

Tarkine & Cradle Mountain Walking Tour



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

Getting to and from your Trip

QANTAS, Jetstar and Virgin Australia fly direct to and from Adelaide, Melbourne, Sydney and Brisbane (depending on the carrier, and some direct routes are available in peak season only). Early morning and evening flights are limited, so please plan accordingly. Launceston Airport is 15km from the town centre, and is accessible by taxi or rideshare (~\$40 one-way) and shuttle bus (~\$15 one-way). Numerous car hire companies operate at the airport, including Avis, Budget, Hertz and Europcar.

Accommodation

Before and After the Tour: With an estimated arrival time between 4 and 5pm in Launceston at the end of the tour, and limited flights out of Launceston in the evening, we recommend booking an extra night at the end of the tour. Or more than one! Launceston has great local attractions, like Cataract Gorge and the Tamar valley, that are well worth taking a few extra days to explore. We recommend the Hotel Best Western, however, the Hotel Grand Chancellor and the Mercure are also well regarded.

During the Tour:

* accommodation may be subject to change and we will source similar alternatives. If we do book elsewhere you will be informed.

Best Western Launceston: Ideally located on Earl Street just a two-minute walk to the main shopping strip, The Mall, where you will find all the services you may need banks, chemists, coffee shops, theatres and restaurants. You'll be staying in ensuited Deluxe Rooms.

Corinna Wilderness Village: Corinna is an historic mining town turned wilderness retreat, sitting at the southern end of the Tarkine, the largest temperate rainforest in Australia. We'll be staying in Eco Retreat Cabins. Please note that some cabins are 2 bedroom cabins with a shared bathroom.

Discovery Parks Cradle Mountain or Cradle Mountain Wilderness Village: Discovery Parks Cradle Mountain and Cradle Mountain Wilderness Village are set in the world-heritage listed Cradle Mountain Lake St. Clair National Park, so a true wilderness experience is on the doorstep of your cabin. We'll be staying in 2 Bedroom Cabins with shared bathroom facilities.

Washing Facilities

There are laundry facilities at the Launceston hotel & Cradle Mountain Discovery Park, but due to the remoteness of the Tarkine region the middle accommodation is on rainwater and only handwashing will be available. Please pack a little washing powder if you would like to wash your clothes.

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Phone Coverage and Charging

Telstra generally offers the best chance at reception while in Tasmania, but overall there is limited mobile phone coverage on this tour. At Corinna there is no reception at the accommodation or on walks. There are landlines available at Corinna Wilderness Lodge reception to make calls.

Climate

The only certainty about Tasmania weather is that it's unpredictable! Be prepared for warm sunny days in summer, with good chance that things turn cold, wet and windy very quickly! In summer, the average day-time temperature sits around 20 degrees (celcius), falling to around ten degrees at night, while average monthly rainfall is approximately 80-100mm. The region experiences strong westerly winds in the afternoons. Â

Food

All meals are included on this tour. Breakfast comprises of cereal, fruit, yoghurt and toast. Lunch is either picnic while on the road, or a packed lunch taken on the walk, the latter generally a roll, sandwich or wrap with cold meat or tuna, cheese and salads. Dinner is 2 courses chosen from entree, main and dessert. Each day on the track you will enjoy a cake or biscuits for morning tea along with tea or coffee. Before every evening, except the arrival dinner, the guides will prepare a nibbles plate of cheese and biscuits.

If you have any special dietary requirements please let us know when you book, we are happy to adapt our tasty, nutritious meals to suit a variety of dietary needs. Shopping is limited while on tour so it is important to be upfront about dietary requirements as we may be unable to fill any last minute requests.

Drinks

There is no opportunity to purchase takeaway alcohol while on tour as shops are limited, so please buy any alcohol you would like prior to the tour departure. However, all dinners are at licensed venues, so you'll only need to bring enough to drink before and after dinner.

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.

Access to Shops

There are (small) supermarkets in Penguin (day 2) and Zeehan (day 4) at which there can be some time to purchase forgotten extras, but 'special' products such as gluten-free or vegan items are limited.

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Optional Activities

Launceston is a really beautiful city and if you have time before or after the tour, staying a few extra days comes highly recommended! There's multiple activities we can recommend.

What to Pack

Equipment for walks:

- Hiking-specific 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.
- Torch/headlamp (good to have just in case the walk is delayed and we return after dark).
- 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 MINIMUM.
- A lunch container or re-useable sandwich bag.
- Sun protection - hat (secure fitting and/or with chin strap), sun cream, sun glasses.
- * Waterproof jacket.

Clothing - walks:

- Shorts/long pants and shirts - as many sets as you wish! Please avoid cotton - wool or 'quick-dry' synthetic material is best. Avoid jeans or tracksuit pants.
- 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).
- Light- to medium-weight outer layer.
- ** Thermal under-layers.
- ** Light-weight and packable warm outer layer - e.g. thick fleece or down/synthetic 'down' jacket.
- ** Beanie, gloves, scarf.

Clothing - evenings

- Whatever you want!! (But bring something warm to throw over the top).

* Inclement weather occurs at any time of the year in Tasmania so be sure to bring wet weather gear, even if the forecast is fine. ** "No way, in summer?!" you exclaim. Yep! We will be walking up mountain summits which, while not that tall, never-the-less can get very cold very quickly, even in summer. We recommend that you bring these items with you in your main bag, then the guides can recommend what to bring on the walks.

Optional but recommended items:

- Walking poles. These are a very personal choice - we recommend them on this tour for the rocky, unstable sections.
- Gaiters for snake bite protection are recommended if wearing shorts. They're also good for keeping sand out of your shoes.
- Sock protectors (to keep sand out of your boots).
- Bathers and towel.
- Snacks and alcohol - there will be time to purchase more during the week if you need to. Some people like to have chocolate, nuts, lollies etc.
- A keepcup or thermos cup for hot drinks whilst travelling

Optional extras that some people like to bring:

- 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!
- Camera and charger/batteries.

Getting ready for your walk...

There is no such thing as an 'easy day' on this tour. However, the walk has been designed to make it achievable to those with a reasonable amount of fitness by the fact that you only carry a daypack; and you start with short distances, working your way up to longer days. You will be surprised just how your fitness improves over the seven days. After a few days, people are striding out! A positive mental attitude is most

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important. If you focus on the scenery, the company and the moment, not on the kilometres, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk you will enjoy it all the more.

The best way to prepare physically for the trip is to walk, walk and walk some more - preferably over a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of our tour you should be able to comfortably walk 15km, and try and do a few 20km walks on rough tracks. We know that this type of preparation is difficult to fit into a busy schedule. If you don't have the time to do long walks, we recommend doing regular stair walking sessions. Walking small distances frequently helps a lot as well. For instance, walking 3 - 5km four times a week, and 8km once a week, is a great help. If you're doing short training sessions, make sure you get yourself puffed and sweaty. Otherwise you won't benefit from your efforts. And start walking in the shoes you will wear on the walk now!

Looking after your feet

Footwear is very personal and we prefer people wear what feels comfortable. Walking shoes shouldn't be too tight, but your foot shouldn't slip around in them either. If you're buying new shoes, go shopping after a long walk so your feet are a bit swollen. The best places to buy walking boots/ shoes will have some sort of ramp that you can stomp up and down on and make sure there is no pressure on your toes and heels. We recommend sturdy shoes designed for hiking, whether they are 'shoes' with low tops or 'boots' with high tops. There are pros and cons to both: boots can provide ankle support and help keep debris out, but can be heavier and therefore tire your legs quicker, especially those made with leather uppers. There are plenty of lightweight, non-leather boots available which are great for most weather conditions. Hiking shoes are lighter and more versatile, but lack a little ankle support. Sneakers are not enough for the rough tracks and steep terrain that we encounter on this tour. A word on water-proofing - hiking footwear are now often 'waterproof', with an inner liner made of a waterproof but breathable fabric like Gore-tex or similar. There are pros and cons to this too, but the general consensus seems to be that waterproof shoes are great for minor damp conditions, but will eventually 'wet-out' in very wet conditions, and are unnecessary when dry. They can feel warmer than regular shoes, so your feet may sweat more. The main thing is to make sure you know your footwear well - try them out in a variety of terrains and do a few long walks (15 - 20km) in them before the walk. We cannot emphasise enough that you have well worn in shoes or boots, good socks, and first aid for the prevention and treatment of blisters.
Preventing blisters: To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur - ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming - a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points. The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you walk. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst walking, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so that you are able to walk comfortably.

Treating blisters: Blister treatments vary and you may have your favourites. The second skin variety seems good, though you will also need good tape to keep it in place. Second skin treatments often have a sterile gel pack that pads and protects the blister from further friction. They can also be used as a (more expensive) preventative measure. Blister Block or Compeed are examples of this type of dressing.

A thick moleskin type plaster is also good to carry for blister treatment. Holes can be cut into moleskin to fit around a blister and a plaster put on top of that. This way there is little pressure put on the blister itself. Walking poles are very popular these days - especially the lightweight aluminium shock absorbing type. They help to take some pressure off your knees going downhill and can help you get uphill too! However,

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if you have good knees and strong legs you may not need them. A lot has been published about the pros and cons of walking poles - we're sure you can get the full story from the net. If you do choose them it's worthwhile practicing how to use them correctly so you get their full advantage. Try to use your arms as much as possible - by placing the poles opposite arm to leg and applying pressure as you step forward. Find someone knowledgeable in the shop where you purchase them to give you some tips. We can always help you when on tour.

Emergency Contact

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 manager's personal mobile. On tour in an emergency situation our guides will be carrying satellite phones. Â

Final Payment

Final payment is required six weeks prior to departure or at time of booking if booking within six weeks.

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:

85 days or more, you will be refunded all monies paid, less a \$50 administration fee

42 to 84 days prior to departure, you will lose your deposit

28 to 41 days: 25% of full tour cost

14 to 27 days: 50% of full tour cost

less than 14 days: 100% of full tour cost, no refund

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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