

Bay of Fires Walk



Welcome to your next adventure.
Here are a few details to help you get prepared...

Getting to and from your Trip

Make your own way to and from Launceston

Pre/Post Trip Accommodation Recommendations

The accommodation on the first night of the tour is included at the centrally located Hotel Grand Chancellor.

- Hotel Grand Chancellor Launceston (29 Cameron St, Launceston)

Washing Facilities

There are no laundry facilities at Bayside St Helens.

Phone Coverage and Charging

In Tasmania, Telstra seems to be the only carrier with good coverage. There is free WiFi at your accommodation in St Helens.

Climate

Tasmanian weather is typically hard to predict. In fact the only thing we can say for certain is that the weather will be unpredictable. Despite the fact we are going in summer, you need to be equipped for everything from icy winds to 30 degrees.

Food

All meals are included unless indicated in the itinerary.

Breakfast comprises cereal, fruit, yoghurt, toast and spreads with juice, tea and coffee. Lunch is self-made from supplied breads, salads and meats.

We'll eat one dinner at the Grand Chancellor Hotel Launceston and the other dinners will be at the restaurant of our hotel in St Helens. Please let us know of any dietary requirements.

Each day we provide morning tea whilst out on a walk and fruit is available for snacks. You're welcome to bring additional snacks (e.g. muesli bars, nuts) if you feel you need them. There will be plenty of opportunity to purchase additional supplies and alcohol throughout the tour in St Helens..

Your out of pocket expenses for this trip include snacks and alcohol.

Got Questions? Chat with us...



1300 544 882



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Medical Restrictions

As we operate in remote areas, guests will need to bring all of their own personal medications on tour. Whilst our guides are qualified in remote area or wilderness first aid and carry satellite phones, we do not carry epi-pens, Ventolin or other emergency medications. If a person requires urgent medical attention whilst on tour, it may take several hours or more for emergency services to attend the scene and take you to a medical facility.

Under certain circumstances your tour consultant may request a medical certificate of fitness before you are cleared to participate on the tour.

If pre-existing medical issues that will affect your ability to complete the tour or have an impact on other guests experiences, are not disclosed prior to the departure, we reserve the right to remove you from the tour.

You can bring a CPAP machine whilst on tour but you will need to purchase a single supplement.

Dietary Requirements

From vegetarians to pescatarians to meat loving carnivores with an aversion to cucumbers we cater for all dietary requirements and will make sure you are well fed and looked after on tour. Please let us know if you have any dietary requirements.

Access to Shops

There is a supermarket and a liquor store within easy walking distance of the accommodation in St Helens.

What to Pack

- Day-pack - with a thick waist strap to help take some weight off your shoulders. In wet weather, a waterproof cover or a bin bag to wrap your belongings in can be handy
- Shorts/long pants and shirts for walking - as many sets as you wish! Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- Socks - whichever thickness you're comfortable walking in and as many pairs as you like
- Boots/shoes for walking (make sure you wear them in well - see note on footwear below)
- Windcheater or lightweight jumper for walking
- Waterproof jacket*
- Sun protection - hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Fleece jacket, gloves, beanie and/or thermals (can get quite cold in the evenings and early mornings, depending on the time of year)
- Torch/headlamp (can be handy when twin sharing for getting up at night)
- Any preferred first aid supplies - such as your favourite blister treatment! (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback - 2 to 3 litre capacity
- A lunch container (with freezer brick if desired)

*You have to expect some bad weather at any time of the year down here so bring wet weather gear even if the forecast is fine.

Optional items

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- Waterproof pants. Some people love them and some hate them - personally, we don't wear them but there have been times when we have wished for a pair, especially in Tassie!
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries
- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They're also good for keeping sand out of your shoes.
- Sock protectors (to keep sand out of your boots)
- Bathing and towel - there are quite a few swimming opportunities
- Snacks and alcohol - some people like to have some muesli bars, nuts, lollies etc
- Walking poles

Emergency Contact on Tour

In the case of an emergency and family and friends are trying to get in contact with you and unable to reach you on your personal phone, please ask them to call the office on 1300 544 882. After hours or on the weekend there is an option on the voicemail which will direct them through to the duty managers personal mobile.

On tour in an emergency situation our guides will be carrying satellite phones.

Final Payment Due Date

Final payment is required six weeks prior to departure or at time of booking if booking within six weeks. We will send out a reminder email.

Cancellation Policy

All our tours are guaranteed departures.

We hope that you do not need to cancel your booking. However, if you do, our cancellation fee, based on the notice given prior to the departure date, is:

- More than 12 weeks: \$50 administration fee
- 6 to 12 weeks: loss of deposit
- 4 to 6 weeks: 25% of full tour cost
- 2 to 4 weeks: 50% of full tour cost
- less than 2 weeks: 100% of full tour cost, no refund

We understand times are still uncertain as we ride the rollercoaster of state outbreaks. That's why we've introduced flexible cancellation terms so that if you're in a pickle, your adventure isn't. Please see our cancellation policy during covid restrictions here <https://www.inspirationoutdoors.com.au/covid-19/>

If you have any concerns about cancelling, please take out travel insurance covering this contingency. This policy will be adhered to despite the most compelling and compassionate circumstances.

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