



THREE CAPES *adventure*

Welcome to the Three Capes Adventure

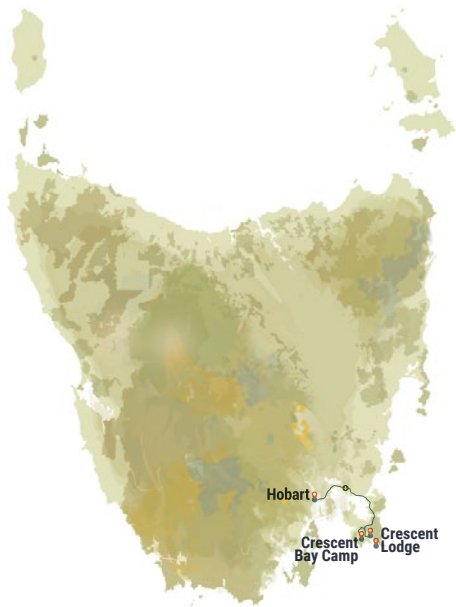
**3 Day/2 Night guided
walk along Tasmania's
iconic Three Capes Track
and Tasman Peninsula**

Join us on this unique experience, discover the history of Tasmania, get up close to native animals in the wild and immerse yourself in the rare beauty of the Tasman National Park. Be whisked away from the hustle and bustle of Hobart on the first morning, escaping to the serenity of the Tasman Peninsula. Explore Cape Raoul by foot, before being dropped off at Tasman Camp for a well-deserved rest.

On day two, you'll tackle Mount Brown for views well worth the effort. A bite to eat in Safety Cove will keep your energy and excitement levels high before venturing

across waters on your own private eco-cruise. By late afternoon we arrive at our exclusive lodge after a 2-hour walk, nestled deep within the National Park. Settle in for an evening of comfort, with unrivalled views and hospitality.

For the final day, it's time to lace up your boots again for the biggest walking day departing from Crescent Lodge, climbing up Mount Fortescue through a striking rainforest, before arriving at Fortescue Bay in the late afternoon. From here, we'll take you back to Hobart to celebrate our walk with canapes and a glass of sparkling.



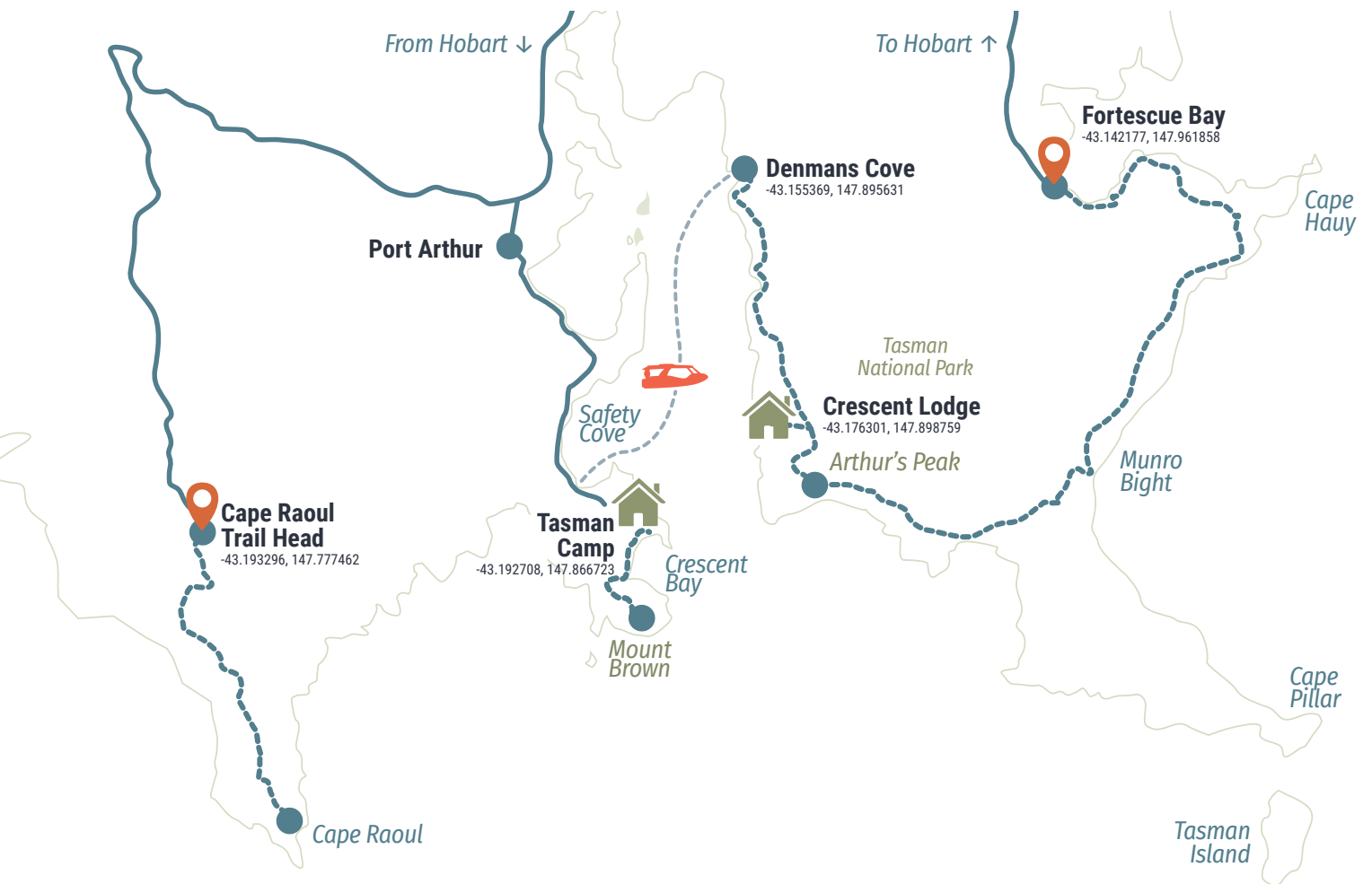
The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Moderate to challenging

Activities: Seasonal trekking, with a lightweight pack on the iconic Three Capes Track and Tasman Peninsula.





Why walk with us?

We take care of everything for you, so that you can spend time reconnecting with friends, family, nature - or simply just being. From the moment you join us, the adventure begins!

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

Our Tasman Camp will accommodate guests for the first night on the Three Capes Adventure walk, each tent contains either a king bed for couples, or two comfortable singles, fitted with quality linen sheets. Each tent will have a luggage rack, with some deck chairs at the entrance to sit back and reflect on the day. The site also boasts a large shared deck off the communal living space complete with stunning views. On night two, our groups have exclusive use of our architecturally designed lodge which sits gently on the natural environment. Crescent Lodge has been discreetly located off the Three Capes Track main trail and offers a warm shower, drying room and twin share accommodation. Your accommodation is an important aspect of the walk, and we believe it should be enjoyed not endured.

We have our own in-house chef design all meals, and train Guides and Lodge Hosts 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 healthy and delicious 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, 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 – Tasman Camp	14km (5-6hrs)	Tasman Camp	-/L/D
Two	Tasman Camp – Mount Brown – Crescent Lodge	14km (5-6 hrs)	Crescent Lodge	B/L/D
Three	Crescent Lodge – Fortescue Bay	17km (7-8hrs)	Return to Hobart	B/L/-

* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.

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



Day 1

14km (Moderate)

Hobart to Tasman Camp

Groups meet for a gear check and briefing at the walker base (located at 164 Murray Street Hobart) at 7:00am before departing at approximately 8:00am. At the Walker Base, you will be instructed by our guides on how to organise your packs for the trip. Please ensure you have had breakfast before arriving at our walker base. We provide packs for guests and heavy-duty rain jackets which is included in the trip price. For items that you decide not to bring, we can store in a safe and secure compartment at the walker base that can be retrieved at the end of day three.

After a 1.5-hour bus drive, the Cape Raoul adventure begins from the trailhead, taking only essential items in a lightweight day pack. Larger packs can be left behind on the bus. This walk will take approximately 5-6 hours to complete depending on the weather conditions and the walking speed of the group. The walk begins as a gentle climb through a eucalypt forest opening to views of coastal seascapes and the blue Tasman Ocean before descending to the Cape Raoul lookout. On a nice day, the group will pause to take in the Tasman views and enjoy a packed lunch, if the weather isn't being as kind a sheltered location along the track will be just as tranquil. The trek back to the trailhead is equally as stunning as the walk out, with plenty of photo opportunities along the way.

The bus will be waiting for you at the trailhead, ready to take you to Tasman Camp for an evening of enjoyment, and to celebrate the achievements of day one. Tasman Camp has been designed with comfort in mind, enjoy a hot shower and a delicious meal shortly after in our dining room. After dinner, sip Tasmanian wine on the deck looking out to Tasman Island on a clear night, before retreating to private canvas tents, that will be fitted with either a king bed or two singles.





Day 2

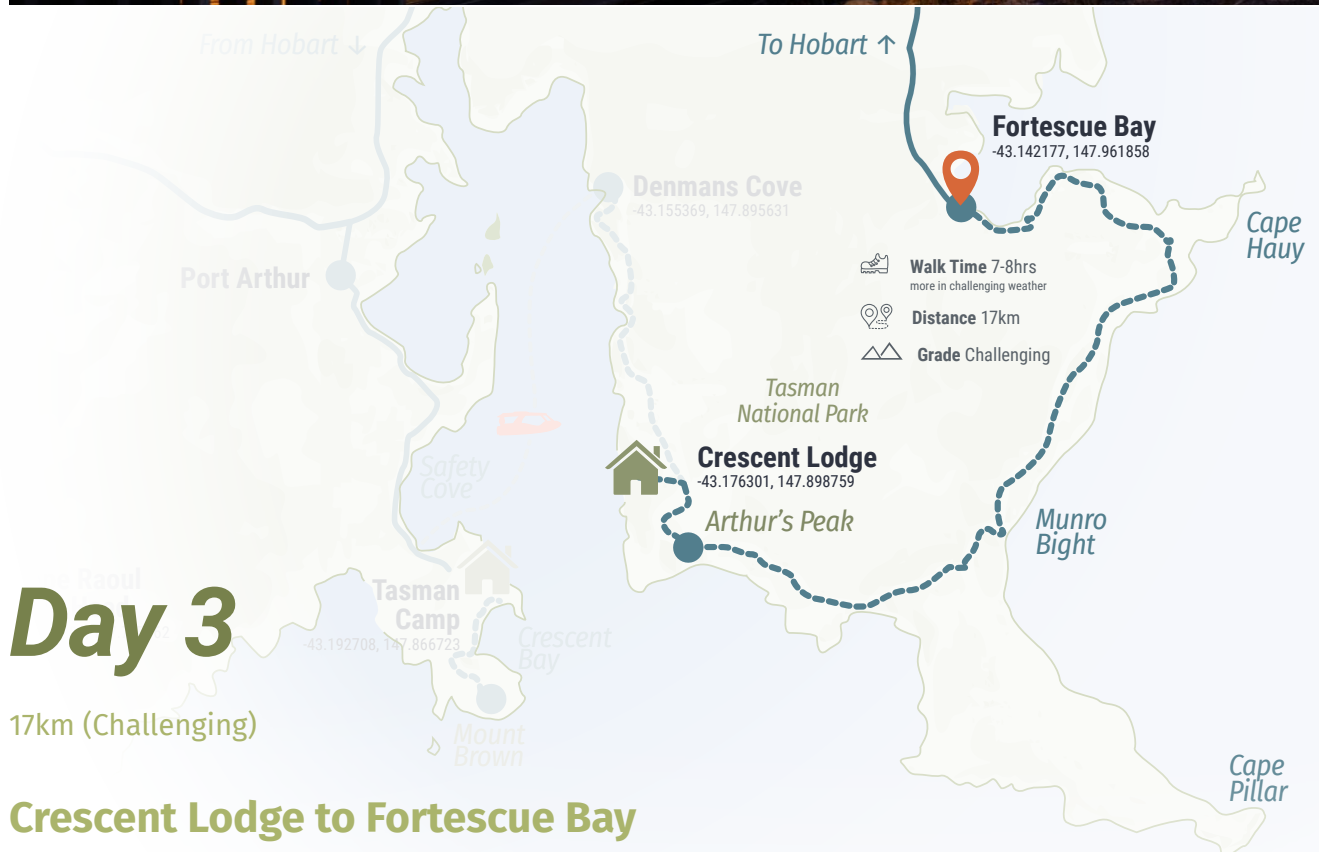
14km (Moderate)



Tasman Camp to Crescent Lodge

Wake up to breakfast prepared by your guides, ready for a trek up to the top of Mount Brown only carrying a day pack. The effort is worth the views, from the peak, you'll be able to see Cape Raoul, Cape Pillar and Tasman Island on a clear day. The 8km return walk will take approximately 4 hours to complete. After a morning immersed in nature on the trails, Safety Cove is the perfect spot to eat lunch. We'll fuel you with local produce, in preparation for a gentle walk though to Crescent Lodge for night two, carrying your 50L canvas pack where your lodge hosts and accommodation awaits. A private boat will be waiting to depart from Safety Cove for a short trip across to Denman's Cove. On day two, it's a good idea to wear shorts, zip-off walking trousers or pants that can be rolled above your knees. You may encounter knee-high waters, depending on where sandbanks have formed when exiting the boat.

From here, you'll start the two-hour venture to Crescent Lodge, you will be delighted by stories of history and treated to stunning views, looking back at where you have travelled. Crescent Lodge is perched high, with views stretching across Crescent Bay to Cape Raoul, and guest rooms spilling into the gully. Your smiling lodge host will greet you as you arrive and will ensure your time spent is comfortable, while also preparing a three-course feast of local fare. Settle in with a warm shower as dinner is prepared. Post dinner, take your Tassie pinot to a quiet deck for your own private sunset.



Wake to the silence of the surrounds and wander down to the shared dining room for an early breakfast to start the day. Then it's time to lace up your boots for our walk to Fortescue Bay, today is the biggest day of walking, the challenge lies in the distance covered.

The path will take you through a diversity of landscapes and ecosystems, including exposed coastal heathlands, surprise pockets of coastal rainforest and climbing the peninsula's highest peak Mount Fortescue (490m above sea level). Enjoy lunch with leafy-framed ocean views overlooking The Monument. You will arrive late afternoon at Fortescue Bay – the finish line! This is your chance to drop the pack and sink your toes in pristine sands and have a quick dip before we head back to Hobart via the airport. We can drop guests at the airport between 5.15pm - 5.30pm and then we arrive into Hobart at approximately 5.45pm for a glass of bubbles before hotel transfers. Alternately, stay and discover the Tasman Peninsula's local produce, wines, whiskies, lavender, uncrowded beaches and more.



What is included

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

Bedding

Beds will already be made up with linen and quilts at Tasman Camp for night one of the Three Capes Adventure. We do provide guests at the walker briefing with compact, light-weight sleep kits (that includes pillowcases and a top and bottom sheet) that fit easily into packs and will be used on night two at Crescent Lodge. We do this to reduce our carbon footprint.

Pillows and quilts are provided at the camp and the lodge. We also provide warm throw rugs for extra comfort in the rooms but recommend that guests pack thermals to sleep in as there is no heating in the tents or bedrooms.

Single supplement

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

Booking Terms and Conditions

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



Gear Checklist

The items on the gear list below will be packed into your pack (provided) and carried by you on the second half of day two and day three.

We provide the following:

- / Either a 44L pack with pack cover and pack liner (available on the morning of departure)
- / Rain jacket (3-layer membrane; waterproof and breathable, available on the morning of departure)
- / Sleep kits - Lightweights travel quilt cover, pillowcases and fitted sheet carried by you (our quilts are specifically designed for us and provided in the Lodges)
- / Lunch container and cutlery
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser)
- / Bio-degradable liquid soap (also suitable as a shampoo; available at the camp and the lodge - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- / A day pack for Cape Raoul on day one, and Mount Brown on the morning of day two.

* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

* You're welcome to bring your own backpack, daypack and rain jacket if you would prefer.

Essential Gear List

When you arrive at the pre departure point, it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

Essential Items

- / Light weight lace-up walking boots or shoes with treaded soles. We cannot over-emphasise the importance of appropriate footwear. 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.
- / Polar fleece jacket (preferred), woolen jumper/pullover or thin lightweight down/synthetic puffer jacket
- / Light jumper (warm)
- / Beanie
- / Gloves or mittens
- / Shorts and/or zip-off light walking trousers (to be worn on day two)
- / A small travel mug for hot drinks out on the track.
- / Sunglasses
- / Any personal medication, including anti-inflammatories and EpiPens
- / 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; 2 recommended)
- / Socks (3 pairs recommended)
- / Underwear
- / Lightweight non-slip footwear (thongs/ sport sandals; to wear at the camp, in bathrooms and lodge)
- / 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 (A minimum of 2L total capacity required; our packs can fit a water bladder - just ask your guides)
- / Head torch or small torch

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING



Recommended Items

- / Walking poles (assists with balance and muscle fatigue)
- / Water-proof over pants (highly recommended in October, November, March and April)
- / Camera
- / Spare batteries or USB power cord for camera . Please bring a USB (Type A) cable if wanting to charge a mobile phone. If the power outlet end of your phone cable is not USB Type A, please bring a USB wall charger as well as the cable. To conserve power at the lodges we ask you to please unplug your phone once it has been charged.

Optional Gear List

- / Bathers for swimming
- / Face masks - enough for the duration of the trip.
- / Small mirror (especially if you wear contact lenses)
- / Ankle gaiters

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

* Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.

* While the lodge includes a drying room for wet gear, they do not incorporate laundry facilities. If you adhere to the packing list, you should be all set for the duration of your walk.

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

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 – Gear and Gourmet

Any items you may not have can be hired or purchased from Three Capes Gear & Gourmet. Walking poles, over-pants and headlamps and other relevant items can be booked at twc.3capesgearandgourmet.com.au 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. Our Three Capes Lodge Walk however, departs all year round. Please refer to our booking calendar for dates.

What is the accommodation like?

The first night at Tasman 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. 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, 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 75% of the full fee will apply. This needs to be requested at the time of booking. On night two, guests have exclusive use of the only private Lodge accommodation along the track. Crescent Lodge is architecturally designed to sit lightly within the environment with stunning views. The Lodge is fitted out with everything you need for a very comfortable stay in the middle of the Tasmanian wilderness, including hot showers.

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? Three Capes Adventure presents a sustained challenge – most days the distance is greater than the Three Capes Lodge Walk, so you'll be covering 45km over three days, rather than 48km over four days. The challenge lies in the distance covered particularly on day 3 which is the biggest day of walking (17km). A high level of fitness is therefore required, if you exercise regularly and are capable of walking between 14-17km for three consecutive days across varied terrain, you'll be fine! If you feel this might be beyond your current level of fitness, you may prefer our signature walk. If you have any concerns about fitness, please call 03 6392 2211 and speak with one of our friendly Reservations staff members. We are more than happy to discuss additional information about what you can expect.

How much weight do we carry? On the morning of your departure, the guides will carry out a thorough gear check to ensure you have suitable gear and help you reduce pack weight. If you adhere to our gear list, your pack will likely weigh between 7kg and 9.5kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 6.5kg. The pack and weatherproof jacket that we provide have a combined weight of 2.5kg, leaving 4.5–6.5kg for your personal items.

What do we carry? Each person must carry their lunch and water, wet weather gear, a light-weight sleep kit (provided by the guides), spare clothes to wear of an evening, thermals, and warm clothing plus any extras such as a camera.



What style of boots should we have? You will need lace-up hiking shoes or boots that have sturdy, treaded soles. We cannot over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots must be worn in to minimise the risk of blisters. 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. Please see our Booking Terms & Conditions for details and contact us if you have any questions.

How many guides are there? 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. Crescent Lodge has a hut host to look after you during your stay.

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

Will the relaxation pavilion be available? The relaxation pavilion will not be available on the Three Capes Adventure, as we do not visit Cape Pillar Lodge.

What time does the trip commence and conclude?

Our shuttle picks up in front of MACq 01 (18 Hunter Street, Hobart) at 6:30am and from reception at The Old Woolstore Apartment Hotel, 1 Macquarie Street between 6:40 - 6:45am 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 walkers base at 164 Murray Street, Hobart, please arrive no later than 7.00am.

Please have breakfast before joining us. If your hotel's restaurant is not open early, check to see if you can get a boxed breakfast dropped to your room (best to book this in when you check in).

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

At the conclusion of your walk: the group will arrive back into Hobart at approximately 5.45pm with a Hobart airport drop off approximately 5.15pm - 5.30pm.

Accommodation suggestions pre and post walk.

The Old Woolstore Apartment Hotel 1 Macquarie Street, Hobart

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

/ Type in the promo code 'TWC'

MACq 01 18 Hunter Street, Hobart

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

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

To book please email reservations@macq01.com.au and quote "Tas Walking Co" to receive your 10% discount.

Hadley's Orient Hotel 34 Murray Street, Hobart, TAS

Victorian-era style accommodation in Hobart, Tasmania. Perfect for couples, families, groups or corporates. A central CBD location within walking distance to shopping, eateries, activities and site seeing plus the popular Salamanca precinct.

/ Type in the promo code 'TWCHOH'

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

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

The Three Capes Adventure covers 45km over a three day journey. For reference our Three Capes Lodge Walk covers 48km over the space of four days. The Cape Raoul hike on day one is a 14km return walk with some steep sections and potential rough ground. Mount Brown on the morning of day two is graded 3, which is suitable for most fitness levels, the tracks are well formed but there are still some steep hill sections and steps that require a good fitness level. The track begins and ends at sea level and the highest point of the tracks sits at 480m on Mt Fortescue which you will hike over on day three. The track itself undulates gradually over the three days and steeper sections of the track utilise stairs. Your pack weight will range between 7 and 9.5 Kg depending on the weight of your personal gear, so you need to be prepared to carry the weight for three days.

Training Tips!

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

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

3-6 months before your walk

If you have limited experience with long-distance walking, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program and gradually increasing the length/difficulty of your walks. Use the 10% rule: from one week to the next, do not increase your total weekly distance, or the distance of your long walk by more than 10%.

IDEAS:

- / Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work.
- / Short bush walks or urban hill and stair climbs can be a great quick training fix for busy weekdays.
- / Encourage a friend or family member to walk with you to increase motivation.
- / Record distance and duration each day that you walk. Aim to increase either distance or duration each week. Phone apps like Strava, Nike and other health apps are a great tool to track your progress.

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

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

And Audiobooks:

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

2-3 months before your walk

Training commitment: One short walk, one cross-training session and one long walk per week.

Midweek walk: The aim should be to walk for an hour at a reasonably brisk pace. This helps develop leg speed as well as helping get in condition for your hike.

IDEAS:

- / Long weekend walking – research bush trails in your local or surrounding areas. Try and tick off a different one every second weekend. Variety in your training will build up your leg muscles and endurance. Start with shorter walks and build up to half day and full day hikes.
- / If possible try and pick walks that have some inclines and declines to condition your joints.
- / Make sure you carry some weight on your back – start with 2-3kg and build up from there, adding some more weight each week.
- / Cardio Cross-training – mix up your training to reduce your risk of injury, improve your endurance and keep the training interesting. Choose something you enjoy, cycling or spin class, running, Stairmaster, hot yoga or swimming.

1-2 months before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week. **Midweek walk:** Start to include hills and stairs in your weekly walk to build lower body strength.

IDEAS:

- / Walk on bush tracks whenever possible.
 - / If possible, have your short walk the day after the long weekend walk.
 - / Long weekend walk – start to decide on what gear you need to carry and wear on The Three Capes Adventure and train with this gear to test its comfort and reliability. See our gear list for recommendations or material types, layers and brands.
-

1-3 weeks before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week. Long weekend walk – Have a practice walk! You should aim to walk for two days in a row with about 4-5 hours of walking each day.

IDEAS:

- / Make sure you keep hydrated and aim to use the gear you will be taking on your Tasmanian Walking Company hike.
 - / Ideally you will be able to comfortably carry up to 10kgs on all your training walks.
-

1 week before your walk

The last week before your walk you should look after yourself!

Keep hydrated, eat well, and sleep well. Keep active, but don't do any longer or high intensity training, now is the time to recharge. Do lots of stretches, and ensure you pick up any last minute gear.

