



Australasia

women want adventure - the overland track



trip highlights

- Travel with the most experienced operator on Tasmania's iconic trail
- Explore deep forests, sub-alpine plateaus and spectacular highland landscapes
- End each day at scenic campsites in the remote wilderness
- Summit Tasmania's highest peak, Mt Ossa
- Enjoy close encounters with native animals, birds and stunning endemic plants
- Enjoy delicious 3 course meals prepared by your guides in the evenings
- Walk Australia's internationally famous Overland Track



Trip Duration	8 days	Trip Code: SOG6839
Grade	Moderate	
Activities	Trekking with a full pack	
Summary	6 days trekking with a full pack (14-18kgs), 5 nights camping	

Tasmanian Expeditions

Thank you for your interest in our Women Want Adventure - The Overland Track trip. 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. Our trips cater to people from many walks of life, age groups and motivations. Tasmanian Expeditions offers more than 25 tailored itineraries that incorporate trekking, walking, cycling, paddling and climbing throughout Tasmania and some of its offshore islands.

why travel with Tasmanian Expeditions?

When it comes to experiencing the very best of the Tasmanian wilderness it makes sense to travel with Tasmanian Expeditions:

- 30 + years experience
- The most experienced operator on The Overland Track
- Experienced and professional guides
- An unblemished safety record
- 24 hour backup
- A commitment to sustainable travel practices
- Quality equipment
- Delicious and nourishing meals sourced from Tasmanian produce

Each and every trip will provide you with a high quality experience that represents unsurpassed value for money. We look forward to helping you explore our amazing wilderness - the right way.



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trip dates

2023 04 Nov - 11 Nov

Tasmanian Expeditions does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same sex and if we cannot match you up we will provide a single room (or tent if applicable) at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room (or tent if applicable) pending availability. Please refer to our website for the additional cost.

the trip

The Overland Track holds legendary status as one of the finest walks in Australia.

Walking from north to south over six days we cover the highest area of Tasmania, from the epic craggy spires of Cradle Mountain to the rainforest-clad shores of the deepest natural lake in the Southern Hemisphere, Lake St Clair. The World Heritage listed landscape is truly breathtaking and will leave you enchanted, inspired and feeling completely connected. With each day and every step, the scenery on the trail varies dramatically taking you through ancient Myrtle forest, glaciated dolerite landscapes, past plateaus covered in sparkling tarns and lakes and to Tasmania's highest peak Mt Ossa. You will have up close encounters with the unique and endemic animals that call this wonderful area home.

This full pack trek is suitable for first time bushwalkers as the inclusion of food drops and modern equipment will keep your pack as light as possible. Your professional guides will ensure your adventure is immensely memorable and enjoyable, providing support and care, creating delicious meals, and bringing the track to life with their local knowledge and enthusiasm for the Tasmanian wilderness.

at a glance

A COMPULSORY PRE-DEPARTURE BRIEFING IS HELD ON DAY 1 OF YOUR TRIP (THE DAY BEFORE YOU DEPART ON YOUR TREK) AT THE TASMANIAN EXPEDITIONS OFFICE IN LAUNCESTON. PLEASE SEE ITINERARY BELOW FOR FURTHER DETAILS.

DAY 1	ARRIVE LAUNCESTON
DAY 2	LAUNCESTON TO CRADLE MOUNTAIN NATIONAL PARK, WALK WALDHEIM TO WATERFALL VALLEY
DAY 3	WATERFALL VALLEY TO LAKE WINDERMERE
DAY 4	LAKE WINDERMERE TO PELION PLAINS
DAY 5	PELION PLAINS TO KIA ORA
DAY 6	KIA ORA TO BERT NICHOLS
DAY 7	BERT NICHOLS TO LAKE ST CLAIR AND RETURN TO LAUNCESTON
DAY 8	TRIP CONCLUDES

what's included

- 2 professional wilderness guides
- 5 nights camping
- 2 nights hotel in Launceston
- 5 breakfasts, 6 lunches, 5 dinners snacks and hot drinks
- Food drop provisions along the track
- Transport by private minibus
- Lake St. Clair ferry passage
- National Park fees
- Overland Track Permit
- Tent, backpack and gaiters
- Sleeping bag, inner sheet & inflatable sleeping mat
- Group camping equipment including all cooking & eating equipment
- Emergency communications & group first aid kit

what's not included

- Airfares
- Travel insurance
- Travel to and from Launceston

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- Items of a personal nature - alcoholic beverages, car parking etc
- Face masks and hand sanitiser

detailed itinerary

DAY 1 Arrive Launceston

Arrive Launceston and make your own way to your accommodation.

The Overland Track trip commences with a **COMPULSORY** pre-tour briefing at Tasmanian Expeditions Offices: 3/33 Churchill Park Drive, Invermay at 2pm. It is **ESSENTIAL** that you make your travel arrangements to enable you to attend this briefing and that you bring along with you all of the gear and clothing required for your expedition.

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

- Opportunity to meet your fellow group members over a complimentary hot beverage
 - Overview of the itinerary and objectives of the tour
 - Cross-check of required gear and clothing
 - Distribution and packing of all hire gear requested and/or included in the tour price
 - Explanation of what is expected from the group and individual participants
 - Outline of inherent risks of the trip and our emergency procedures
 - Explanation of conservation strategies and Leave No Trace principles
 - Forecast weather conditions
 - Confirmation of pick up times and locations for the following morning's departure
 - Opportunity to pack your backpack and leave it with your guides, ready for the following morning
- Overnight Penny Royal Hotel, Launceston

meals: NIL

DAY 2 Launceston to Cradle Mountain National Park, walk Waldheim to Waterfall Valley

We pick you up from your Launceston accommodation between 7-7.30am and drive 2.5 hours to Waldheim, 'forest home', where our Overland Track trek begins. The morning is spent walking up past lakes and tarns to the top of the Cradle Plateau where we are rewarded with views of Dove Lake and an endless horizon of impressive mountain ranges. After lunch, weather and time permitting, we may opt for a side trip to the craggy summit of Cradle Mountain before making our way to Waterfall Valley for our first night under the stars.

Walking Distance: 10km + side trips | Walking Time: 5 hours + side trips

meals: L,D

DAY 3 Waterfall Valley to Lake Windermere

After breakfast at our campsite we continue south to Lake Windermere. A leisurely day that offers time for a side trip to Lake Will – named after a coal prospector in the 1800s. There is opportunity to have a relaxing lunch and swim from the sandy shores of Lake Will. Returning to our packs we head back across the rolling buttongrass plains to our stunning campsite. We spend the afternoon kicking back with a hot drink taking in the fabulous views from camp, and perhaps having another refreshing swim.

Walking Distance: 8km + side trips | Walking Time: 3 hours + side trips

meals: B,L,D

DAY 4 Lake Windermere to Pelion Plains

Today is a wild day of moorlands and mountain views. We don our packs and walk across Pine Forest Moor with spectacular views across the massive Forth River Valley to the lofty heights of Mt Oakleigh and to today's destination at its base. We descend around Mount Pelion West to a popular

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fast facts

Private Groups:

Group Size Min:

6

Group Size Max:

10

Private group options are available for this trip*

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Tasmanian Expeditions

responsible travel

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage area. Our passion for the Tasmanian wilderness is at the core of our values; we are informed and guided by this, ensuring that everything we do is carefully managed for sustainability. We have an exceptional record of successfully utilising minimum impact procedures to ensure that the wilderness values that inspire us are undiminished by our activities. We invite you to experience the Tasmanian wilderness with us, so that you can experience the transformation that nature can bring, yet be assured that you will not be transforming nature. Our environmental policies together with your help and co-operation will ensure that we can safe guard the pristine wilderness areas in which we operate.

Visit our website to learn more about our Leave No Trace policy.

trip grading

lunch spot at Frog Flats. After lunch we walk up through tall, lush forest onto the great expanse of Pelion Plains. We have the option of a short side trip to Old Pelion Hut to gain a deeper appreciation of the park's rich history.

Walking Distance: 17km | Walking Time: 7 hours

meals: B,L,D

DAY 5 Pelion Plains to Kia Ora

From camp we continue walking south through Myrtle forest, past tufted Pandani trees, then up to the saddle (1113m) between Mount Pelion East and Mount Ossa. This is the perfect place for a well deserved rest. In fine weather climbing Mount Ossa – Tasmania's highest peak at 1617m – is without a doubt one of the highlights of the Overland Track. With magnificent views in all directions we continue south into Pinestone Valley to our creek-side campsite overlooking the grand spires of Cathedral Mountain.

Walking Distance: 9km + side trips | Walking Time: 5 hours + side trips

meals: B,L,D

DAY 6 Kia Ora to Bert Nichols

Today we walk through towering rainforests of Leatherwood and Sassafrass trees, heading towards three of Tasmania's largest and most spectacular waterfalls. The first we visit is Fergusson Falls, named after a former ranger at Lake St Clair, followed by Dalton Falls. The third of these enchanting falls is the spectacular Hartnett Falls, named after Paddy Hartnett, an eccentric Irish bushman who was rarely seen without his bowler hat. We walk up through Du Cane Gap then descend to our campsite at Bert Nichols.

Walking Distance: 10km + side trips | Walking Time: 4 hours + side trips

meals: B,L,D

DAY 7 Bert Nichols to Lake St Clair and return to Launceston

Today we pack our backpacks for the final day on the track, which takes us through mixed eucalyptus and stands of temperate rainforest to the shore of Lake St Clair, the deepest natural lake in the Southern Hemisphere. As we near Lake St Clair we can gaze up to the peaks of Mt Ida and majestic Mount Olympus. We catch a 30 minute ferry across the lake, providing spectacular views back upon the mountains we've walked past, and a wonderful conclusion to our Overland Track trek.

After time to explore the visitor centre and a celebratory lunch, we board the bus for our return drive across the Central Plateau to Launceston. You will be dropped off at your Launceston accommodation at approximately 5pm.

Walking Distance: 9km | Walking Time: 3 hours

Overnight Penny Royal Hotel, Launceston

meals: B,L

DAY 8 Trip concludes

Your trip concludes after breakfast today. Own arrangements to the airport for your onward flights.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

making your way to the briefing rooms

You will need to make your own way to the Tasmanian Expeditions offices for your pre-departure briefing but at its conclusion your guides will be happy to transfer you back to

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Moderate

This trip involves trekking for up to six or seven hours a day. The terrain is rugged and remote. Tracks may be long, rough and steep. Over the trip you will walk along boardwalks, up and down steps, through overgrown forests and through muddy sections. This trek should not be underestimated as it can be tough and challenging. You will need a good level of fitness and must be in good health.

Suggested preparation: We recommend one hour of strenuous exercise 3-4 times per week (this can be cycling, jogging or walking) interspersed with relatively demanding bushwalks carrying a full pack weight (up to 20kg). At least once a week, you should walk with a weighted day pack (5-7kg) for several hours for leg strengthening and aerobic fitness. The best exercise is multi day bushwalking involving relatively steep ascents and descents and in variable weather conditions.

adventure travel

By its very nature adventure travel involves an element of the unexpected. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

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. The Tasmanian Expeditions group leader reserves the right to make modifications and or alterations to the trips itinerary in the best interests of all involved.

your central city accommodation.

Please refer to the following options:

WALKING:

We suggest walking along the Esk River Walkway, watching out for the Tasmanian Expeditions sign as you approach the end. Depending on where you start walking it will take between 15-30 minutes, a good warm up for the walks you will experience on your tour.

TAXI:

Please take a taxi to 3/33 Churchill Park Drive, Invermay. Your taxi fare should be approximately \$10 from the city centre.

am i suitable for this trip?

Physical and mental preparation for your trip cannot be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety.

climate

Tasmania is located between Latitudes 40 and 43, with the island's temperature and weather moderated by the surrounding oceans. The cool temperate climate offers four distinct seasons which can interchange on any given day of the year. Summer inland temperatures average 24 degrees with nights averaging a relatively cool 8 degrees. Rainfall is far more than any mainland counterpart and averages 2700 millimetres on the west coast and central highlands.

The Overland Track area can experience heavy rain and temperatures below zero degrees even in summer. For group safety and comfort having adequate gear and equipment for the local conditions ensures your wilderness experience is enjoyable. Tasmanian Expeditions has a specialist gear list available that details what is required for The Overland Track.

a typical day

Each day, each group, each guide influences itinerary details but the following gives you an idea of daily timing:

Mornings start with a hot drink call from your guides. They then prepare a nourishing breakfast whilst you pack up your equipment and prepare for the day. After breakfast and complete pack-down of camp we set off for the day's walk.

The morning walk is usually 3-4 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 a hot drink and a chat. 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.

meals during the trek

Tasmanian Expeditions aims to provide quality wilderness meals to meet the satisfaction of all our guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality, nutritional levels and their ability to cater to a wide range of dietary requirements. Each guide is able to select their own menu for the destination. Depending on the length of the expedition, some meals will use dehydrated product to lighten loads carried by the group. You will be given your own personal bag of snacks to consume at your leisure.

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throughout the trip so you always have a source of energy ready at hand. Please feel free to bring along your own favourite snack to complement the ample food provided.

- Breakfasts - ranges from cereals to delicious porridge accompanied by a steaming hot pot of 'bush' coffee.
- Lunches - variation each day, wraps, rice cakes or fresh salad rolls with an assortment of cold meats.
- Dinners- varies from trip to trip, 2-3 courses, fresh Tasmanian foods where possible. There will be some nights on most camping trips when an entree or dessert won't be cooked (may be cheese and dips for entree, or biscuits for dessert).

dietary requirements

Provided we are advised in advance we are able to cater for vegetarian diets, and can assist with food intolerances. Please ensure you discuss your requirements with us at least a month prior to your trip to determine whether we can cater for your dietary needs. Please note that options are likely to be limited in remote locations or alternatives can be more expensive or unavailable and there may be times when those with special requirements need to provide their own food. As we are unable to guarantee a nut-free or allergen-free trip we strongly encourage travelers with severe or life-threatening allergies to take all necessary medical precautions. Guests must travel with all necessary medications for allergies and be capable of self-administration.

hygiene

Tasmanian Expeditions is 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 at camps. In the wilderness we need to dispose of waste as per Leave No Trace Principles, which will be explained by your guides.
- On the Overland Track there are frequent 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 quality

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is also recommended – 60ml is sufficient.

accommodation on the trip



The 5 nights of the tour will be spent camping along the track at designated commercial campsite areas. These areas have timber platforms for our tents to be pitched on and nearby rainwater tanks and composting toilet facilities. Tasmanian Expeditions provides strong, 2 person, bushwalking tents (twin share), which provide each occupant with a personal access door and vestibule for individual use. Our tents weigh between 2.0 and 2.5 kg 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.

what you carry

For your expedition you will need to carry all equipment in a full trekking backpack that is 70-80litres in capacity. Depending on the quantity of personal gear and toiletries the average pack weight will be between 15-18kg. This will need to include the following items:

- Sleeping bag
- Inflatable mat
- Portion of the shared tent
- Portion of the group food
- All personal items that you have decide to bring along
- All wet weather gear

equipment required

Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures. The gear list is specific to the type of tour you will be joining us on and it provides a clear description of what is included in the tour cost, what items are available for hire and what you will need to bring with you. Brand recommendations and the individual weight of the gear provided is also included.

luggage

If you are flying into Launceston and have excess baggage you do not want to take with you on your trip, we are able to store these at no cost at our Launceston office in Invermay. While there is not a separate secure luggage room, our offices are secure and we have had no issues of missing items in over 40 years of operation. If you would like a secured luggage room we recommend asking your hotel if this facility is available.

protecting the environment

Tasmanian Expeditions operates 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 travel practices specific for your adventure will be introduced at the initial group briefing and reinforced by your guides when required out

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in the field. Following our 'hygiene' suggestions listed in this brochure 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.

In 2013 we achieved Ecotourism Certification at the ECO IV level for all the tours we own and operate. The ECO Certification Program is a world first, developed to address the need to identify genuine nature and ecotourism operators. The program is no being exported to the rest of the world as the International ECO Certification Program.

how to book

To book your World Expeditions trip, you will need to register your details and complete an online booking form, which you can do by using your unique online booking function.