



# Tasmania

## Walls of Jerusalem Hiking Trip

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### TRIP DURATION

6 days trekking with full pack, 5 nights wilderness camping,  
2 nights accommodation

### GRADE

Moderate - Overnight hikes, uneven terrain, you need to be  
reasonably fit and enthusiastic

### START AND FINISH LOCATION

Launceston, Tasmania

### ACTIVITIES

Day hiking and remote camping

### ACCOMMODATION

5 nights camping, 2 nights hotel (twin share)

### INCLUDED

All accommodation and meals itemised in itinerary

### GROUP SIZE

10 women

## WHY TRAVEL WITH WOMEN WANT ADVENTURE?

Women Want Adventure trips are specifically tailored with a community focus. Our guides are experienced to ensure your trip is safe, supported and enjoyable.

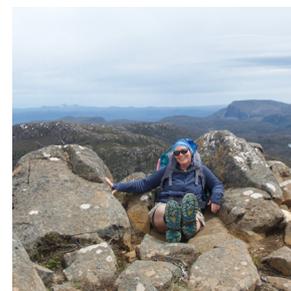
Our trips connect like-minded women who want to try new things, push personal boundaries, make lasting friendships and have fun. We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every encounter.

For your trip, we have partnered with World Expeditions. Together, Women Want Adventure and World Expeditions offer economical, reliable, environmentally friendly and inclusive trips.



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### THE TRIP

**The Walls of Jerusalem are part of the spectacular Tasmanian highlands, east of the famous Cradle Mountain-Lake St Clair National Park.**

You'll discover a mountain landscape only accessible by foot on this exclusive 6 - day adventure. Your adventure begins in the south of the National Park, bushwalking up onto the Plateau to our grassy camp nestled by Lake Myrtle.

From here we can choose to summit Mt Ragoona and Cathedral Mountain, both which provide impressive views over the southern wilderness of the famous Overland Track and the headwaters of the mighty Mersey River and its Never Never region.

The hike continues through remote alpine herb fields and highland lake country, sidling Lake Adelaide, Lake Meston and Junction Lake to name a few. In the northern confines of the park we base camp at Wild Dog Creek and spend two days exploring the surrounding peaks and valleys of the Central Walls region.

There is an option to summit King Davids Peak (1499m), Tasmania's 10th highest, as well as walks up Mt Jerusalem, The Temple, and Solomons Throne.

### TRIP HIGHLIGHTS

- Discover a magnificent alpine area only accessible by foot
- Spectacular campsite locations including two nights spent at a remote base camp
- The opportunity to summit numerous peaks with spectacular views
- Abundant wildlife and stunning endemic wildflowers
- Delicious evening meals cooked by your guides
- Majestic stands of thousand year old pencil pines, and sparkling lakes as far as the eye can see

### TRIP SUMMARY

- DAY 0** Arrive to launceston, pre trip briefing
- DAY 1** Transfer Launceston to Lake Rowallen, hike to Lake Myrtle
- DAY 2** Lake Myrtle to Lake Meston
- DAY 3** Lake Meston to Lake Adelaide
- DAY 4** Lake Adelaide to Wild Dog Creek camp
- DAY 5** Central Walls of Jerusalem
- DAY 6** Wild Dog Creek to Mersey Valley, transfer back to Launceston

### INCLUDED

- 2 professional wilderness guides
- 5 nights camping at wilderness camp locations
- 2 nights (twin share) in Launceston for pre and post accommodation
- 5 breakfasts, 6 lunches, 5 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

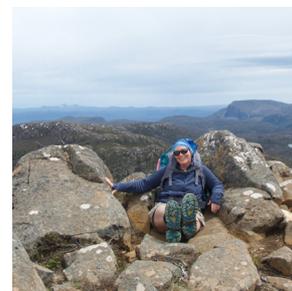
### EXCLUDED

- Travel to and from Launceston
- Items of a personal nature: alcoholic beverages, car parking, coffee etc
- First nights dinner after arrival (day 0)
- Travel insurance (compulsory)



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### DAY 0

## Arrive to Launceston

On arrival into Launceston, please make your way to the accommodation. Your pre and post accommodation is included.

The tour commences with a compulsory pre-departure briefing at a base location at 2pm. This location will be sent to you prior to departure. Your Women Want Adventure guide will meet you at the accommodation to travel to the briefing together.

#### The briefing will cover:

- An opportunity for you to meet your fellow group members over a complimentary hot beverage
- An outline of the general itinerary/objectives of the trip
- A crosscheck of essential gear and clothing required (please bring your gear with you to the briefing)
- 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.

**Meals:** Dinner at group's own cost in Launceston. Your guide will book a restaurant.



### DAY 1

## Transfer Launceston to Lake Rowallen, hike to Lake Myrtle

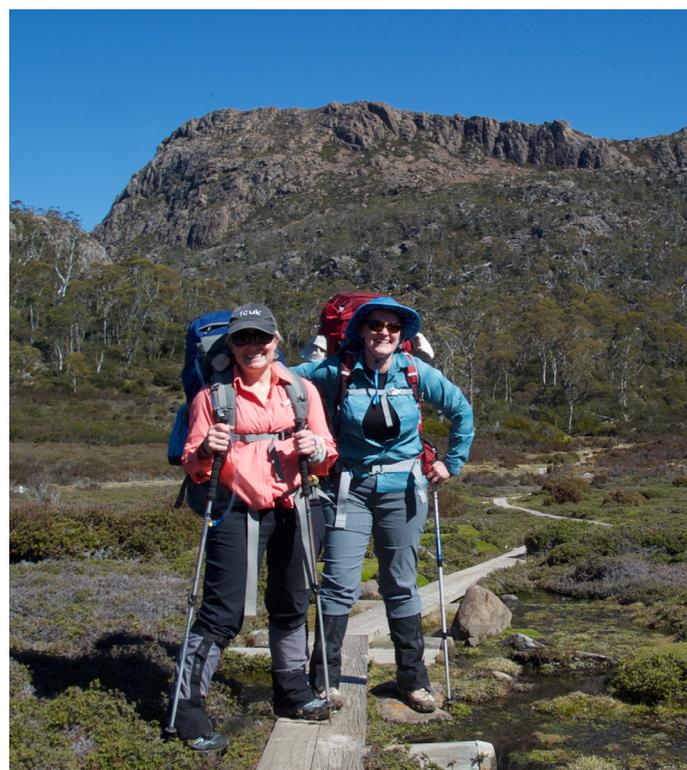
Today you will be collected from your accommodation in Launceston at approximately 8am and transferred to the Walls of Jerusalem National Park entry point. Carrying our full backpacks into this magnificent highland area will provide us with a challenge, but with plenty of encouragement from our guides as well as snacks and rest stops, the climb is achievable and well worth it. Our trek will take us up onto the central plateau conservation area through forests and button grass plains, past Lake Bill and on until we reach our stunning campsite on the northern shores of beautiful Lake Myrtle.

This beautiful campsite is a highlight of the day: a natural grassy meadow manicured to perfection by the resident wildlife. Settling in for the evening we enjoy a hearty meal whilst gazing upon the majestic view of Mt Rogoona's sheer cliffs rising high above the lake.

**Walking Distance** 7km

**Walking Time** 6 hours

**Meals:** Breakfast, Lunch, Dinner + Snacks

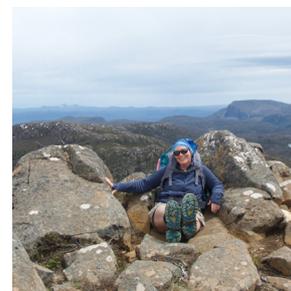




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## DAY 2

### Lake Myrtle to Lake Meston

After a warm breakfast we strike camp and continue on past the shores of Lake Myrtle, through alpine vegetation and around the base of Mt Rogoona. Time and weather will dictate whether we choose to attempt a summit of this superbly situated peak. Now that we are on the plateau our walking is gently undulating, and the low alpine scrub gives us wide views in all directions.

Continuing on down the other side of the saddle, we zig zag through myrtle rainforest until we reach our second campsite at Lake Meston - depending on time you may hike to the northern campsite or stay by the historical at the base of the saddle; these huts are a common feature in the Tasmanian wilderness and are treated respectfully as historical artefacts. The stories behind the huts are always fascinating and your guides delight in sharing them with you. Our camp tonight overlooking the Lake is, again, magnificent.

**Walking Distance** 7km + side trips

**Walking Time** 4-6 hours

**Meals** All

## DAY 3

### Lake Meston to Lake Adelaide

This morning we break camp and say farewell to the stunning Lake Meston. We quickly pick up a trail that skirts around the edge of Lake Adelaide - ducking through thick rainforest vegetation and popping out at great spots to view the lake - keep an eye out for the elusive platypus as you work your way around the eastern edge of the Lake - there are a few options for campsites tonight - your guides will choose one to fit in with weather and timing.

**Walking Distance** 7km

**Walking Time** Up 5 hours

**Meals** All

## DAY 4

### Lake Adelaide to Wild Dog Creek Camp

After packing up camp we continue following the lake shore until we come to the intersection of the Lake Junction and Walls of Jerusalem tracks. Here we begin our entrance into the heart of the National Park. We trek past glacial tarns and alpine herb fields, with the mighty peaks of the central Walls coming into view. Making camp by lunchtime we have the afternoon to duck in and have our first glimpses of the Central Walls. This comfortable camp at Wild Dog Creek will be our base for the next two nights.

**Walking Distance** 14km

**Walking Time** 7-8 hours

**Meals** All

## DAY 5

### Central Walls of Jerusalem

Today is a bushwalker's dream as we explore the central Walls area. With only a day pack on we hike up to Damascus Gate and then descend to the awe inspiring Dixon's Kingdom. An ancient forest of immense pencil pines gives us a glimpse into Tasmania's Gondwanan heritage. These beautiful, endemic trees are thousands of years old each and standing in their presence is truly humbling.

Leaving this magical spot behind we pass Jaffa Gate before ascending Mt Jerusalem (1459m) which rewards us with extensive views of the Central Plateau with its countless lakes and tarns. We then return to our camp at Wild Dog Creek to enjoy another delicious and well earned meal prepared by your guides.

**Walking Distance** 8-12km

**Walking Time** 6-8 hours

**Meals** All



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### DAY 6

## Wild Dog Creek to Mersey Valley, Transfer Back 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 last 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 Tasmanian Expeditions transfer bus and driver. Shrugging off our trusty backpacks, we board the bus and cruise to the village of Mole Creek for a celebratory pub lunch together. Congratulations on completing one of Tasmania's most magnificent and unforgettable wilderness walks! We will drop you at your Launceston accommodation by approximately 5pm.

**Walking Distance** 6km

**Walking Time** 3 hours

**Meals** Breakfast, Lunch and farewell dinner

### IMPORTANT NOTE

Inclement weather, group fitness and a number of other factors may influence our planned itinerary causing delays and variations. Women Want Adventure and World Expedition guides reserves the right to make modifications and alterations to the trip's itinerary in the best interests of all involved.

### GRADING

**MODERATE TO HARD.** This trip will require you to be hiking up to 4-6 hours on some 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. At the pre trip briefing on the day prior to hiking, we will sort through all your gear and provide you with items needed for your expedition.

Please ensure you pack merino socks, tops and thermal clothing. Cotton tops do not work well in alpine environments.





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### FOOD ON YOUR TRIP

Women Want Adventure strives to provide wholesome and nutritious meals. Where and when we can, we cater for dietary requirements, not preferences. Our guides 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, 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

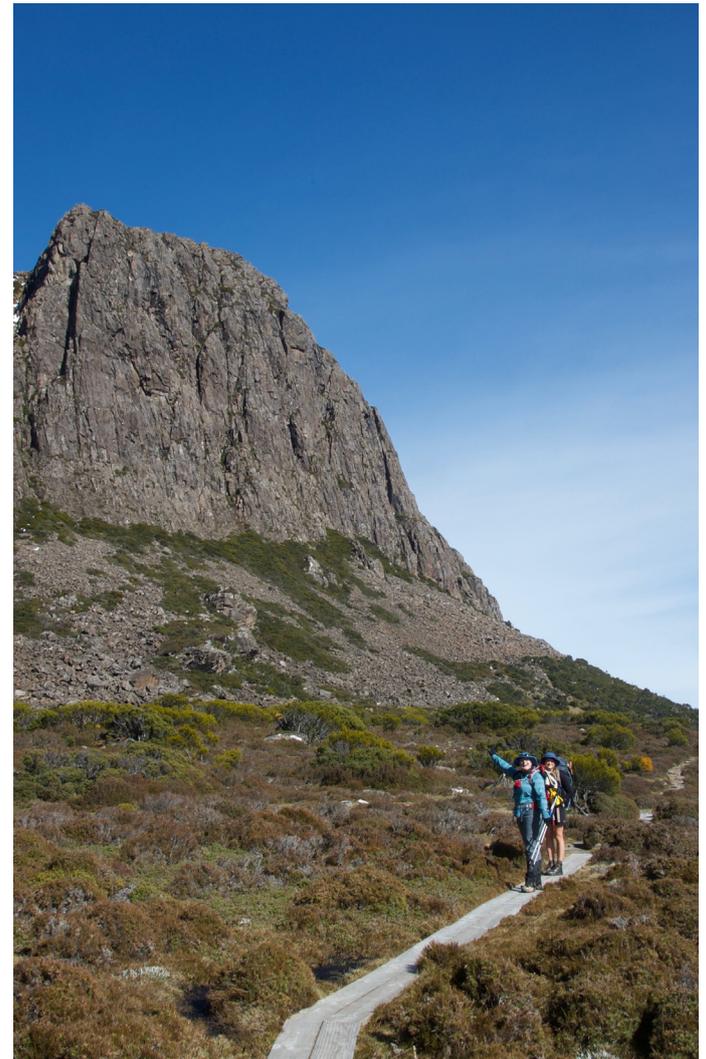
Passengers with special meal requirements or food allergies must ensure they inform Women Want Adventure of this at the time of booking. Food for the trip is purchased prior to commencement and special requirements cannot be catered for after departing. If you have not notified us prior to departure, 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>	(powder soy milk provided)
<b>Vegetarian</b>	
<b>Vegan</b>	
<b>Gluten Free</b>	

### A TYPICAL DAY

Mornings start with your guide serving your hot drink as you warm up in your tent. Your guides prepare a nourishing breakfast whilst you pack up your equipment. After breakfast and complete pack-down of camp we set off!

The morning walk is usually 2-4 hours with numerous breaks along the way. A leisurely picnic lunch is served on the trail, which provides the chance to take off your pack, put your feet up and enjoy the magnificent scenery. The afternoon walk is usually shorter than the morning walk, getting us to camp with time for setting up our tents, exploring, or just relaxing with afternoon snacks and camp chats. Over a scrumptious, hearty dinner your guides will give a briefing on the following day's activities and tell a few stories before heading off for the night's rest.





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## HYGIENE

Women Want Adventure and our partners are deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for generations to come. We also care about your health and safety.

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 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 advised due to Covid-19 and spread of viruses.
- Our guides use hand gloves when preparing food. We ask you wash your hands before every meal.

## ACCOMMODATION ON TRIP

Our 5 nights in the Walls of Jerusalem National Park are spent at wilderness camp locations. A composting toilet and fresh drinking/washing water is located at camps.

We provide strong, twin-share bushwalking tents, which give each woman 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 trialed 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

- 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

## PROTECTING THE ENVIRONMENT

Women Want Adventure and our partners 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 unspoilt 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 safely guard the pristine wilderness in which we operate.



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### READY TO BOOK?

Once you've booked, we will supply you with a Pre-departure document which contains a detailed packing list and other important information to help you prepare for your adventure ahead.

We will also be in touch prior to departure with where to meet on day 0 and location of the pre trip briefing.

### CONTACT US:

**Team WWA**

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