



# WINEGLASS BAY

## SIGNATURE WALK



6 Day/5 Night guided walk  
on Tasmania's East Coast staying  
on our luxury ketch Lady Eugenie





# Welcome to the Wineglass Bay Signature Walk

This amazing walk, the only one of its kind in Tasmania, takes in the spectacular beaches, peninsulas and island trails found in national parks along the east coast.

Share with us the wonders of Maria Island, Freycinet Peninsula, Schouten Island and the Tasman Peninsula. This walk is supported by the spectacular Lady Eugenie, a 23-metre (75-ft) classic ketch. Superb 3-course dinners are served aboard Lady Eugenie after indulging in oysters and sparkling on the beach.

At times the itinerary will need to be changed due to sailing conditions. If alterations are made your guide and crew will keep you well informed.

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 Wineglass Bay Signature Walk go-to-guide.

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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.



# WINEGLASS BAY

SIGNATURE WALK



## Walk at a glance



**Trip Duration:** 6 days/5 nights



**Grade:** Moderate



**Accommodation:** Luxury ketch  
- Lady Eugenie



**Activities:** Spring/Summer/Autumn walking some of the most spectacular trails on the East Coast of Tasmania with only a daypack. Using our beautiful ketch, the Lady Eugenie, to connect the trails.





## 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](http://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/SAIL SECTIONS	WALK DISTANCE	STAY	MEALS
<u>One</u>	Hobart – Fortescue Bay	8.5km (4hrs)	Lady Eugenie	-/L/D
<u>Two</u>	Fortescue Bay – Lagoon Bay	6km (3hrs)	Lady Eugenie	B/L/D
<u>Three</u>	Forestier Peninsula – Maria Island	6km (5hrs)	Lady Eugenie	B/L/D
<u>Four</u>	Maria Island – Schouten Island	6km (3-4hrs)	Lady Eugenie	B/L/D
<u>Five</u>	Schouten Island – Wineglass Bay	9km (5-7hrs)	Lady Eugenie	B/L/D
<u>Six</u>	Wineglass Bay – Hobart	7km (3hrs)	Return to Hobart	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](mailto:bookings@taswalkingco.com.au)



# Day 1

8.5km (Moderate)



## Hobart to Fortescue Bay (via Cape Hauy)

The day begins in Hobart where you will meet your guides at our walkers base at 7:30am. After a brief gear check and introductions, we board our bus and travel to the Fortescue Bay, on the spectacular Tasman Peninsula arriving around 10.00am.

We begin our walk at Fortescue Bay. This 4-hour return walk begins with a gentle ascent on a well-crafted track, before climbing atop the towering dolerite sea cliffs this peninsula is famed for. Along the way, you'll pass through heath and woodland vegetation before the view opens up to magnificent rock formations. Your guides will point out well-known sea stacks including the Candlestick and the Totem Pole.

Arriving back at Fortescue Bay, we transfer via tender to our beautiful, 23-metre (75-ft) ketch, Lady Eugenie. This will be your floating home for the next five nights. Once aboard, enjoy a glass of wine with pre-dinner nibbles with the dramatic cliffs of Cape Hauy as our backdrop. A gourmet dinner of local Tasmanian delicacies will follow, prepared by your guide and yacht crew in the shelter of Fortescue Bay.





## Day 2

6km (Moderate)

### Fortescue Bay – Shoal Bay, Maria Island

Our morning begins with a short boat ride to the shoreline of Fortescue Bay. Here, choose to take an early morning dip or a short walk to Canoe Bay and back through small pockets of rainforest and coastal vegetation.

We return to the Lady Eugenie and sail north toward Maria Island, taking in the mighty dolerite spires from sea level. As we cruise along the Forestier Peninsula, we follow in the path of early European explorers such as Tasman, du Fresne and Baudin. Dropping anchor in Lagoon Bay, we head ashore for lunch and a walk on Hyatt's Beach.

The afternoon takes us past Marion Bay and Cape Bernier and to the overnight shelter of Maria Island's Shoal Bay. Late afternoon and early evening are the ideal time to disembark, explore the nearby trails and witness Maria Island's peak hour. Unhurried wombats are other local wildlife are very active and visible. We retire back to the yacht for a relaxed dinner aboard.





## Day 3

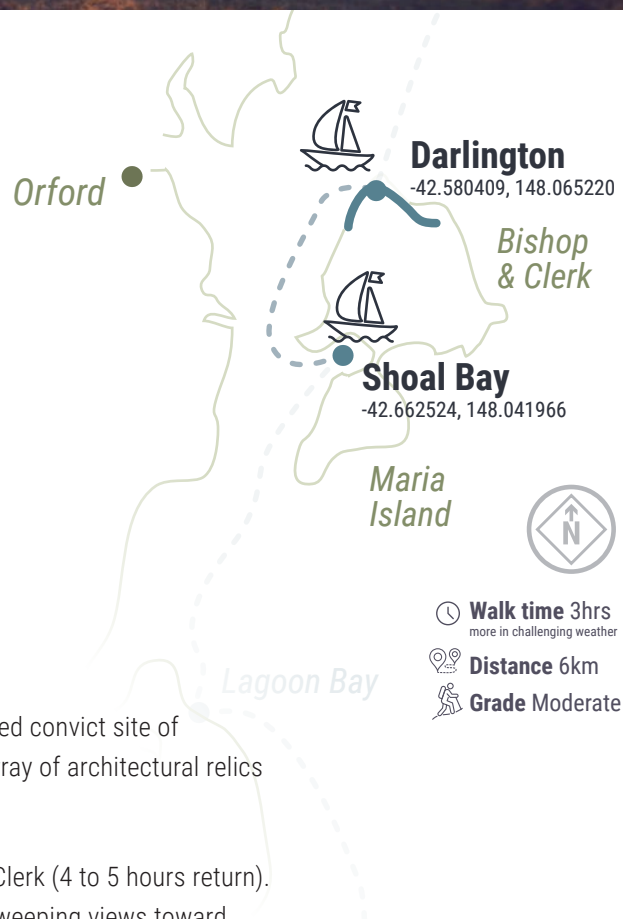
12km (Moderate)

### Shoal Bay – Darlington Bay (including Bishop & Clerk)

A short scenic morning's sail delivers us to the World Heritage-listed convict site of Darlington. Once populated with prisoners, it is now home to an array of architectural relics and abundant wildlife.

Today, we tackle our highest climb, the 630m ascent of Bishop & Clerk (4 to 5 hours return). As we traverse the high cliff edge of Fossil Bay, we are afforded sweeping views toward Schouten Island and Freycinet Peninsula, a glimpse of our journey to come. Perched high atop the dolerite columns of the summit, we enjoy lunch, with time to ponder the beauty and isolation of this island landscape.

Come late afternoon, we retire to the comfort of our yacht for pre-dinner nibbles and a delicious meal to celebrate the challenges and triumphs of our day.



🕒 **Walk time 3hrs**  
more in challenging weather

📍 **Distance 6km**

🧑‍🚶 **Grade Moderate**





## Day 4

6km (Moderate)

### Maria Island to Schouten Island (including Bear Hill)

Following a leisurely breakfast on board Lady Eugenie we set sail, leaving Maria Island and heading north on a 4-hour journey toward the spectacular Schouten Passage. Sailing past the large sedimentary deposits of Fossil Bay and the towering dolerite columns of Bishop & Clerk, we head towards a geological beauty – the pink granite boulders and mountains of the Freycinet Peninsula. Along the way, we get an up-close view of an Australian fur seal colony that makes its home on the rocky outcrop of Isle du Phoques.

After dropping anchor, we disembark on the secluded Schouten Island for a scenic 3-hour walk, climbing to the top of Bear Hill. Those who would prefer a leisurely afternoon can snorkel, swim or relax on-board.

Tonight, after a day island hopping and exploring Schouten Island by foot, enjoy canapes and Tasmanian sparkling along secluded shores. Return from Bear Hill to plump Pacific oysters and Tasmanian sparkling as part of a three-course dining experience.



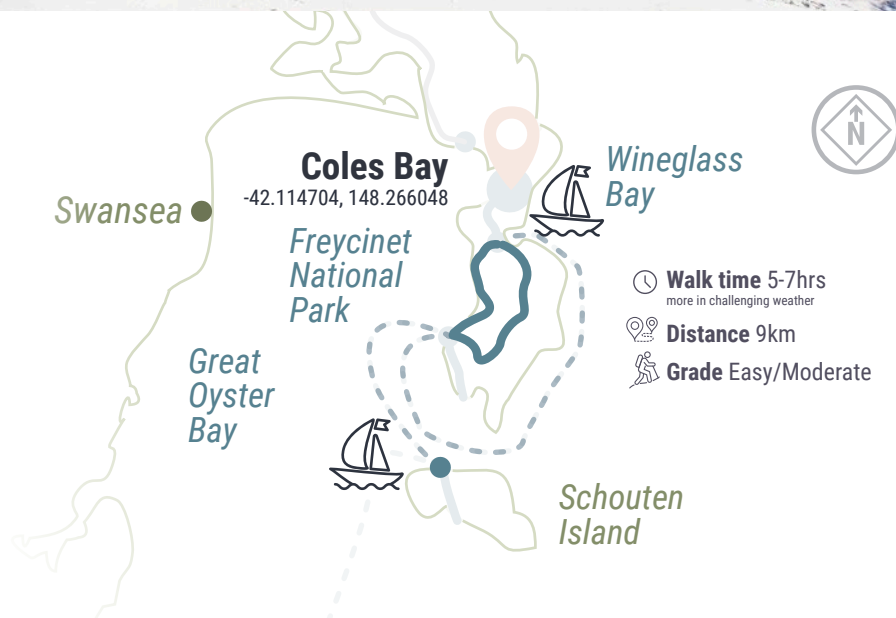
**Walk time** 3-4hrs  
more in challenging weather  
 **Distance** 6km  
 **Grade** Moderate





## Day 5

9km (Easy/Moderate)



### Schouten Island to Wineglass Bay (via Cooks Beach and either Hazards Beach or Mt Graham)

Over breakfast we decide whether we ascend Mt Graham and take the high route to Wineglass Bay or opt for the less challenging but equally stunning coastal section of the Freycinet Peninsula circuit track. The former sees us head inland from the shores of Cooks Beach and ascend through tall Tasmanian Blue Gum forests before traversing the button grass fields of the East Freycinet Saddle, dotted with seasonal wildflowers. The trail descending from Mt Graham and Mt Freycinet takes in spectacular coastal views including iconic Wineglass Bay.

The coastal track heads north from Cooks Beach following the shore of the enticingly-named Promise Bay while The Hazards mountain range gradually unfolds before us to dominate the northern vistas over the peninsula's isthmus. An hours walk along Hazards Beach will bring us to the Isthmus Track which provides the opportunity for a close up view of the wildlife at the lagoon before setting foot on the white sands of Wineglass Bay.

After our day of walking, there's time for a refreshing swim before boarding Lady Eugenie.





## Day 6

7km (Easy)

### Wineglass Bay to Hobart

Our final day begins with breakfast on board Lady Eugenie. We can observe the busy shorebirds and towering forms of The Hazards mountain range above. We ascend gently between pink granite boulders until we overlook the white sands and turquoise waters of Wineglass Bay below.

A steep descent on a well-constructed track brings us back to the start of the Wineglass Bay Lookout Track. We continue for another two kilometres, winding through coastal heath and woodland habitats, until Honeymoon Bay. It is a beautiful cove, ideal for a picturesque lunch and a final swim. We meet our bus there, ready to take us to Hobart. Our return trip travels down Tasmania's east coast. The journey is not over yet, though. We visit a boutique vineyard for wine and canapés, easing us back into life off the track and the comforts of Lady Eugenie.

We then return to Hobart (approximately 5.15pm) via the Hobart Airport (approximately 5.00pm).



## What is included

- 🌿 Return transfers between Hobart and the start & finish of the walk
- 🌿 Accommodation each evening on our beautiful ketch, the Lady Eugenie; there are two cabins with one double bed each and two with two single beds each (1 x bunk each)
- 🌿 All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- 🌿 National Park pass
- 🌿 All bedding and linen
- 🌿 A qualified guide for the duration of the walk
- 🌿 Skipper and crew

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

\* You're welcome to bring your own daypack and rain jacket if you would prefer. These need to be of an appropriate standard and will be assessed by the guides on the morning of departure.

## Gear List

The items listed below will be packed into a duffel bag which we provide and will be stowed on Lady Eugenie. You will only need to carry a day pack with your personal belongings, lunch and water for each days walk.

We provide the following:

- 🌿 Duffel bag (available on the morning of departure)
- 🌿 Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- 🌿 Small day pack
- 🌿 All bedding and linen
- 🌿 Lunch container and cutlery
- 🌿 Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available on board Lady Eugenie)
- 🌿 Small reference library offering a range of books and games (including field guides and maps)





## 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 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.
- 🌿 Waterproof overpants (September/October & April/May)
- 🌿 Clear soled shoes suitable for the yacht
- 🌿 Polar fleece jacket (preferred) or woollen jumper/pullover
- 🌿 Light jumper (warm)
- 🌿 Beanie

- 🌿 Shirts/t-shirts (merino or polypropylene; 3 recommended)
- 🌿 Warm, long pants (for evenings on the boat)
- 🌿 Socks (merino recommended; 3 pairs recommended)
- 🌿 Underwear
- 🌿 Shorts and/or light trousers for walking
- 🌿 Polypropylene thermal underwear (longsleeved top and long johns; essential in summer and winter)
- 🌿 Sun hat & sunscreen
- 🌿 Travel towel or body chamois (body size for swimming; light and quick to dry)
- 🌿 Water bottle(s) (at least 1.5 litres total capacity)
- 🌿 Travel mug for hot drinks out on track
- 🌿 Any personal medication, including anti-inflammatories and EpiPens
- 🌿 Sunglasses
- 🌿 Long-sleeve shirt for sun protection while walking

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

[Download Footwear Guide](#)



## Recommended Items

- 🌿 Camera
- 🌿 Spare batteries or USB power cord for camera (limited charging capacity available on Lady Eugenie)
- 🌿 Waterproof overpants (November, December, January, February, March)
- 🌿 Bathers
- 🌿 Binoculars
- 🌿 Drawing or painting supplies
- 🌿 Notebook and pen/pencil
- 🌿 Walking poles

## 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

Three Capes Gear and Gourmet, has walking poles, over-pants and headlamps available for hire. They will conveniently deliver to our walkers base for the start of your walk.

To organise hire gear please visit [twc.3capesgearandgourmet.com.au](http://twc.3capesgearandgourmet.com.au)

\* 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 September through until early May each year (please check on our on-line calendar or contact our office for departure dates).

## What is the itinerary?

Please note that on occasion our itinerary may need to change due to weather conditions. We do try to keep changes to a minimum and your guide and skipper will keep you up to date with any planned changes whilst on your trip.

## What is the accommodation like?

We have four guest rooms aboard the Lady Eugenie. Two rooms have one double bed, and two have two single beds (as a bunk). We will do our best to accommodate your room request; however, due to space limitations we cannot guarantee a specific room type will be available.

## How many guests will be on my trip?

Each trip requires a minimum of four and a maximum of eight guests. If booking 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 many guides are there?

Every trip has an experienced guide, skipper and crew.

## How fit do I need to be?

As long as you exercise regularly and have moderate fitness, you should enjoy this walking holiday. You need to be capable of walking between 9 and 14km each day, including walking along beaches, some hill climbs and some uneven terrain. There is plenty of time to explore, as well as sit and rest, each day. There are also alternative options, should you wish to stay on the boat or choose a more relaxed walking alternative.

Please note that you are also required to use vertical steps to get into the ketch from the dinghy.

## How much weight do we carry?

We provide a duffel bag and a 25-litre day pack on the morning of your departure. You will pack all the gear you need for the duration of your trip into the duffel bag. Your gear will be stowed on board Lady Eugenie, so you will only require a day pack for all walks (provided by us). If you follow the gear list, your day pack should weigh approximately 5kg.

## What style of boots/walking shoes do I need? And what about boating shoes?

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

Whilst on the boat, we ask that you wear clear soled shoes to limit damage to the deck.

## 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.



### What is Lady Eugenie like?

Lady Eugenie is a luxurious, 23-metre (75-ft) ketch rigged yacht. She is five metres wide which makes her stable, safe and comfortable for both novices and sailing enthusiasts.

Her clipper bow, complete with a bowsprit you can walk on, is perfect for watching dolphins and other marine life. With beautifully maintained teak decks and classically varnished hand rails, Lady Eugenie's spacious decks are the perfect setting for relaxing and taking in the scenery. The central cockpit provides plenty of comfortable seating, with a picturesque alfresco dining setting: a magical place to take in the sunset.

There are four comfortable cabins on board, all with air conditioning, bathrooms and showers. During the evening you can relax in the delightful and spacious saloon with dining table and comfortable lounge.

### Do I need to help sail the yacht?

Lady Eugenie is your home whilst you are on board. You don't need to assist with sailing, but if you are keen to learn more about sailing please speak with our skipper.

### How about food?

All meals are provided, including scrumptious three course dinners using fresh produce. Meals are prepared by our gourmet cooks/guides. We are happy to cater for special dietary requirements, we just need to know in advance. Evening meals are served with a carefully selected range of Tasmanian wines.

### What time does the trip commence and conclude?

Our shuttle picks up in front of MACq01 (18 Hunter Street, Hobart) between 7.00 - 7.10am and from reception at The Old Woolstore Apartment Hotel, 1 Macquarie Street between 7.05 - 7.15am. **You must advise us if you need collection otherwise the bus will not stop.**

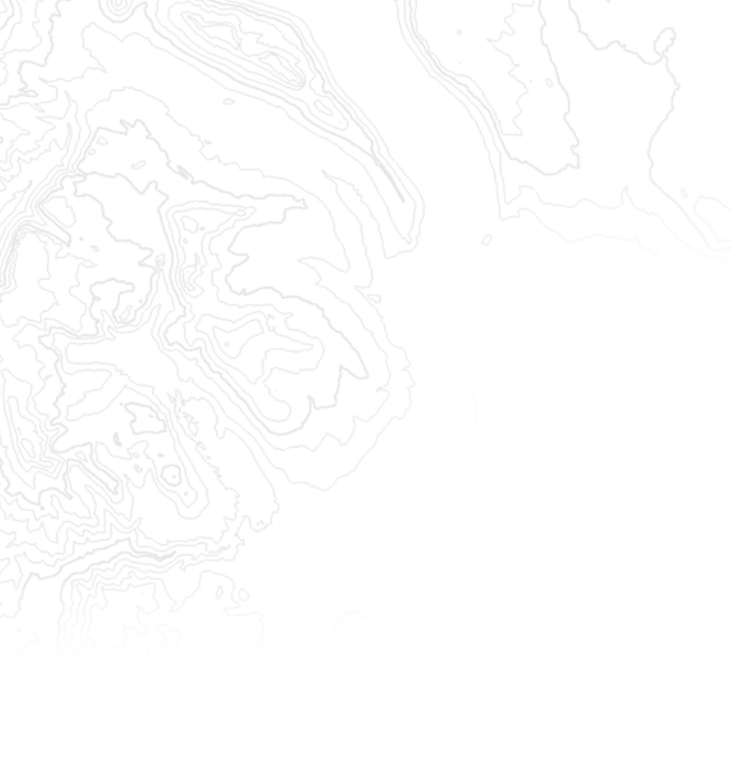
If you would like to make your way directly to our walkers base at 164 Murray Street, Hobart, please arrive no later than 7.30am.

Your trip will return to Hobart via the airport, stopping at a boutique vineyard with time for you to enjoy some canapés and Tasmanian sparkling wine before we say farewell. We have an airport drop off at approximately 5.00pm followed by a drop off at your accommodation in the Hobart CBD around 5.15pm.

### 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

### **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.

### **Hadley's Orient Hotel**

*34 Murray Street, Hobart*

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

### **MACq01**

*18 Hunter Street, Hobart*

MACq01 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.

### **The Tasman - A Luxury Collection Hotel**

*12 Murray St, Hobart*

Anchored to the waterfront precinct and in the embrace of kunanyi/Mount Wellington, Australia's first Luxury Collection hotel sits comfortably between Hobart's city centre, the picturesque Derwent harbour and MONA ferry terminal, and the iconic Salamanca and Battery Point neighbourhoods. The Tasman is an architectural symphony; an overture of 1840s Georgian heritage, building to 1940s Art Deco and a 2020s modern extension finale. Original sandstone contrasts spectacularly with a glass-encased prism of modern architecture.

Visit our [Walk Benefits](#) page for exclusive deals and discounts on accommodation.



## 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.

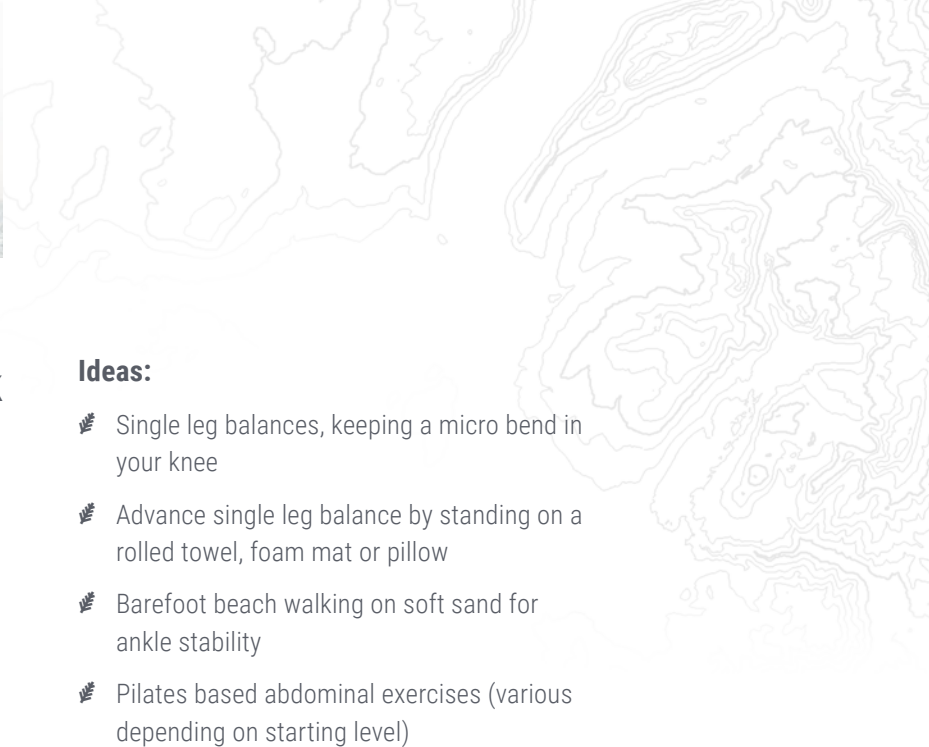
## 3-6 months before your walk

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.

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## 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.





**Coles Bay**  
-42.114704, 148.266048

Wineglass Bay

Freycinet National Park

Great Oyster Bay

Schouten Island

**Darlington**  
-42.580409, 148.065220

Bishop & Clerk

**Shoal Bay**  
-42.662524, 148.041966

Maria Island

Lagoon Bay

Pirates Bay

**Fortescue Bay**  
-43.128869, 147.960128

Cape Pillar

Port Arthur

Eaglehawk Neck

Cape Raoul

Swansea

Orford



**TASMANIAN  
WALKING  
COMPANY**



**WINEGLASS BAY**  
SIGNATURE WALK

## Contact us

To make a booking or enquiry:

**e:** [enquiries@taswalkingco.com.au](mailto:enquiries@taswalkingco.com.au)





For existing bookings:

**e** [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)

**p** (03) 6392 2211

**w** [www.taswalkingco.com.au](http://www.taswalkingco.com.au)

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## 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.  
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