

# Central Highlands Tasmania Walking Tour



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

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## Getting to and from your Trip

If coming from interstate you will need to book a flight into Hobart on the first day of the tour and a flight out of Launceston on the day after the tour ends.

## Washing Facilities

There are laundry facilities at your accommodation in Maydena, Lake St Clair and Cradle Mountain.

## Phone Coverage and Charging

At most of our accommodations you should have pretty good mobile phone reception, except for Lake St Clair where the reception is quite patchy. Telstra seems to be one of the most reliable providers in this area especially when out on the trails. The accommodation at Cradle Mountain has free WiFi.

## Climate

Our itinerary covers mountainous areas that come with a variety of climates. 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 snow, 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 dinner at various local establishments close to, or at, our accommodation. 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 some limited opportunity to purchase additional supplies and alcohol throughout the tour.

## 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

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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. We will do our best to cater for these whilst you are on tour.

## What to Pack

### 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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