



Australasia

women want adventure - walls of jerusalem circuit



trip highlights

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



Trip Duration	8 days	Trip Code: SOG6783
Grade	Moderate to Challenging	
Activities	Trekking with a full pack	
Summary	6 day trip, 6 days trekking with a full pack, 5 nights camping	

welcome to World Expeditions

Thank you for your interest in our Women Want Adventure - Walls of Jerusalem Circuit trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

why travel with World Expeditions?

When it comes to experiencing the very best of the Tasmanian wilderness it makes sense to travel with Tasmanian Expeditions. In each and every trip we combine:

- 30 + years experience
- The most experienced professional guides
- An unblemished safety record
- 24 hour backup
- A commitment to sustainable travel practices
- Quality equipment
- Delicious 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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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

Visit Tasmania's only true alpine National Park, the Walls of Jerusalem, on this six day full-pack bushwalking expedition.

This area showcases spectacular mountain scenery, pristine wilderness, and rare and wonderful endemic flora and fauna. We start 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 trek 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.

This National Park offers majestic, spellbinding landscape paired with world-class walking opportunities. Join us in exploring Tasmania's captivating and unforgettable Walls of Jerusalem.

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	TRANSFER LAUNCESTON TO LAKE ROWALLEN, WALK TO LAKE MYRTLE
DAY 3	LAKE MYRTLE TO LAKE MESTON
DAY 4	LAKE MESTON TO LAKE ADELAIDE
DAY 5	LAKE ADELAIDE TO WILD DOG CREEK
DAY 6	CENTRAL WALLS OF JERUSALEM
DAY 7	WILD DOG CREEK TO MERSEY VALLEY, TRANSFER TO LAUNCESTON
DAY 8	TRIP CONCLUDES

what's included

- 2 professional wilderness guides
- 5 nights camping
- 2 nights hotel, Launceston
- 7 breakfasts, 6 lunches & 5 dinners
- Snacks & hot drinks
- Transport by private minibus
- National Park fees
- Tent, backpack & gaiters
- Sleeping bag, inner sheet & inflatable sleeping mat
- Emergency communications
- Group First Aid Kit

what's not included

- Airfares
- Travel insurance
- Travel to and from Launceston
- Items of a personal nature: alcoholic beverages, car parking etc
- Face masks and hand sanitiser

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trip dates

2023 04 Nov - 11 Nov

fast facts

Countries Visited:
Australia

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

detailed itinerary

The tour commences with a **COMPULSORY** pre-departure briefing at Tasmanian Expeditions Offices, 3/33 Churchill Park Drive, Invermay at 12pm on DAY 1 of your trip itinerary (20th NOV). 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.

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

DAY 1 Arrive Launceston

Arrive Launceston and make your own way to the group hotel.
Tour briefing to be held at 12pm at the Tasmanian Expeditions Offices, located at 3/33 Churchill Park Drive, Invermay.
Overnight Penny Royal, Launceston
meals: NIL

DAY 2 Transfer Launceston to Lake Rowallen, walk 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 camp site 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: 7 km | Walking Time: 6 hours
meals: B,L,D

DAY 3 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

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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Moderate to Challenging

This adventure involves trekking for up to 7 or 8 hours a day at a steady pace, carrying a full trekking backpack. You will need a good level of fitness and must be in good health. Be prepared for potential variable weather conditions. Walks within the Walls of Jerusalem National Park are challenging and can be steep in sections. Suggested preparation: We recommend one hour of strenuous exercise 4 times per week (this can be cycling, jogging or walking) interspersed with relatively demanding bushwalks carrying a full pack weight (up to 20kgs). 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 for our more challenging treks is multi day bushwalking involving relatively steep ascents and descents and in variable weather conditions.

artefacts. The stories behind the huts are always fascinating and your guides delight in sharing them with you Our camp overlooking the Lake is, again, magnificent.

Walking Distance: 7km + side trips | Walking Time : 4-6 hours
meals: B,L,D

DAY 4 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 chose one to fit in with weather and timing

Walking Distance: 7km | Walking Time: Up 5 hours
meals: B,L,D

DAY 5 Lake Adelaide to Wild Dog Creek

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: B,L,D

DAY 6 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: B,L,D

DAY 7 Wild Dog Creek to Mersey Valley, 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 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

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. 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 your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

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.

Overnight Penny Royal, Launceston

Walking Distance: 6km | Walking Time: 3 hours

meals: B,L

DAY 8 Trip concludes

Your trip concludes in Launceston today. Please make your own way to the airport for your onwards arrangements

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 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?

To undertake a moderate to challenging trip you should have an excellent level of fitness. You will be carrying a full pack (weighing 15-17kg) while trekking in remote areas for up to 8-10 hours a day. Previous multi day hiking experience is highly recommended, as is previous experience on a full pack trek. Given the challenging nature of this trip it is also essential that you will have time to train in the lead up to this trek. If you have any questions about your suitability please give us a call and speak with one of our staff members. We are more than happy to discuss additional information about what you can expect.

Physical and mental preparation for your trip cannot be highlighted enough. Along with your physical preparation, you should 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.

physical fitness

For a moderate to challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking.

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Day walks with a full pack, along with overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also. These walks are best undertaken on walking tracks involving relatively steep ascents and descents and in variable weather conditions.

Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

climate

Tasmania is located between Latitudes 40 and 43, with the islands 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 in-land temperatures average 24 degrees with nights averaging a relatively cool 8 degrees. Rainfall in Tasmania is far higher than any mainland counterpart and averages 2700 millimetres on the west coast and central highlands.

Tasmania's alpine regions can experience heavy rainfalls and temperatures below zero degrees in summer. For group safety and comfort, having adequate gear and equipment for the local conditions ensures accessibility to the wilderness is enjoyed. Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures.

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 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.

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- 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 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 quality is also recommended – 60ml is sufficient.

accommodation on the trip

The first three nights of the tour are spent at various scenic campsites throughout the National Park. Facilities will be limited but the scenery spectacular.

The last two nights in the Walls of Jerusalem National Park are spent at Wild Dog Creek base camp. Situated in the shadow of the areas highest mountain, King David's Peak (1499m), we set up our twin share tents on a maze of 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 & fresh drinking/washing water is also available.

We provide 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. Brands that are most commonly used are Wilderness Equipment and Eureka.



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In Launceston you stay at the Penny Royal Leisure Inn. The Penny Royal Hotel and Apartments is ideally situated 10 minutes from Launceston CBD adjacent the beautiful Tamar River and within walking distance to Cataract Gorge one of the area's top attractions to see.

With a wide variety of rooms, the hotel is perfect for short weekend escapes, family or friend gatherings or even longer stays with self-contained apartments that enjoy all the comforts of home.

what you carry

For your expedition you will need to carry all equipment 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 17-20kg. 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.

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 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 not being exported to the rest of the world as the International ECO Certification Program.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

«cat:Countries:visainfo»

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all



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countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

how to book

To book this trip, you will need to complete a booking form or fill in the online booking link, as provided by Women Want Adventure.