



# Central Highlands Tasmania Walking Tour

7 Days



Leading adventures for over 20 years

Part of the JOOB Travel Company

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**WARATAH**  
ADVENTURE TOURS



# > Central Highlands Tasmania Walking Tour

Walk the iconic and picturesque tracks of the Central Highlands of Tasmania over 7 days. Includes the Overland Track, Mt Field National Park as well as some of the best walks in the Cradle Mountain area. Starting in Hobart you will travel up the Centre of Tasmania staying in comfortable accommodation in Maydena, Lake St Clair and Cradle Mountain. Each day you will walk with only a day pack and return to your accommodation each evening to relax and recap your days adventure.#

## Details

Arrive:	Hobart
Depart:	Launceston
Duration:	7 Days
Group Size:	Maximum 12 guests
Average Age:	55-75
Activity Level:	Moderate to Challenging

## Testimonials

What an amazing 10 days I have just completed! The itinerary was well thought out and demonstrated the diversity Tasmania has to offer. The walks were challenging yet achievable. No chance of going hungry with an abundance of food provided including homemade cakes for morning tea. The accommodation was always comfortable and usually located to include some great views. This is my second trip with Inspiration Outdoors and again they have exceeded my expectations. I totally recommend this trip.

Trip Advisor - Tasmania 2019

Got Questions? Chat with us...



1300 544 882



walk@inspirationoutdoors.com.au

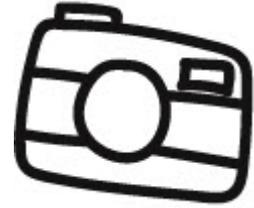
# Highlights



Incredible and varied scenic beauty - from mountain vistas to cool moss-covered forests and glacial landscapes.



Highlights include walks around Cradle Mountain, the Overland Track and Mt Field National Park



See iconic Tasmanian flora and fauna.

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# What to expect



Each night we stay in comfortable accommodation to enjoy a shower and a good night's sleep



Moderate to challenging walks, with some steep ascents and descents, made easier by only carrying a daypack.



Average Temperature (degrees)  
November: 4 min - 16 max  
December: 5 min - 18 max  
January: 6 min - 20 max  
February: 6 min - 20 max

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# Itinerary

7 days of fantastic guided walking through the Central Highlands of Tasmania. Overland Track, Mt Field National Park, Cradle Mountain. Comfortable accommodation, all meals.

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## Day 1 ARRIVAL DAY WITH WELCOME DINNER

Arrive at any time during the day and make your way to your first nights stay in Hobart. We will see you in the lobby of the hotel at 6pm for a tour briefing followed by a 7pm welcome dinner at a local restaurant. ?

Activity:	Travel day
Meals:	D
Accommodation:	Travelodge Hobart (or similar)

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## Day 2 MT FIELD NP, THE TARN SHELF WALK

Departing early from Hobart we make our way to Mt Field National Park where we set out on the park's flagship walk, the Tarn Shelf Walk. A steep drive up to Lake Dobson brings us to the start from where we will get up to and along the Tarn Shelf. A bit of a climb gets us up to the small mountain lakes, or tarns, of the Rodway Range, with magnificent views over the glacier-formed landscape.

You will think you are in the Lord of the Rings as we pass through this amazing country. Lunch will be up on the tarn with great views, before we enter a more wooded part of the trail and back to Lake Dobson. Today's walk is challenging and quite long, but well worth the views and scenery of this absolutely stunning area.

Activity:	16km walk
Meals:	B, L, D
Accommodation:	Giants Table Cottages (or similar)

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## Day 3

### OVERLAND TRACK, LAKE ST CLAIR - CYNTHIA BAY TO ECHO POINT

It's a couple of hours drive to Lake St Clair where we'll take a nice walk on the iconic Overland Track. We will take the ferry to Echo Point and walk back to the main settlement alongside the picturesque lake. We walk through an enchanting temperate rainforest. Sassafras, myrtle, celery-top pine and leatherwood provide a thick canopy for the mosses, lichens and fungi below.

Activity: 11.2km walk

Meals: B, L, D

Accommodation: Lake St Clair Lodge (or similar)

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## Day 4

### LAKE ST CLAIR - MT RUFUS CIRCUIT OR SHADOW LAKE CIRCUIT

A challenging but amazing day walking the Mt Rufus circuit awaits us! This 22km walk takes us through a wide variety of vegetation and landscapes as we make our way up to the summit of Mt Rufus. From the summit the views over the surrounding mountain ranges are sensational. There is an option for those who want a shorter day to do the Shadow Lake Circuit. This reduces the walk by about 2 hours and cuts out most of the vertical ascent. At the end of the day we can walk straight into our Lake St Clair cabins and enjoy a rejuvenating shower.

Activity: 22km or 12km walk

Meals: B, L, D

Accommodation: Lake St Clair Lodge (or similar)

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## Day 5

### CRADLE MOUNTAIN, DOVE LAKE CIRCUIT

Today is a mixture of driving and walking. First up it's a 3 hour drive to Cradle Mountain, a great time to recover after yesterday's strenuous walk and get your energy back for your afternoon walk in Cradle Mountain. The views of the passing landscape are absolutely incredible as we drive. At Cradle Mountain we will complete the popular and picturesque Dove Lake Circuit before heading to our accommodation.

Activity: 6km walk

Meals: B, L, D

Accommodation: Cradle Mountain Wilderness Village (or similar)

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## Day 6

### OVERLAND TRACK, CRADLE MOUNTAIN AREA

Depending on the weather and the energy levels of the group, there are a number of options for today's walk. We'll enjoy imposing mountain vistas, pristine glacial lakes, vast buttongrass plains and an all round fantastic day of walking. This is a fairly busy park - and we'll see why! This is the start point of the world renown Overland track. It's a short drive out of the park to our 2nd night at the Cradle Mountain Wilderness Village.

Activity: 5hrs walk

Meals: B, L, D

Accommodation: Cradle Mountain Wilderness Village (or similar)

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## Day 7

### CRADLE MOUNTAIN TO LAUNCESTON

There's still time for one last walk this morning. With lots of options we will choose a walk based on the weather conditions. We then say goodbye to the wild mountain country and head to our departure city of Launceston, arriving mid-late afternoon.

Activity: Walk and drive to Launceston

Meals: B, L

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# Departure Dates

22 Jan 2024	-	28 Jan 2024
04 Mar 2024	-	10 Mar 2024
28 Oct 2024	-	03 Nov 2024
09 Dec 2024	-	15 Dec 2024
20 Jan 2025	-	26 Jan 2025
03 Mar 2025	-	09 Mar 2025

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# Pricing

2024

\$3,899 Per Person

\$350 Deposit

Optional Extras

\$890 Single Supplement

## Inclusions

- All transport in a private mini bus
- Professional guiding and support each day
- Emergency support: guides carry satellite phones and a full first aid kit
- Ferry tickets and National Park entrance fees
- 6 night's comfortable accommodation
- 6 healthy breakfasts - cereal, fruit, yogurt, toast
- 6 morning teas, carried by your guide
- 6 lunches
- Pre-dinner nibbles each night
- 6 delicious two course dinners
- Excellent itinerary and planning drawn from 20 yrs experience

## Exclusions

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# Ready to book?

Your next adventure is two steps away...

Jump onto our website [www.inspirationoutdoors.com.au](http://www.inspirationoutdoors.com.au) , find your tour in the menu and click on the orange button in the top right hand corner that states, 'CheckAvailability/Book Now' alternatively call us on 08 6219 5164 (international calls dial +618 62195164) or email us at [walk@inspirationoutdoors.com.au](mailto:walk@inspirationoutdoors.com.au).

Pay a \$350pp deposit to secure your booking (full payment is required six weeks prior to departure or at time of booking if booking within six weeks).

## 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.

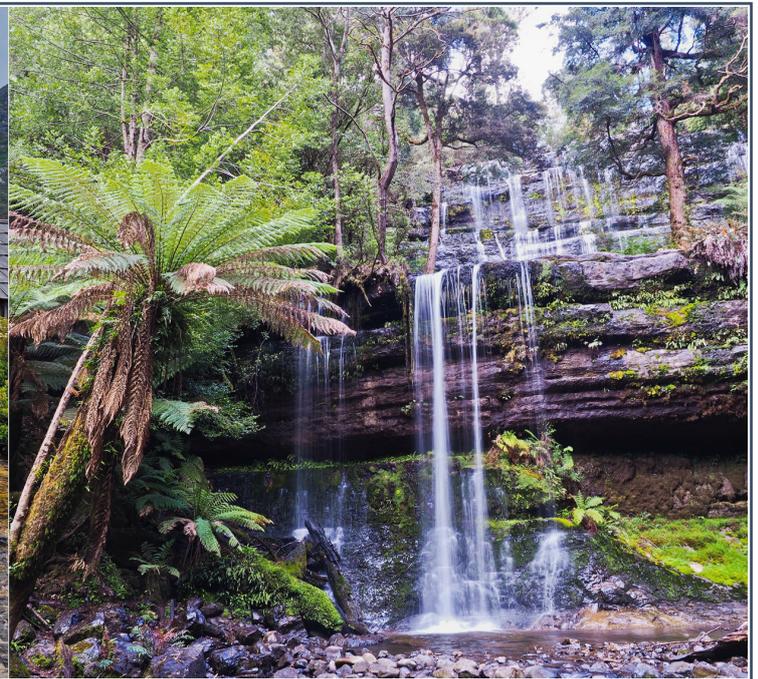
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## About our tours

First, our tours are for people who like to walk long(ish) distances. That means we usually leave our accommodation pretty early each morning (between 7.30 and 8.30) and finish walking mid to late afternoon.

You won't break any records on our walks - for fastest or slowest hike. We keep a steady pace, but there are plenty of opportunities to rest, take photos and appreciate the views along the way.

A relaxed, social and supportive atmosphere is central to our tours. Have a chat and enjoy the sights and smells with your walking companions. Then back at the accommodation, slip into your comfy slacks and slippers and put your feet up with a cup of tea or a wine. Enjoy the conversation around the dinner table. And if you want to go to bed as soon as you've finished the last spoonful of dessert, or stay up and chat, you can.

We don't specialise in birds or plants or rare subterranean amphibians - although we're interested in all of these things. There are no evening lectures and you don't need to bring a notepad and pen (unless you want to). We have a sound and ever-expanding knowledge of the unique and special environments that we walk through, and love sharing what we know with those who are interested. We especially like digging around for stories of the plants and people whose history is linked with the areas we walk in and we'll share those stories with you as we walk.

Our tours are for those who enjoy the simple pleasure of walking in nature, combined with the luxuries of a proper relaxing holiday. We pay attention to the details so that you can relax and enjoy the experience. With the assistance of a team of knowledgeable friends, Inspiration Outdoors aims to provide... Recreation Beyond Expectation

Check out our reviews on TripAdvisor



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