



THREE CAPES

long weekend

Welcome to the Three Capes Lodge Walk *Long Weekend*

**3 Day/2 Night
guided journey,
exploring Hobart & the
Tasman Peninsula**



Join us on this unique experience bringing together the majesty of Tasmania's renowned wilderness, colonial history and contemporary art and culture. Discover the rich, layered culture and history of Tasmania, get up close to native animals in the wild and immerse yourself in the rare beauty of the Tasman National Park.

Be whisked away from the hustle and bustle of Hobart on the first morning, escaping to the serenity of the Tasman Peninsula. By mid-morning find yourself on a secluded beach with views of soaring sea cliffs, before venturing across waters on your own private eco-cruise. Stepping ashore, we're privileged to be the only guided walking company to have exclusive access on two sections of the Three Capes Track.

By late afternoon we arrive at our exclusive lodge, nestled deep within the National Park (the only private accommodation inside the National Park). Settle in for an evening of comfort with unrivaled views and hospitality.

Day two and it's time to lace up your boots again, this time for our "adventure day" as we walk summit Arthur's Peak and journey through a diversity of wild landscapes, including rainforest and coastal heath to arrive mid-afternoon at Fortescue Bay. From here, we'll take you back to Hobart to celebrate our walk with canapes and a glass of sparkling. The evening is then yours to discover the culinary delights of Hobart before settling in for a good night's rest. On our final day, we travel to MONA to explore the world-famous underground museum and gallery complex.

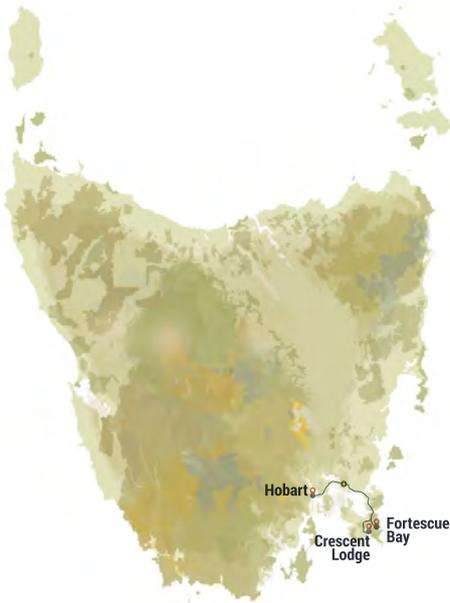
The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Moderate

Activities: The only authorised guided walk on the Three Capes Track, staying in the heart of nature in the only private accommodation inside the National Park. Day one walk includes the stunning Mt Brown/Crescent Beach circuit, followed by an extended boat voyage from Safety Cove to the Three Capes Track trail-head. Return to Hobart and settle in for the evening at Hadley's Orient Hotel. Our final day features a return river voyage by ferry to experience the iconic MONA





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!

We are the only guided walking company entrusted by the Tasmanian Parks & Wildlife Service to offer the Three Capes Track and stay within the national park each night.

Our groups have exclusive use of our architecturally designed lodges which sit gently on the natural environment. Ours are the only private lodges along the trail. As you are not camping, we can offer truly light pack weight. Our lodge has been discreetly located off the main trail and offers a warm shower, drying room and twin share accommodation. Your accommodation is an important aspect of the walk and we believe it should be enjoyed not endured!

We believe that food and wine should be part of the experience, never an afterthought. We have our own in-house chef to design all meals and train guides in their preparation to ensure they are both healthy and delicious. We work in remote locations which makes our menu design more challenging, however, by focusing on using as much fresh produce as possible and engaging a chef who understands what we have to work with, we proudly serve outstanding meals each day.

Our guides are our most outstanding asset. They are passionate outdoor enthusiasts, educated interpreters and fantastic hosts all rolled into one. Through your guides' interpretation, you can learn about the flora, fauna and local history of Tasmania's awe-inspiring wilderness. Our guides are trained in accident prevention, incident management and remote area first aid. They carry appropriate communications equipment to ensure that, should it be required, help is only a call away.

Over the years Tasmanian Walking Company has been the proud recipient of many awards.

Call and talk to us on 03 6392 2211 and find out why we are the most awarded walking company in Tasmania.



Itinerary

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	Hobart - Crescent Lodge	11km (5hrs)	Crescent Lodge	-/L/D
Two	Crescent Lodge - Fortescue Bay	17km (7hrs)	Hadley's Orient Hotel	B/L/-
Three	Explore Hobart and MONA			B

* PLEASE NOTE:

DINNER - DAY 2: Dinner on Day 2 is not included.

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



Hobart, Mount Brown and Crescent Lodge

Today we travel to the Tasman Peninsula. After a short side trip to Remarkable Cave, we lace our boots up to for a hike to the summit of Mount Brown to enjoy the vast panoramic views of the peninsula's rugged coastline. We then descend to the coastline to meet our private eco-cruise, but not before exploring the enormous dunes and beautiful crystal waters of Crescent Bay. After a refreshing dip, it's time to cross the waters by boat, with stunning views back to Port Arthur and some of the highest dolerite cliffs in the southern hemisphere.

A short wade ashore from the boat signals your arrival at Denman's Cove. On day one, please wear shorts, zip-off walking trousers or pants that can be rolled above your knees. You may encounter knee-high waters, depending on where sandbanks have formed. It's time to get the boots on again for the final two-hour walk to our accommodation deep inside the national park. Crescent Lodge is perched high, with far stretching views across Crescent Bay to Cape Raoul, with guest rooms spilling into the gully. Arrive ready to settle in with a warm shower as your guides- come-chefs prepare a three-course feast of local fare. Post dinner take your Tassie pinot to a quiet deck for your own private sunset.



Crescent Lodge to Fortescue Bay

Wake to the silence of Crescent Lodge and wander down to the stunning dining room for a hearty breakfast to start the day. Then it's time to lace up your boots for our walk to Fortescue Bay. Today we will be walking through a diversity of landscapes and ecosystems, including exposed coastal heathlands, surprise pockets of coastal rainforest and climbing the peninsula's highest peak Mount Fortescue (490 metres above sea level). Enjoy lunch with leafy-framed ocean views overlooking The Monument. Arrive mid-afternoon at Fortescue Bay. This is your chance to drop the pack and sink your toes into the cool white sands or perhaps even take a celebratory dive into the crystal clear waves!

After some canapes and a glass of sparkling, you'll be transported back to Hobart and your accommodation at Hadley's Orient Hotel. The evening is then yours to discover the cultural, heritage and culinary delights of Hobart.



Day 3

Hobart and MONA

In the morning, head down to meet your guide and enjoy a relaxed breakfast in your hotel. At 10:15am, you will travel independently in style on the MONA ferry, departing from Brooke Street Pier. Your ticket includes entry to the Posh Pit, where drinks and nibbles are included. Cruise the River Derwent with commanding views of the imposing massif, kunanyi/Mount Wellington. Continue on beneath the infamous Tasman Bridge straddled between the Royal Botanical Gardens and Bellerive foreshore, before stepping off at MONA. Explore the mysterious and subversive MONA at your own curious leisure.

You'll return by boat at 3:00pm, again in the Posh Pit, where you can enjoy a final glass of Tasmanian wine or beer. The trip ends at 3:30 at Brooke St Pier.



What is included

- / Return transfers from Hobart
- / Lodge accommodation
- / Two lunches, two breakfasts, one dinner (Crescent Lodge), non-alcoholic beverages and a selection of Tasmanian wines
- / Boat transfer from Safety Cove to Denman's Cove
- / Use of a backpack and weather-proof jacket for the duration of the walk
- / Linen and comfortable beds
- / Two qualified guides for duration of the walk
- / National Park Pass

Single supplement

All accommodation is twin share. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a single room for the duration of the walk a supplementary price of 75% of full fee will apply. This needs to be requested at the time of booking.

Booking Terms and Conditions

All prices are quoted per person in AUD including GST and are on a seasonal basis.



Gear Checklist

The items on the gear list below will be packed into your 50-litre pack (provided) and carried by you.

We provide the following:

- / 50-litre canvas pack (available on the morning of departure) and pack liner
- / Rain jacket (3-layer membrane; waterproof and breathable) (available on the morning of departure)
- / Lightweight travel quilt cover and fitted sheet carried by you (our quilts are specifically designed for us and provided in the Lodges)
- / Library offering a range of books and games (including field guides; some titles are available in every hut along the track)
- / Lunch container and cutlery
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at each lodge)
- / Bio-degradable liquid soap (also suitable as a shampoo; available at each lodge - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)

* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

* You're welcome to bring your own backpack, daypack and rain jacket if you would prefer.

Essential Gear List

When you arrive at the pre departure point, it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

Essential Items

- / Light weight lace-up walking boots or shoes with ankle support and treaded soles (full-grain leather or Gore-Tex with Vibram soles recommended).
 - / Shirts/t-shirts (merino or polypropylene; 3 recommended)
 - / Socks (3 pairs recommended)
 - / Underwear
 - / Lightweight indoor footwear (thongs/ sports sandals; for lodge use)
 - / Sun hat & sunscreen (small bottle for use during the day)
 - / Travel towel or body chamois (for showers and swimming on day one and four)
 - / Water bottle(s) or water bladder (2-litre total capacity required; our packs can fit a water bladder - just ask your guides)
 - / Travel mug for hot drinks out on track
 - / Head torch or small torch
 - / Any personal medication, including anti-inflammatories and EpiPens
 - / Face masks - enough for the duration of your walk, keeping in mind we don't provide laundry facilities. Masks with filter preferable. For public health advice on masks click [here](#).
- We cannot over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots/shoes must be worn in to minimise the risk of blisters. We are more than happy to discuss footwear with you.
- / Polar fleece jacket (preferred) or woolen jumper/pullover
 - / Light jumper (warm)
 - / Beanie
 - / Gloves or mittens
 - / Shorts and/or zip-off light walking trousers (To be worn on Day One)
 - / Thermal base layer (long-sleeved top and long johns - merino or polypropylene)
 - / Warm, long pants (evening lodge wear)

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE



Recommended Items

- / Walking poles (assists with balance and muscle fatigue)
- / Water-proof overpants (highly recommended – particularly in winter months)
- / Camera
- / Spare batteries or USB power cord for camera (there is one charging station in each lodge)

Optional Gear List

- / Bathing suits for swimming on day one and four
- / Small mirror (especially if you wear contact lenses)

* 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.

* Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.

* While the lodges include drying rooms for wet gear, they do not incorporate laundry facilities. If you adhere to the packing list, you should be all set for the duration of your walk.

* Please note that guides will do a thorough gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.

Hire Gear – Gear and Gourmet

Any items you may not have can be hired or purchased from Three Capes Gear & Gourmet. Walking poles, over-pants and headlamps and other relevant items can be booked at twc.3capesgearandgourmet.com.au and conveniently delivered to our walker's base for the start of your walk.





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.

What is the accommodation like?

Night 1: You will stay in our private lodge (Crescent Lodge). The lodge is architecturally designed to sit lightly within the environment with stunning views. The Lodge does not forego creature comforts with plenty of lounge areas. Accommodation at the lodge is twin share (If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.)

Night 2: You will stay at Hadley's Orient Hotel (or similar standard hotel) in Hobart - accommodation is twin share (If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.)

How many guests will be on my trip? Each trip requires a minimum of 7 and a maximum of 14 guests. All accommodation is twin share. If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.

How fit do I need to be? As long as you exercise regularly, are capable of walking 17kms, and are comfortable with varied terrain, you'll be fine! This track is considered a "dry foot track" so mud will not be an issue!

If you have any concerns about fitness, please call 03 6392 2211 and speak with one of our friendly Reservations staff members. We are more than happy to discuss additional information about what you can expect.

How much weight do we carry? On the morning of your departure, the guides will carry out a thorough gear check to ensure you have suitable gear and help you reduce pack weight.

If you adhere to our gear list, your pack will likely weigh between 7kg and 9.5kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 6.5kg.

The pack and weatherproof jacket that we provide have a combined weight of 2.5kg, leaving 4.5–6.5kg for your personal items.



What do we carry? Each person must carry their lunch, all items on the [essential gear list](#) plus any extras such as camera.

What style of boots should we have? You will need lace-up hiking shoes or boots that have sturdy, treaded soles (full-grain leather or Gore-Tex with Vibram soles recommended).

We cannot over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots must be worn in to minimise the risk of blisters. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details. We are more than happy to discuss footwear with you.

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. Please see our Booking Terms & Conditions for details and contact us if you have any questions.

How many guides are there? Our guides are passionate outdoor enthusiasts, educated interpreters and fantastic cooks all rolled into one. Two knowledgeable guides accompany each trip. This allows plenty of time for interpretation at interesting points along the track, photo opportunities, rest breaks and walking at your own pace. Each of our lodges has a hut host to look after you during your stay.

How about food? All meals and snacks are provided. The guides prepare scrumptious meals each night. We are quite happy to cater for special dietary requirements, we just need to know in advance. We use fresh Tasmanian produce and evening meals are served with a selection of Tasmanian wines. *Please note in the best interests of our guests and staff we promote the responsible service of alcohol.

What time does the trip commence and conclude?

At the start of your walk: We pick up from Hadley's Orient Hotel between 6:50am - 7:00am, (across the road in front of the church), from MACq01 between 7.00am - 7.10am, Henry Jones Art Hotel 7:05am - 7:15am and then The Old Woolstore between 7.10am - 7.20am (please note depending on traffic conditions our bus may be up to 10 minutes late). The shuttle bus will not collect from hotels unless we're advised that you need collection. If you are staying anywhere else within Hobart, please make your way to our walkers base by 7:30am sharp (located at 164 Murray Street).

At the conclusion of your experience: 7:30am breakfast at Hadley's before 10:15am ferry to Mona. At the conclusion of your experience: the group will arrive back into Hobart at approximately 3.30pm. You are then free to continue on with your independent itinerary.

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

The Old Woolstore Apartment Hotel 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. To book visit www.oldwoolstore.com.au

/ Type in the code 'TWC'

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 cafés.

The Henry Jones offers luxury boutique accommodation with warm friendly service.

To book please email reservations@thehenryjones.com and quote "Tas Walking Co" to receive your 10% discount.

MACq01 18 Hunter Street, Hobart

MACq 01 lives on Hunter Street on the old Hunter Island, one of the earliest sites of European settlement in Tasmania. Surrounded by yachts, docks, convict-built sandstone warehouses and a huge expanse of open water, the hotel boasts gorgeous views alongside supreme convenience.

MACq 01 is the perfect place to start telling your own Tasmanian story. 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.

To book please email reservations@macq01.com.au and quote "Tas Walking Co" to receive your 10% discount.

Hadley's Orient Hotel 34 Murray Street, Hobart, TAS

Victorian-era style accommodation in Hobart, Tasmania. Perfect for couples, families, groups or corporates. Our central CBD location means we are within walking distance to shopping, eateries, activities and site seeing plus the popular Salamanca precinct.

Type in the Promo code 'TWCHOH'

Are there age restrictions? The minimum age for guests walking with us is 10 years old. 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

The Three Capes Track is a great introductory bushwalking experience. The high quality of the track surface, the achievable distances, and the stunning scenery reward you with every step. However, walking for days at a time whilst carrying a pack can be hard on your body, so we recommend that our guests put some time aside before their booking date to condition their body in preparation. Training will allow you to enjoy the hike more and focus on the landscape and experience.

The Three Capes track covers 48 km over a 4 day journey. The track begins and ends at sea level and the highest point of the track sits at 480 metres on Mt. Fortescue which you will hike over on day 4. The track itself undulates gradually over the four days and steeper sections of the track utilise stairs. Your pack weight will range between 7 and 9.5 Kg depending on the weight of your personal gear, so you need to be prepared to carry the weight for four days.

Training Tips!

Do what you can! Any walking training is better than no walking. Your training walks should be around 7-9km in length to walk comfortably on your trip. Now is also a good time to add more strength based exercises.

- / Consistency and persistence are key.
- / The best training you can do is hiking with a pack and in the boots you plan to wear on the track.
- / Work up to carrying a pack weight at least equal to your anticipated trip pack - remember that this will include your gear, lunch, water (2L), snacks and rain gear.
- / 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.
- / Get to know the walk – check your trip notes so you are familiar with the features of the walk – call us if you need advice about anything!
- / 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.
- / Try out walking poles. If you plan to use poles practise 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.
- / Listen to your body – if you feel unwell, or excessively tired, then rest and recover.
- / 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, focused 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.
- / Short bush walks or urban hill and stair climbs can be a great quick training fix for busy weekdays.
- / Encourage a friend or family member to walk with you to increase motivation.
- / 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 Odyssea by Jennifer Pharr Davis
- / Tracks by Robyn Davidson
- / On Trails by Robert Moore

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.
- / Make sure you carry some weight on your back – start with 2-3kg and build up from there, adding some more weight each week.
- / 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 Three Capes Lodge Walk and train with this gear to test its comfort and reliability. See our gear list for recommendations or material types, layers and brands.
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1-3 weeks before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week. Long weekend walk – Have a practice walk! 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
 - / Ideally you will be able to comfortably carry up to 10kgs on all your training walks.
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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.

