



# Tasmania

## Walls of Jerusalem Hiking Trip



Photo: Ingrid Schnell



Photo: O&M St John

### TRIP DURATION

6 days, 5 nights

### GRADE

Moderate hikes - Overnight hikes, some uneven terrain, you need to be reasonably fit and enthusiastic. Suitable for women who walk 2-3 times per week (regular walkers)

### START AND FINISH LOCATION

Launceston, Tasmania

### ACTIVITIES

Hiking, trekking with a full pack, day hiking

### ACCOMMODATION

3 nights camping, 2 nights hotel

### INCLUDED

All accommodation and meals itemised in itinerary

### GROUP SIZE

10 women maximum + leaders

## SUMMARY

**6 day trip, 2 days hiking with a full pack, 2 days walking, 3 nights camping, 2 nights hotel, Launceston.**

## WHY TRAVEL WITH WOMEN WANT ADVENTURE?

Women Want Adventure trips are a unique experience specifically tailored for women with a community focus. All our leaders are qualified and experienced to ensure your trip is safe and enjoyable. Our services provide more than a travel holiday. Women Want Adventure trips connect like-minded women who want to try new things, push personal boundaries, make lasting friendships and have fun! We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every outdoor encounter.

On this special trip, we have partnered with Tasmania Expeditions. Tasmanian Expeditions has been in continuous operation for over 30 years. We offer economical, reliable, environmentally friendly, small group, fully inclusive adventure holidays to some of the most beautiful and pristine parts of Tasmania.



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## THE TRIP

**Discover a mountain landscape only accessible by foot on this exclusive walk in the magnificent Walls of Jerusalem, Tasmania's only true alpine National Park.**

On this trip we use a comfortable base camp near the main peaks, allowing for delightful day walks with light packs into the heart of this spectacular mountain region. On the rest day we make the short, steep hike up to the base camp with full packs, then set up our tents on raised timber platforms nestled amongst the wilderness. You'll have the chance to climb King David's Peak and Mt Jerusalem, from where views stretch across much of Tasmania, or venture to remote outer regions such as Golden Gate or Zion Vale. Each evening we return to camp, situated near a stunning cluster of alpine tarns known as Solomons Jewels, where your guides will prepare gourmet camp meals served with a view.

Utilising the base camp, this trip is an ideal introduction to remote wilderness walking in one of Tasmania's most pristine alpine environments.

## INCLUDED

- 2 professional wilderness guides
- 3 nights camping at a remote base camp
- 2 nights accommodation/twin share in Launceston
- 3 breakfasts, 4 lunches, 4 dinners, snacks and hot drinks
- Transport by private minibus
- National Park fees
- Tent, backpack, gaiters
- Sleeping bag, inner sheet & inflatable sleeping mat
- Group camping equipment including all cooking & eating equipment
- Emergency communications & group first aid kit
- Trip escorted by Women Want Adventure Guide

## TRIP HIGHLIGHTS

- Spectacular base camp location central to a diverse range of day walking opportunities
- Tasmania's last remaining stands of ancient pencil pine forests
- Summit numerous mountain peaks including Mt Jerusalem, The Temple and Solomons Throne
- Abundant wildlife and stunning endemic wild flowers
- Fascinating highland heritage and historic mountain huts
- One of the official Great Walks of Tasmania
- Delicious evening meals cooked by your wilderness guides

## TRIP SUMMARY

- DAY 1** Arrive Launceston
- DAY 2** Transfer from Launceston, trek to Wild Dog Creek base camp
- DAY 3** Explore Walls of Jerusalem National Park
- DAY 4** Explore Walls of Jerusalem National Park
- DAY 5** Trek from Wild Dog Creek base camp, transfer to Launceston
- DAY 6** Trip concludes

## EXCLUDED

- Travel to and from Launceston before and after the trip
- Items of a personal nature: alcoholic beverages, car parking etc
- Travel insurance



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## DAY 1

### Arrive into Launceston

On arrival into Launceston, please make your way to your accommodation.

From here, the group will travel to the **COMPULSORY** pre-departure briefing at Tasmanian Expeditions Offices: 3/33 Churchill Park Drive, Invermay at 2:00pm start time. It is essential that you make your travel arrangements to enable you to attend this briefing and that you bring along all of the gear/clothing required for your expedition with you. We will be providing you with sleeping mats and other gear outlined so you must attend. When booking your flights, please make sure you arrive into Launceston well before 2pm so you have enough time to get to your hotel and travel to Tasmanian Expeditions Office with the group.

The briefing will be approximately 2 hours in duration and will include the following:

- An opportunity for you to meet your fellow group members over a complimentary hot beverage
- An outline of the general itinerary/objectives of the tour
- A cross-check of essential gear and clothing required
- Distribution and packing of all hire gear included in the tour price and/or requested
- Explanations of what is expected from the group and individual participants
- Identification of inherent risks of the trip and outline emergency procedures
- Explanation of Leave no Trace principles and overall conservation strategies
- Forecast weather conditions
- An opportunity to pack your backpack with everything required for the trip, leaving it behind, ready for the following days departure.

This evening we will head out for dinner to relax and enjoy a meal before the start of our trek tomorrow.

Overnight Penny Royal Hotel (or similar)

**Meals:** At groups own cost

## DAY 2

### Transfer from Launceston, trek to Wild Dog Creek base camp

This morning you will be collected from your hotel in Launceston at approx 8am and transferred to the Walls of Jerusalem National Park (travel time approx. 2 hours). Carrying our full backpacks into this magnificent highland area will provide us with a challenge but we will be given plenty of encouragement from our guides as well as snacks and numerous rest stops along the way.

Once the plateau has been reached, the walking is at and spectacular as we pass by numerous tarns and lakes en route to our base camp for the next 3 nights. On arrival we set up camp, relax and enjoy the amazing surrounds of the rugged mountain of King Davids Peak (1499m).

**Walking Distance** 7km

**Walking Time** 4 hours

**Meals:** Lunch ,dinner

## DAY 3

### Explore Walls of Jerusalem National Park

Today we head out from our camp (carrying just our day packs) passing Lake Salome and the Pool of Bethesda before reaching the imposing dolerite Gate of Damascus. From the 'Gate' we walk through a rare stand of ancient pencil pines, coming to lush grasslands known as Dixons Kingdom. The cultural heritage hut here was built in the early 1930s by Reg Dixon, a trapper of the time.

After a short break enjoying our lush green surrounds, we head off to climb Mt Jerusalem. On a clear day the views from Mt Jerusalem stretch across the central highlands where you will see why the area is referred to as the 'Land of a Thousand Lakes'. Our return route to base camp either takes us through the Gate of the Chain or the Golden Gate. Either way spectacular sub-alpine scenery awaits.

**Walking Distance** 8-12km

**Walking Time** 6-8 hours

**Meals** Breakfast, lunch and dinner



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### DAY 4

## Explore Walls of Jerusalem National Park

Today is another bushwalker's dream. After breakfast at our scenic camp, we continue to explore this alpine paradise carrying just day packs. We can climb Solomons Throne from where we have an excellent view of the area we walked on the previous day. From here we head south and enjoy yet more of the lakes, tarns forests and open grass lands that make this such a superb and pristine walking location. For those that are keen there are more opportunities to climb the surrounding peaks such as The Temple and King Davids Peak.

Our last night is spent enjoying the views of the peaks featured along the famous Overland Track from our comfortable camp.

**Walking Distance** 8-12km

**Walking Time** 6-8 hours

**Meals** Breakfast, lunch and dinner

### DAY 5

## Trek from Wild Dog Creek base camp, transfer to Launceston

This morning we bid farewell to this truly outstanding part of Tasmania's World Heritage Area and begin our walk off the plateau. We meander past the sparkling tarns of Solomons Jewels, descend steeply through tall eucalyptus forests filled with melodious bird call, and stop for a rest at the old Trappers Hut. The final section of gentle downhill track gives us time to reflect on the last six days of outstanding bushwalking.

Just before lunch we meet up with our transfer bus and driver, shrug off our trusty backpacks and drive to Mole Creek village for a celebratory pub meal together. Congratulations on completing one of Tasmania's most magnificent and unforgettable wilderness walks! We drop you at your Launceston accommodation by approximately 5pm. This evening we will enjoy a celebratory farewell meal.

**Walking Distance** 7km

**Walking Time** 3-4 hours

**Overnight** Penny Royal Hotel (or similar), Launceston

**Meals** Breakfast, lunch and dinner

### DAY 6

## Trip Concludes

Your trip concludes today. Own arrangements for onward travel.

**Meals** Nil

## IMPORTANT NOTE

The above itinerary is to be taken as a guide only. Inclement weather, group fitness and a number of other factors may influence our planned itinerary causing delays and variations. Women Want Adventure and Tasmanian Expeditions group leaders reserves the right to make modifications and alterations to the trips itinerary in the best interests of all involved

## GRADING

Moderate. This trip will require you to be hiking up to 3-5 hours on some of the days. We walk at a slow and steady pace and ensure all women feel comfortable when carrying full packs and hiking longer distances. You will need a good level of fitness and general overall health. Please be prepared to walk in a variety of weather conditions such as rain or snow. We suggest 2 -3 days of regular walking in your week to best prepare you for this trip and maximise your enjoyment.

## PACKING

When packing for your trip please make sure you have all items on the packing list provided to you. There is limited space in our transport vehicle so you will need to pack: 1x duffel or overnight pack + 1x daypack. Please DO NOT pack a hard shell suitcase. Aim for 15kg or less for this trip.



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### FOOD ON YOUR TRIP

Women Want Adventure strives to provide wholesome and nutritious meals on every trip. Where and when we can, we cater for dietary requirements. Our leaders have fabulous skills to prepare meals in wilderness environments and may from time to time ask you for a hand in preparation. Depending on the style of trip, some of our meals will use dehydrated foods to carry in overnight packs. The types of food you can expect on your trip include:

<b>Breakfasts</b>	cereals, toast, porridge, beans + hot drinks
<b>Lunches</b>	varies each day. Salad wraps, stir-fry meals, cold meats and sandwiches
<b>Dinners</b>	varies daily from curries, pasta, vegetarian stir fries, meat and vegetables
<b>Snacks</b>	Muesli bars, dried fruit, fresh fruit, nuts and seeds (please pack any personal snacks you prefer)

### DIETARY REQUIREMENTS

Passengers with special meal requirements or food allergies must ensure they inform Women Want Adventure of this at the time of booking. Food for the trip is purchased prior to commencement and special requirements cannot be catered for after departing. If you have not notified us prior to departure, you may be asked to pay for any additional food yourself. Due to the nature of our trips food is basic but plentiful. We provide the below substitutes, please bring your own staples if you require specific foods not listed below:

<b>No Pork</b>	(Alternative to Ham provided)
<b>No Dairy</b>	(soy milk provided)
<b>Vegetarian</b>	(additional veg and veggie burgers provided)
<b>Vegan</b>	(supply of additional fruit and veg provided)
<b>Gluten Free</b>	(cereal, bread, wraps, pasta, snack bars, sweet and savoury biscuits provided)

We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travellers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self administering these medications.

### HYGIENE

Women Want Adventure and our partners Tasmanian Expeditions are deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for generations to come. The following policies and techniques for personal hygiene in the wilderness will help to reduce our impact and ensure our trip is sustainable:

- Please keep toiletries to an absolute minimum. This is a benefit to the environment and to the weight of your pack! If you bring biodegradable products their suitability will be discussed at your pre-tour briefing. We suggest embracing the 'bush look' and leaving shampoo, soaps and hair products behind. Natural 100% Tea Tree oil serves as a good antiseptic soap/shampoo alternative.
- Toilet paper is provided and composting toilets are available only at Wild Dog Creek Camp. In the wilderness we need to dispose of waste as per Leave No Trace Principles, which will be explained by your guides.
- On this trek there are some opportunities to refresh yourself with a swim or bathe in lakes and streams. We recommend bringing a quick drying micro/travel towel for washing and drying.
- Please note that if you choose to bring wet wipes/moist towelettes on the track it is required that you carry them out again in your own backpack as there is no rubbish disposal on the trail and wipes cannot be put in the composting toilets.
- If possible, organic/natural brands of toothpaste, sunscreen, insect repellent and deodorant are preferred.
- Hand sanitiser will be provided at mealtimes and around camp. Having a small personal quantity is also recommended – 60ml is sufficient.



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## ACCOMMODATION ON TRIP

Our 3 nights in the Walls of Jerusalem National Park are spent at Wild Dog Creek base camp. Situated at the foothills of the area's highest mountain, King David's Peak (1499m), we set up our tents on elevated wooden platforms. A permanent kitchen and dining platform provide rustic shelter from the elements and a panoramic spot to enjoy a hot drink, a chat about the day's events and a hearty evening meal together. A composting toilet and fresh drinking/washing water is located close by.

We provide strong, twin-share bushwalking tents, which give each occupant a personal access door and vestibule for individual use. Our tents weigh between 2 and 2.5kg and this weight is shared equally by each occupant. We use a range of high quality 3-4 season tents which have been trialled and tested to withstand all weather conditions that may be encountered on our adventures. Brands that are most commonly used are Wilderness Equipment and Eureka.

## WHAT YOU CARRY

For day 2 and 5 of this trip you will need to carry all equipment to the base camp in a full trekking backpack that is 75-90litres in capacity. Depending on the quantity of personal gear and toiletries the average pack weight will be between 14-18kg. You will carry the following items:

- Sleeping bag & inflatable mat
- Portion of the shared tent
- Portion of the group food
- All personal items that you have decided to bring along
- All wet weather gear supplied by Tasmanian Expeditions

For day 2 and 3 of this trip you will just carry a day pack containing the day's necessities.

## PROTECTING THE ENVIRONMENT

Women Want Adventure and our partners Tasmanian Expeditions operate in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage Area. It is our priority to leave these places unspoiled and as they were for all future visitors to enjoy.

The Leave No Trace principles and minimal impact practices special for your adventure will be introduced at the initial group briefing and reinforced by your guides when required out in the field. Following our 'hygiene' suggestions listed on these trip notes is a productive first step in helping the environment. Our environmental policies together with your help and cooperation will ensure that we can safe guard the pristine wilderness in which we operate.