

# Tasmania East Coast



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

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## Getting to and from your Trip

Please make your own way to Launceston for the start of the tour. You will need to book flights from Hobart for the journey back home.

## Pre/Post Trip Accommodation Recommendations

Your accommodation on the first night is included, and is at the Hotel Best Western in Launceston. We think it's a great place to stay in Launceston so recommend it for any pre-nights, although the Hotel Grand Chancellor is also pretty good.

Your accommodation in Hobart is up to you - for clean, value-for-money 3-star accommodation, we recommend the Travelodge; the Hotel Grand Chancellor Hobart is also fabulous, with views over the Derwent. Or splash out at Macq01 on the waterfront.

## Washing Facilities

Some of the accommodations do have a guest laundry (be sure to have some 1- and 2-dollar coins). Please check with your guide during the tour for more information.

## Phone Coverage and Charging

Phone reception in rural Tasmania can be patchy, and Telstra has the best coverage. There will be reception for most carriers (Optus, Vodafone, Boost) as we travel along the East Coast. Although reception can be patchy on the walks, the towns we stay in each night will have reception. WiFi is not available at every accommodation, so it's best to have plenty of mobile data available.

## 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! Daytime temperature can range from mid-teens to low 30s, and it can be calm and fine, or windy and raining, or anything in-between! At night it can get cool, but likely not icy given the coastal location.

## Food

All meals are included.

Breakfast generally includes cereal, fruit and toast. Lunch is picked up from cafes and local bakeries every day, so that we can eat on walk, and which generally consist of cold meats and salad in sandwiches, rolls or

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wraps. Dinner is a 2-course meal, entree and main or main and dessert. Each day on the track you will enjoy cakes or biscuits for morning tea and fresh fruit and muesli bars are always available.

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.

## Drinks

There will be opportunity to purchase alcohol in Swansea and Port Arthur while on tour, and the restaurants we eat in are licensed.

## 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 access to small supermarkets and liquor stores throughout the tour, especially the first day in Swansea, and the last days in Port Arthur. We also pass through numerous small towns as we drive down the East Coast.

## Other Optional Activities

Hobart and Launceston are beautiful cities, with much to explore, and we recommend taking an extra day or two at the start or end of the tour to do so. There is little time during the tour for extra activities outside of walking, but your friendly guides will be able to make suggestions should the opportunity arise.

- Options to do before or after your tour:

In Launceston:

Visit Cataract Gorge and take a chairlift over the River Esk.

Meet the Japanese Macaques in City Park, and throw a coin in the moat for good luck!

Take a day trip to the Tamar Valley, and sip on some cool-climate wines or local gins.

In Hobart:

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Visit the famous Salamanca Markets on Saturday.

Take a bus or rental car (or shanks' pony!) up Mt Wellington for a spectacular view over Hobart and the Derwent River.

Jump on one of several boat cruises in and around the city - Iron-Pot cruises on the Derwent, or explore further afield to Bruny Island or Tasman Peninsula by fast boat - Pennicott Cruises offers excellent options.

Visit the world-famous MONA (open Thursdays-Mondays).

## 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 (not cotton - we recommend fleece or wool)
- Warm outer layer for cooler weather
- Waterproof jacket\*
- Sun protection - hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- 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 bladder - 2 to 3 litre capacity
- A lunch container (with freezer brick if desired)
- A keepcup or thermos cup for hot drinks whilst travelling

\*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!
- 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)
- Bathers and towel
- Small towel to carry during the day
- Snacks - we provide fruit and muesli bars, but some people like to have their favourites walking snacks too
- Walking poles

## Getting ready for your walk...

The walks on this tour vary from easy to moderate, on mostly surfaced and groomed trails, with some uphill sections. The Cape Hauy walk has ~ 4,000 steps altogether! Your friendly and approachable tour leaders are there to assist you, and the pace will be tailored to the slower members of the group, so all walks will be achievable by anyone with reasonable fitness. And you only carry a day-pack!

A positive mental attitude is most 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.

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The best way to prepare physically for the trip is to walk, walk and walk some more - preferably on rocky and uneven surfaces and lots of stair walking. Try to walk frequently; even walking around your suburb will get you walk-fit, but we recommend practicing on some hills or steps for this tour as well. Even daily step-ups on a low step stool will help! By the start of our tour you should be able to comfortably walk 12km, and try and do a few 20km walks on rough tracks, as well as be fairly comfortable with steep up- and down-hill sections.

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. Another good way to get your glutes, hamstrings and quads well prepared is with regular lunges and squats. 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.

Boots can provide ankle support and help keep the sand out. Some hiking boots can be quite heavy. These are great for cold weather alpine hiking but they do tend to tire your legs quicker and heat your feet. There are plenty of lightweight boots available which are great for most Australian conditions.

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, 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

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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 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 manager's personal mobile.   
# On tour in an emergency situation our guides will be carrying satellite phones.   
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## Final Payment Due Date

Final 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:

- 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

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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