

Tasmania East Coast



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

Getting to and from your Trip

If you are flying interstate, you will need to fly into Launceston on the first day of the tour and out of Hobart on the day after the tour ends.

Pre/Post Trip Accommodation Recommendations

With a late afternoon arrival into Hobart, we recommend a night in Hobart for those coming from interstate or overseas. We recommend to our guests the following hotels:

- [Travelodge Hobart](#) - beautiful and convenient centrally located accommodation
- [Mantra Collins Hotel](#) - a lovely hotel, offering hotel rooms and 1 bedroom apartments.
- [RACV/RACT Hobart Apartments](#) - clean, well positioned, and a bit more affordable than the Mantra and the Grand Chancellor.

Washing Facilities

There are laundry facilities at your accommodation at Swansea.

Phone Coverage and Charging

At most of our accommodations you should have mobile phone reception, as the towns are well connected. Telstra seems to be one of the most reliable providers in this area when out on the trails.

Climate

Our itinerary covers mountainous areas, as well as coastal walks and with that comes 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 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 dinner at various local establishments close to, or at, our accommodation. Please let us know of any dietary requirements.

Got Questions? Chat with us...



1300 544 882



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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 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

Shops will only be accessible in Swansea on Day 2, so it might be worthwhile organizing any special supplies you might need (e.g. alcohol and/or special snacks) in Launceston before the tour. You will be able to purchase alcohol at all the restaurants we go to for dinner however, so you may not even need to bring anything.

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)

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*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

- 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!
- 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)
- Robust sandals for wading/beach sections
- Bathers and a light towel - there are a few swimming opportunities
- Small towel to carry during the day
- Snacks and alcohol - there will be time to purchase more during the week if you need to. Some people like to have some muesli bars, nuts, lollies etc
- Walking poles
- Seasickness tablets (the ferry ride is a mostly calm, 40 min ride, largely sheltered by Spring Bay and Maria Island. However it can get lumpy in southerly conditions. Whilst not recommended and usually not needed, if you have a history of seasickness, travelling with seasickness tablets may give some peace of mind)

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 an email reminder.

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
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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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