vineyard on the way home.

Come spend the long weekend with us.





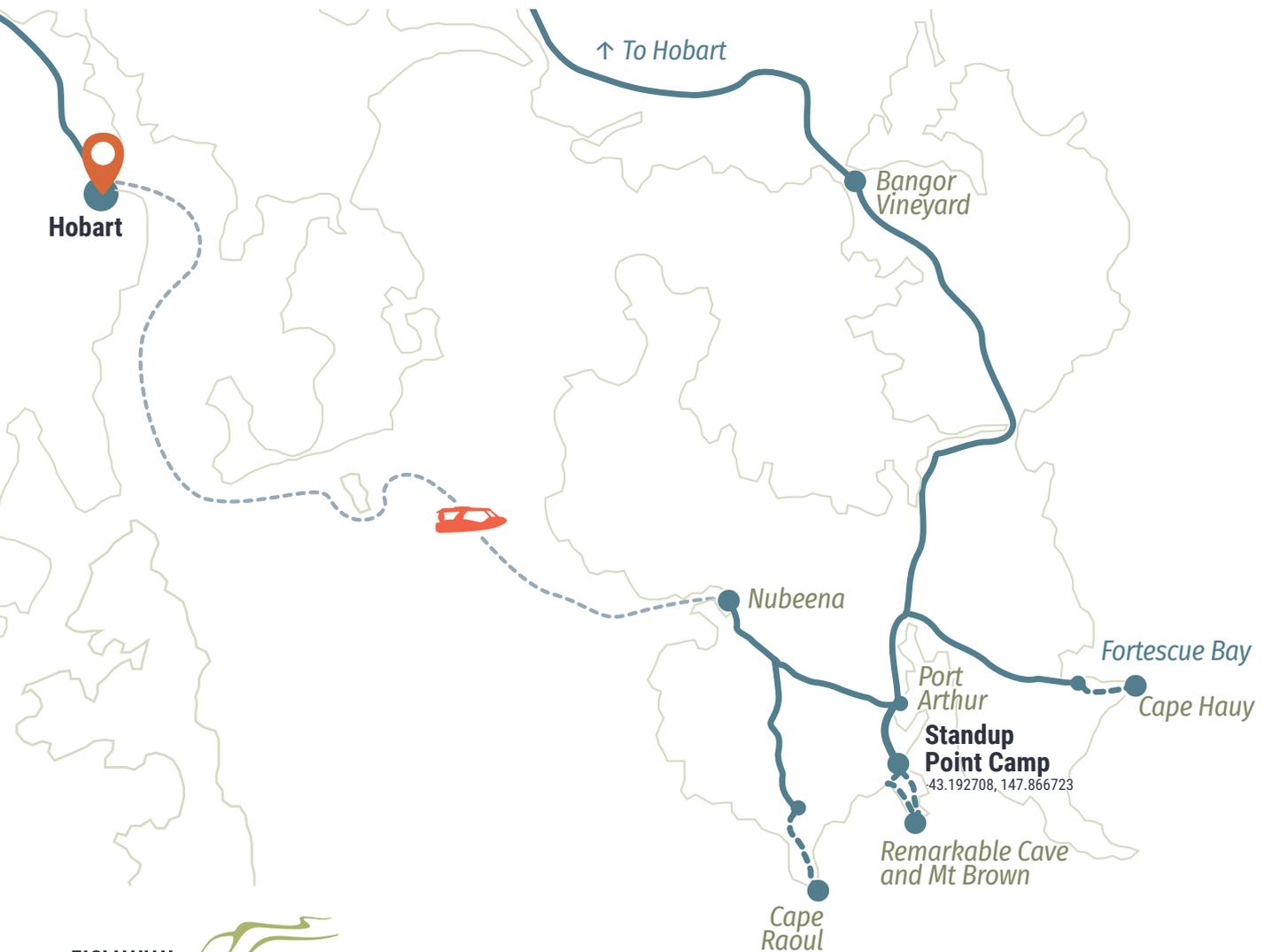
The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Easier

Activities: Spring/Summer/Autumn coastal and wilderness trekking, with lightweight packs, exclusive accommodation, private boat cruise, swimming (optional) and local vineyard wine tasting.





Why walk with us?

Once you hop aboard, pop your wallet away. We're all inclusive.

We take care of everything for you, so that you can spend time reconnecting with friends, family, and nature. No need to worry about a thing – we have it covered. From the moment you join us, the adventure begins!

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.

Each night you'll be staying at our Standup Point Camp. Our cosy tents are appointed with generous king beds for couples or two comfy singles, fitted with quality linen sheets. The spacious tents include outdoor deck chairs to soak up those Tasman Island views and reflect on your day in the wilderness.

All meals are designed by our in-house chef. Healthy and delicious, they are delivered by your guides in our completely off-grid camp. They'll top your drinks and plate up local fare in a way that feels more restaurant-style than a standing camp hugged by nature.

Across the years the Tasmanian Walking Company have been proud of our many awards, even securing a place in the Hall of Fame for Ecotourism.

Visit our website taswalkingco.com.au or contact us on 03 6392 2211 to talk to our reservations team.



Itinerary

At a glance

| DAY | WALK SECTIONS | DISTANCE | STAY | MEALS |
|-------|---|----------------|--------------------|-------|
| One | Hobart – Cape Raoul – Standup Point Camp | 14km (5-6hrs) | Standup Point Camp | -/L/D |
| Two | Vehicle transfer to Fortescue Bay, Cape Hauy return and vehicle transfer back to Standup Point Camp | 9.3km (3-4hrs) | Standup Point Camp | B/L/D |
| Three | Mount Brown to Remarkable Caves, vehicle transfer to a vineyard for lunch and then back to Hobart. | 6km (2-3hrs) | 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 and distances may vary on tracking devices. 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.



Day 1

14km (Easier)

Hobart to Standup Point Camp

Let the adventure begin! We'll meet for a gear check and briefing at our walker base (located at 164 Murray Street, Hobart) at 7:30am before departing at about 8:30am. At base, the guides help out with how best to organise your pack for the trip. Anything you'd like to leave behind, we'll store safely to collect on your return.

A few minutes into the journey we'll arrive at Brooke Street Pier where we'll board our private boat, Wild Thing. The 90-minute cruise down to Nubeena is packed with spectacular coastal sites and some cracking stories to share en route. On arrival, we'll hop on a bus and head to the Cape Raoul trailhead. There's no need to carry anything other than a lightweight day pack for this 5-6 hour walk. Larger packs can stay behind.

The walk begins with a gentle climb through eucalypt forest. Then gradually, with each step the grand Tasman Sea begins to reveal itself. It feels like the edge of the world! We'll then descend down to Cape Raoul lookout. Listen carefully and you might hear the seals way down below. On a clear day, we'll settle in for lunch here but if the weather isn't so kind, we have tranquil locations along the track that are sheltered.

The return walk is equally special with its varied perspective. There are plenty of chances for photo stops along the way. At the walk's end our bus driver will be waiting to transport us for your first evening at Standup Point Camp.

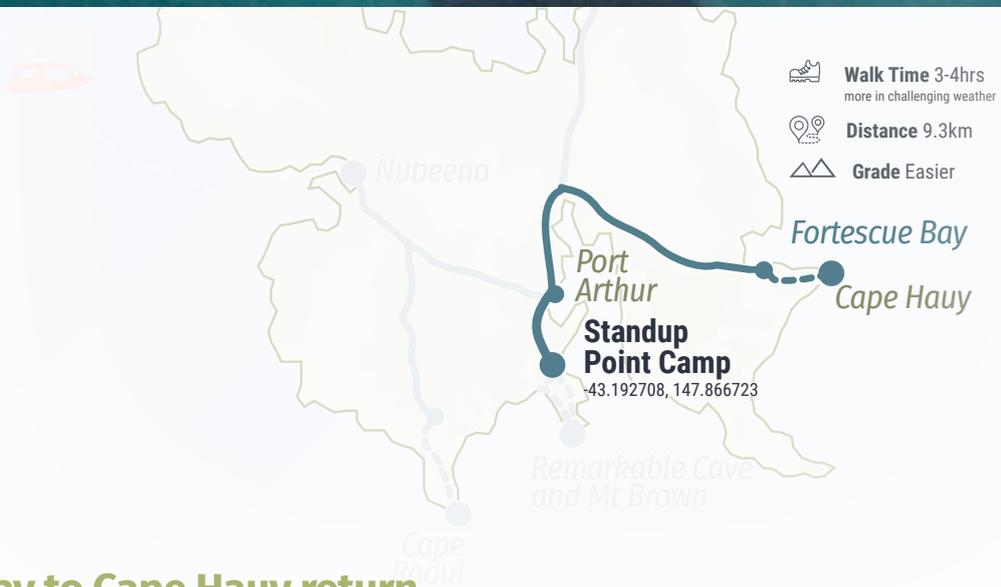
Back at camp, enjoy a hot rainwater shower followed by relaxing deck time with a Tasmanian wine or cool drink while the guides get busy preparing your meal. Then settle into our dining room for delicious fare and to celebrate the shared journey of day one. On a clear night, don't forget to look up. The stars here are glorious. Then, rest your head in our comfy private tents.





Day 2

9.3km (Easier)



Fortescue Bay to Cape Hauy return

Wake to the blissful silence of the Tasmanian wilderness and the aroma of freshly brewed coffee. We enjoy a relaxed morning before lacing our boots for the 3-4 hour Cape Hauy return. We'll be transported to Fortescue Bay, a stunning place to begin today's walking.

There are plenty of steps on this hike – some 4,500 to be precise! It begins by a wander through woodlands where wild flowers frequent, before plunging down into a valley. We then climb again, along the well-crafted stone steps that this walk is known for to reach the lookout. Here, you'll view spectacular dolerite columns including our famed Totem Pole.

We'll enjoy a nourishing lunch trackside and on return to Fortescue Bay it's a rewarding feeling to kick off those boots and walk the cool sands. For some, the waters may call for a refreshing dip!

A short transfer will return us to camp, where you can enjoy a couple of restful hours taking in the views or pulling out a good book to read in the fresh Tasmanian air. After time on your private deck, we'll gather for another hearty dinner in the dining room to share tall Cape Hauy stories.



Day 3

6km (Easier)

Mount Brown to Remarkable Caves

Wake to another hot breakfast prepared by your guides – fuel for your trek to the top of Mount Brown. As with each day, only a day pack is required. The climb is well worth every step. On a clear day, sweeping views take in Cape Raoul, Cape Pillar and Tasman Island.

We'll then continue walking through to Remarkable Cave. As its name suggest, it truly is remarkable, an ancient sandstone tunnel carved by the sea. By midday we'll be back on the bus heading to a well-known vineyard for our all-inclusive celebratory lunch and wine tasting.

After this, it's an easy drive back to our walker base. We can drop guests at the airport between 4.30pm - 5.00pm and then we'll arrive into Hobart at approximately 5.45pm. We'll enjoy a final glass of bubbles to cheers our shared long weekend before hotel transfers.

Then again, you may enjoy the Tasman Long Weekend so much you don't hop on the bus back to Hobart! There is plenty more to discover from cosy oceanside stays to whiskies, lavender, uncrowded beaches and more.





What is included

- / Return transfers to and from Hobart
- / Accommodation
- / All meals, non-alcoholic beverages and a selection of Tasmanian beer and wine
- / Use of a backpack and weather-proof jacket for the duration of the walk
- / Boat transfer from Hobart to Nubeena
- / Bedding
- / Two qualified guides for the duration of the walk
- / National Parks Pass

Single supplement

Each tent contains either 1 king size bed or 2 singles. 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 private tent for the duration of our walk, a supplementary price of \$500 per person applies. Just request this at the time of booking.

Bedding

Your beds will be waiting with quality linen and quilts upon arrival at Standup Point Camp. Comfy pillows and warm throw rugs come standard. We do recommend that you pack thermals for sleeping in though, as the tents are not heated. Rug up and enjoy our cooler wilderness nights – but be sure to come prepared.

Booking Terms and Conditions

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



Gear Checklist

We provide the following:

- / Day pack (available on the morning of departure)
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser)
- / Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- / Lunch container, cutlery and travel mug
- / Bio-degradable liquid soap (also suitable as a shampoo - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)

* Please note: any luggage not required on your walk can be stored at our walker base to collect after your adventure. You're also welcome to bring your own backpack, daypack and rain jacket if preferred.



Essential Items

- / Light-weight lace-up walking boots or shoes with 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/shoes must be worn in to minimise the risk of blisters. We are more than happy to discuss footwear with you.
- / Face masks - enough for the duration of your walk, keeping in mind we don't provide laundry facilities. Masks with filter preferable.
- / Polar fleece jacket (preferred) or woollen jumper/pullover
- / Light jumper (warm)
- / Beanie
- / Gloves or mittens
- / Shorts and/or zip-off light walking trousers
- / Thermal base layer (long-sleeved top and long johns - merino or polypropylene)
- / Warm, long pants (to wear of an evening)
- / Shirts/t-shirts (merino or polypropylene; 3 recommended)
- / Socks (3 pairs recommended)
- / Underwear
- / Lightweight indoor footwear (thongs/sport sandals; to wear at the camp)
- / Sun hat and sunscreen (small bottle for use during the day)
- / Travel towel or body chamois (for showers and swimming)
- / Water bottle(s) or water bladder (2L 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
- / Sunglasses

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE



Recommended Items

- / Walking poles (to assist with balance and muscle fatigue)
- / Camera

Optional Gear List

- / Bathers for swimming
- / Ankle gaiters
- / Small mirror (especially if you wear contact lenses)
- / Water-proof over pants (highly recommended for Oct – Nov and March – April)

* 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.

* 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.

* Our Standup Point Camp does not have laundry facilities, but it does have a drying room. 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.

Parking

There is no parking available at the walker base, however there are public car parks in Hobart CBD (a short walking distance) where you can leave vehicles overnight.

Hire Gear – Three Capes Gear & Gourmet

Any items you may not have can be hired or purchased from Three Capes Gear & Gourmet. Walking poles, over-pants, headlamps and other relevant items can be booked at 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 between October and April each walking season. Please refer to our booking calendar for dates.

What is the accommodation like? Standup Point Camp is secluded accommodation on private coastal land. Our camp represents the perfect place to retreat. Although the camp has been built completely off the grid, we are not without our creature comforts including hot showers, which is well appreciated after a long day of walking.

With most of our days spent in wild, powerful, coastal places, our camp is a sanctuary we can return to at the end of day one and two, gathering in the dining room and sharing food and stories from the day. Each tent contains either 1 king size bed or 2 singles. 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 private tent for the duration of the walk a supplementary price of \$500 per person, this needs to be requested at the time of booking.

How many guests will be on my trip? Each trip requires a minimum of 7 and a maximum of 14 guests.

How fit do I need to be? Our walks can be challenging at times, but easy enough to be within most people's ability. We recommend that you be in good health and be moderately fit to undertake the trip. We cover about 14km on the first day, with a shorter walk on the last two days. As each trip has two guides, we are able to split the group according to ability if necessary, challenging the fit walkers without pressuring walkers who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us. We would love to have a chat.

How much weight do we carry? One of the great aspects of the Tasman Long Weekend is that we return to camp both nights so there's no need to carry a heavy pack.

What do we carry? All you need to carry is a day pack, containing a drink bottle, rain jacket and a camera. The guides carry the rest!

What style of boots should we have? We recommend light weight boots, sturdy walking shoes or trail running shoes that you have worn in to avoid blisters.



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? Every trip has two experienced guides. This allows our guests plenty of opportunities to rest, take photos and walk at your own pace.

How about food? The guides prepare scrumptious three-course meals each night with ingredients sourced locally wherever possible. We regularly change the menu, depending on the season and what the local producers have for us that week. We are also quite happy to cater for special dietary requirements, we just need to know in advance. Evening meals are served with a selection of local beer, wine and non-alcoholic options.

What time does the trip commence and conclude? Our shuttle picks up guests in front of MACq 01 Hotel (18 Hunter Street, Hobart) at 7.05am, and from reception at The Old Woolstore Apartment Hotel, (1 Macquarie Street) between 7.10 - 7.15am if needed. 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 walker's base located at 164 Murray Street, Hobart, please ensure to arrive no later than 7.30am.

Ph: 03 6392 2211 E: bookings@taswalkingco.com.au

At the conclusion of your walk: the group will arrive back into Hobart at approximately 4:45pm with a Hobart airport drop off approximately 4.15pm - 4.30pm.

What accommodation options do we have pre-and post-walk? The Tasmanian Walking Company have partnered with three outstanding hotels in Hobart, all providing superb accommodation, service and located within a 10-minute walk from our departure point in Hobart (164 Murray Street). Details on accessing exclusive accommodation deals with our partner hotels in Hobart will be provided by our reservations team once you have booked your trip. See our Walker Benefits Program for recommendations and discounts.



Fitness Training

Our guided walks take you through a large diversity of terrain. We recommend you be in good health and moderately fit to undertake this trip. Ring us if you're unsure!

Day 1

The Cape Raoul hike on day one is a 14km return walk with some steep sections and potential rough ground. This is the longest day of the three, but you have the luxury of time on your side, to take in the experience and take the hike at your own pace.

Day 2

The Cape Hauy return walk, beginning and ending at Fortescue, weaves through varied landscapes, however there are around 4,500 steps leading up to the Cape Hauy lookout. Some guests do find the stairs challenging but the pace is up to you; this section of the walk is optional.

Day 3

Mount Brown on the morning of day three is graded 3, which is suitable for most fitness levels. The track is well formed, but there are still some steep hill sections and steps that require a good fitness level. The total walk time through to pick-up at Remarkable Cave be around 2-3 hours.





↑ To Hobart

Hobart

Bangor Vineyard

Nubeena

Port Arthur

Standup Point Camp

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Remarkable Cave and Mt Brown

Cape Raoul

Fortescue Bay

Cape Hauy



Hobart
Cape Raoul Trail Head
Fortescue Bay

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