Welcome to the Bruny Island Long Weekend

Our award-winning Bruny Island Walk takes you by private boat from the waterfront of Tasmania’s capital Hobart to Bruny Island. During your visit you will be treated to coastal walks, produce directly from the source, luxury camping and exquisite meals.

What makes this walk so special is access to Bruny’s lesser-known gems. After traversing headlands where the next stop is Antarctica, visit a local oyster farm and shuck an oyster as pristine waters swirl about your ankles. Finally, retreat back to camp, built completely off-the-grid, with luxury in mind. Crisp sheets on king-sized beds and an outdoor shower framed by towering Eucalypts await.

A long weekend on Bruny Island captures and epitomises the Tasmanian experience!

Here you will find everything you need to prepare and get excited about your adventure, all in one document. From pick-up times to gear lists, daily distances to accommodation details, this is your Bruny Island Long Weekend go-to-guide.
The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Easier

Activities: Spring/Summer/Autumn day-walking, visit a local oyster farm, luxury camping; private boat cruise.

Price: $1,895 per person (twin share)
Why walk with us?

It’s very important to us that you spend time reconnecting with friends and family or simply giving yourself some space, so we make sure to take care of the small things. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

The Bruny Island Long Weekend was founded by Rob Knight in January 2013 and it has been his passion ever since. Rob partnered with the Tasmanian Walking Company in 2018, and he continues his involvement as Experience Manager of the trip.

Our groups have exclusive use of our completely off-grid private accommodation, nestled in amongst tall eucalypts on the foothills of Mt Mangana at the southern end of Bruny Island.

With our days spent walking in wild, powerful, coastal places, our campsite is a sanctuary we can return to each evening. Featuring a gorgeous bespoke designed celery top timber kitchen and dining room, four canvas tents containing split king beds with quality linen, towels and pillows. The highlight for many of our guests is an incredible hot water shower discretely located with spectacular views!

Our Bruny Island Long Weekend guides are highly trained experience artisans, seamlessly bringing together all the attributes of a great walking experience to deliver an unforgettable weekend. Guests consistently agree in their feedback that our Bruny Island Long Weekend guides are our most outstanding asset. They have a passion for Bruny Island, detailed knowledge of the local flora, fauna, geology and history; and their love of cooking using local produce ensure they deliver a diversity of delicious cuisine each evening.

Over the years Tasmanian Walking Company has been the proud recipient of many awards. Call and talk to us on 03 6392 2211.
Itinerary

At a glance

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<td>14km (5-6hrs)</td>
<td>Mt Mangana luxury campsite</td>
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<td>Two</td>
<td>East Cloudy Head</td>
<td>14km (5hrs)</td>
<td>Mt Mangana luxury campsite</td>
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<td>Three</td>
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* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.
Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on 03 6392 2211 or email bookings@taswalkingco.com.au.
Day 1

Great Bay

This morning you will meet your tour guides and fellow guests (maximum of 8) on the waterfront of Tasmania's capital city, Hobart. Step aboard your private boat and let the adventure begin with a cruise down the Derwent River to Bruny Island. Today our goal is to walk out to a spectacular cape on the east coast of Bruny Island.

On returning from our walk we will wade out into the crystal clear waters of Great Bay to learn how the famous Bruny Island oysters are farmed and shuck them straight out of the water. The perfect way to cool down after a walk!

Next stop; our camp. After a hot shower, join us in the dining house for a drink and to share stories of the day's adventures as the guides busy themselves preparing your dinner sourced from either on the island or in the waters surrounding it.

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES
Day 2

East Cloudy Head

Day two might begin with a gentle thumping past your tent. While the inquisitive wallaby isn’t your wake up call, his visit, or the promise of warm croissants might lure you from your crisp sheets to reunite with us at the rustic wooden dining table once more.

Today’s walk is East Cloudy Head for views of Tasmania’s far south and the wild Southern Ocean. The five-hour (14km) journey begins by walking the length of Cloudy Bay Beach. Windswept and beautiful, the walk then leads us into coastal heath and up toward spectacular views of Bruny Island’s rugged south coast.

Back at camp enjoy time to sit on the deck, walk among the ferns, partake in another lavish shower or simply read a book while your guides prepare the evening meal.

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES*
Day 3

Mt Mangana

This morning you can choose a leisurely start or have some time to yourself and explore our 100-acre property and try to spot some of Bruny Island’s 150 species of birds (including all 12 Tasmanian endemics). Once we farewell camp, our goal is to climb through the ancient Gondwanan rainforest to the highest point of Bruny Island, Mt Mangana (4km, 3 hrs).

To finish your long weekend in style, Ray Jones at The Jetty Café’s deck will serve a multi-course lunch of Bruny Island produce as we await the arrival of our private boat on the beach below. There will also be some time to explore the gallery showcasing some of Bruny’s 60+ artists. The return boat trip to Hobart offers a scenic farewell to your adventure. Before you know it you’ll be back at the Tasmanian capital, likely wondering if the long weekend was one big thrilling daydream from your office chair.

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES*
What is included

/ Three full days to explore Bruny Island with your guides
/ Two nights glamping with a king-size bed and quality linen at our 100 acre retreat
/ Return journey to Bruny Island from the Hobart waterfront by private boat (we offer the only alternative to the long queues on the public Bruny Island ferry)
/ Spectacular coastal walks
/ Two qualified guides for the duration of your Bruny Island Long Weekend
/ Exclusive access to an oyster lease, where you can help yourself to as many oysters as you like, straight out of the pristine waters... they don't come any fresher!
/ Absolute indulgence at every meal time with Tasmania's finest food and wine.
/ Three lunches, two dinners, two breakfasts
/ National Park pass

Single supplement

Each tent contains either 1 king size bed or 2 singles. If travelling with a friend we ask that you twin share but single travellers can request their own private tent (with king size bed) at no extra cost.
Gear Checklist

You will not be required to carry your bags while walking. However, as we will be using a number of different forms of transport we ask that you bring no more than the standard carry on size allowed by airlines. Please arrange to store any extra luggage you may have in Hobart.

All you need to carry while walking is a drink bottle, rain jacket and camera. We recommend bringing a daypack as well and can provide one if needed.

Clothing

Bruny Island has a mild, temperate, maritime climate with four distinct seasons. During the day you can expect temperatures around 20 degrees Celsius but temperatures tend to drop quite quickly once the sun has set. Tasmanian weather is extremely variable and often at short notice so we recommend you pack clothing for all seasons.

Essential Gear List

/   Waterproof Jacket (Goretex or similar)
/   Walking boots, walking shoes or trail running shoes. We recommend they provide ankle support and be well worn in to avoid blisters.
**Essential Items**

- Polar fleece jacket (preferred) or woollen jumper/pullover
- Light jumper (warm)
- Beanie
- Shorts and/or light walking trousers
- Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred)
- Warm, long pants (evening camp wear)
- Shirts/t-shirts (merino or polypropylene; 3 recommended)
- Socks (3 pairs recommended)
- Underwear
- Lightweight indoor footwear (thongs/sports sandals; for camp)
- Sun hat
- Travel towel or body chamois (for swimming; light and quick-drying)
- Water bottle(s) or water bladder
- Swimming costume
- Any personal medication, including anti-inflammatories and EpiPens
- Walking poles
- Camera
- Ankle gaiters

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE

* Tip: Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it’s warm and dry, we strip off a layer.

* Aim for one set of warm clothes for evening and another set to wear whilst walking.

* If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.
Frequently Asked Questions

How often do trips depart? Our trips depart year round. From September to May we have departures every second day. We have less frequent departures from June to August. Please refer to our booking calendar for dates.

How often do trips depart? Every Tuesday and Friday between 1 October and 30 April.

Walk accommodation Our walk accommodation is secluded on a private 100 acre forest block on the edge of the South Bruny National Park, our "camp" represents the perfect place to retreat. Although the camp has been built completely "off the grid", we are not without our creature comforts. With most of our days spent in wild, powerful, coastal places, our camp is a sanctuary we can return to at the end of each day, as we change to a more introspective focus gathering around the fire in the dining room and sharing food and stories from the day. Each tent contains a king size bed with quality linen and the highlight for many guests is our hot outdoor shower, tucked away on one of the most beautiful parts of the property.

Each tent contains either 1 king size bed or 2 singles. If travelling with a friend we ask that you twin share but single travellers can request their own private tent (with king size bed) at no extra cost.

How many guests will be on my trip? Each trip has a maximum of 8 guests and 2 guides. The minimum number to guarantee a departure is 4 guests.

How fit do I need to be? Our walks are challenging enough to support our questionable claim of being a 'calorie neutral' walking tour, but easy enough to be within most people's ability. We recommend you be in good health and be moderately fit to undertake the trip. We cover about 14km on each of the first 2 days with a shorter walk on the final day. As each trip has two guides we are able to split the group according to ability if need be, challenging the fit walkers without pressuring walkers who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us, we would love to have a chat.
How much weight do we carry? One of the great aspects of our walks is that as we return to camp both nights, you do not have to carry a heavy pack.

What do we carry? All you need to carry is a drink bottle, a jacket and a camera, the guides carry the rest!

What style of shoes should we have? We recommend light weight boots, sturdy walking shoes or trail running shoes that you have worn in to avoid blisters.

Do we need travel insurance? We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. We do not refund for such occurrences, therefore travel insurance is your only safeguard.

How many guides are there? Every trip has two experienced guides. This allows plenty of opportunities to rest, take photos and walk at your own pace.

How about food? Food is an element very closely connected with Bruny Island and an important part of the Bruny Island Long Weekend. Almost 100% of the food we consume over the long weekend has been sourced from the island itself or within Tasmania. We regularly change the menu, depending on the season and what the local producers have for us that week. We have successfully catered for coeliacs, vegetarians, vegans and just about any dietary requirement you can imagine. We love the challenge of being creative with our produce!

We also serve an interesting range of top Tasmanian sparkling, wine and beers with our meals and will expose you to a number of great little boutique producers you could never find at home.
What time does the trip commence and conclude? We meet at Daci & Daci Bakers, 9-11 Murray Street, Hobart at 7.30am. Here you will meet your guides before your cruise down to Bruny Island at 8pm. Tea and coffee will be served, but please have breakfast before you arrive, or alternatively the bakery is open from 7am should you wish to purchase breakfast there. Please let the bakery staff know you are with Bruny Island Long Weekend upon arrival as we have reserved seating.

We arrive back at the waterfront in Hobart at 6pm on the final day.

What accommodation options do we have pre-and post-walk?

The Tasmanian Walking Company and Bruny Island Long Weekend have partnered with three outstanding hotels in Hobart, all providing superb accommodation, service and located within a 5-minute walk from our departure point in Hobart – Daci & Daci Bakers. Details on accessing exclusive accommodation deals with our partner hotels in Hobart will be provided by our reservations team once you have booked your Bruny Island Long Weekend.

The Old Woolstore Apartment Hotels 1 Macquarie Street, Hobart

This multi-award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly.

The Henry Jones Art Hotel 25 Hunter Street, Hobart

A hotel where art and history collide. Hobart's oldest waterfront warehouse has been transformed into Australia's first dedicated art hotel with views capturing the bustling wharf. Close to galleries, restaurants, bars and cafe's.

MACq01 18 Hunter Street, Hobart

Accommodation is available in a variety of luxurious suites and rooms. Each of the hotel's 114 rooms are linked to a real character central to the story of Tasmania - heroes, villains, explorers, inventors, convicts, bushrangers, first people, industrial giants, political mavericks and much more.

Are there age restrictions? The minimum age for guests walking with us is 12 years old. We can be a bit more flexible with younger children that book a private trip, when we have the opportunity to modify the itinerary. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.
Fitness Training

Bruny Island is like a microcosm of Tasmania with an amazing variety of environments compacted into an island that takes just one hour to drive across. Our guided walks take you through varied terrain including beaches, rocky headlands, bush trails and rainforest and by the end of the Long Weekend you will feel like you know Bruny Island intimately.

We recommend you be in good health and be moderately fit to undertake the trip. One of the great aspects of our walks is that as we return to the same camp both nights, all you need to carry is a drink bottle and a raincoat!

**Day 1** We walk out to a Cape on North Bruny Island for spectacular views across Storm Bay towards the Tasman Peninsula: 14km - 5-6 hours of walking and approximately 200 metres of climbing.

**Day 2** We explore the Southern end of Bruny Island. Depending on the weather we may choose to climb East Cloudy Head which juts out into the Southern Ocean or the slightly longer (but with less climbing) Labillardiere peninsula: Approximately 14km - 5-6 hours walking and up to 350 metres of climbing.

**Day 3** We climb through beautiful Gondwanan rainforest to the highest point of Bruny Island: 4km – 3 hours walking, 175 metres of climbing.
Training Tips!

/ Do what you can! Any walking training is better than no walking.

/ Consistency and persistence are key.

/ If possible, train on terrain similar to your hike – find a steady incline bush track, hill or set of stairs near home to practise on.

/ Build exercise into your day, walk where possible and take the stairs as much as you can.

/ Walk in all weather – try and train in cold, windy, rainy and sunny conditions. This helps you prepare mentally and physically and select the right gear for the weather conditions.

/ Listen to your body – if you feel unwell, or excessively tired, then rest and recover.

/ Try out walking poles. If you plan to use poles practice with them on stairs and hills. Your poles should be going in front of you on the way up and down to reduce the stress on knees, hips and ankle supporting your whole weight.

/ Aim to fit in yoga or a stretch session before and after your walks. This will show you where you hold tension or become tight while walking. Take note of this as it’s important to look after those muscles that become tight to prevent injury during your training, but also while on the track.

/ Strength training, focussed on the lower body will greatly benefit your fitness and recovery during your walk. Focus on powering up glutes, hamstrings, quads and calves.

3-6 months before your walk

If you have limited experience with long-distance walking, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program and gradually increasing the length/difficulty of your walks. Use the 10% rule: from one week to the next, do not increase your total weekly distance, or the distance of your long walk by more than 10%.

IDEAS:

/ Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work.

/ Encourage a friend or family member to walk with you to increase the motivation.

/ Short bush walks or urban hill and stair climbs can be a great quick training fix for busy weekdays.

/ Record distance and duration each day that you walk. Aim to increase either distance or duration each week. Phone apps like Strava, Nike and other health apps are a great tool to track your progress.
To help with motivation during your training download outdoor podcasts and audiobooks to listen too. This will put you in the adventure mindset leading up to your hike. Our guides recommend some of the following podcast channels:

- Wild Ideas Worth Living
- TedTalks
- The Dirtbag Diaries
- Sounds of the Trail
- Outside/In

And Audiobooks:

- Wild by Cheryl Strayed
- Walk in the Woods by Bill Bryson
- Becoming Odyssa by Jennifer Pharr Davis
- Tracks by Robyn Davidson
- On Trails by Robert Moore

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**2-3 months before your walk**

**Training commitment:** One short walk, one cross-training session and one long walk per week.

**Midweek walk:** The aim should be to walk for an hour at a reasonably brisk pace. This helps develop leg speed as well as helping get in condition for your hike.

**IDEAS:**

- Long weekend walking – research bush trails in your local or surrounding areas. Try and tick off a different one every second weekend. Variety in your training will build up your leg muscles and endurance. Start with shorter walks and build up to half day and full day hikes.

- If possible try and pick walks that have some inclines and declines to condition your joints.

- Cardio Cross-training – mix up your training to reduce your risk of injury, improve your endurance and keep the training interesting. Choose something you enjoy, cycling or spin class, running, stairmaster, hot yoga or swimming.
1-2 months before your walk

**Training commitment:** One or two short walks, one cross training session and one long walk per week. **Midweek walk:** Start to include hills and stairs in your weekly walk to build lower body strength.

**IDEAS:**

- Walk on bush tracks whenever possible.
- If possible, have your short walk the day after the long weekend walk.
- Long weekend walk – start to decide on what gear you need to carry and wear on The Bruny Island Long Weekend and train with this gear to test its comfort and reliability. See our gear list for recommendations or material types, layers and brands.

1-3 weeks before your walk

**Training commitment:** One or two short walks, one cross training session and one long walk per week. You should aim to walk for two days in a row with about 4-5 hours of walking each day.

**IDEAS:**

- Make sure you keep hydrated and aim to use the gear you will be taking on your Tasmanian Walking Company Hike

1 week before your walk

The last week before your walk you should look after yourself!

Keep hydrated, eat well, and sleep well. Keep active, but don’t go any longer or high intensity training, now is the time to recharge. Do lots of stretches, and ensure you pick up any last-minute gear.