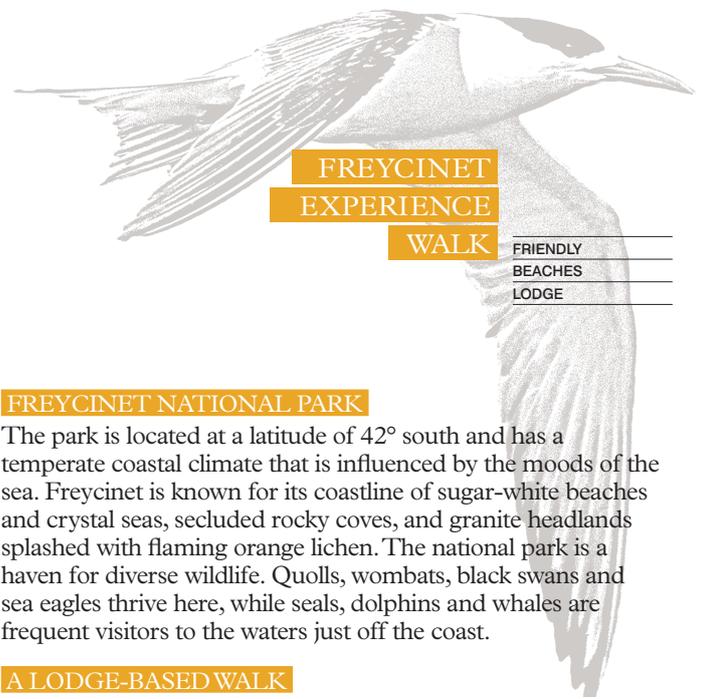


PRE-TRAVEL — *Your itinerary and checklist...*



The original and award winning Freycinet Experience Walk is a four-day guided walk covering the entire length of the Freycinet Peninsula on Tasmania's East Coast, including the iconic Wineglass Bay. Walk beaches of powder white sand, hike pink granite mountains and discover forests of towering white gums where you and your walking companions, maximum 10, feel like the only souls on earth.

Our owner-operated walk offers the satisfaction of a good day's hiking carrying only your lunch, jacket and camera. We return each evening to our secluded award winning Friendly Beaches Lodge where there are steaming hot showers, deep baths and comfortable beds. Unwind with a glass of wine by the log fire, peruse the library, watch visiting wildlife or simply absorb the peace.

While you relax, lodge hosts prepare delicious, healthy meals with just the right amount of indulgence. Enjoy candle-lit evenings spent around the dinner table in the good company of your fellow walkers. Experience life in its natural setting.

FREYCINET NATIONAL PARK

The park is located at a latitude of 42° south and has a temperate coastal climate that is influenced by the moods of the sea. Freycinet is known for its coastline of sugar-white beaches and crystal seas, secluded rocky coves, and granite headlands splashed with flaming orange lichen. The national park is a haven for diverse wildlife. Quolls, wombats, black swans and sea eagles thrive here, while seals, dolphins and whales are frequent visitors to the waters just off the coast.

A LODGE-BASED WALK

By day our walks absorb you in the natural environment but each night, you enjoy the comforts of the understated, stylish Friendly Beaches Lodge. The lodge is yours alone to enjoy: only your walking group of ten will be staying at the lodge.

The lodge is set in 130 acres of private property surrounded by the Freycinet National Park and is the only building on Friendly Beaches: a truly pristine location. The lodge has won national awards from the Royal Australian Institute of Architecture for its sustainable design. Constructed from Tasmanian plantation hardwood, it sits lightly in delicate coastal bushland.

The lodge is not connected to town-water or the electricity-grid; we have composting toilets, solar lighting and we recycle all food waste. But environmental responsibility only adds to the lodge's comfort: there are hot rain water showers and deep baths to wallow in – sustainable comforts courtesy of the sun and the rain.

SEASON

The Freycinet Experience Walk operates from October to end of April each year. This period encompasses late spring, summer and early autumn and the daytime temperature ranges from approximately 18 to 30 degrees Celsius.

THE DAILY ITINERARY**DAY 01**

2 hour walk, 6 km

Leave everyday life behind and depart the Old Woolstore in Hobart at 8.30am for the scenic journey from Hobart to Coles Bay, taking in wide panoramas of the Freycinet Peninsula across Great Oyster Bay. After morning tea at historic Spiky Bridge near Swansea, board the *Naturaliste* in Coles Bay for a spectacular sea cruise down the western length of the Peninsula to Schouten Island, the southernmost part of Freycinet National Park (weather permitting). On the way, keep a lookout for pods of playful dolphins and large Australasian gannets diving for food.

After a picnic lunch, snorkel and swim choose between a walk up Bear Hill for magnificent views, or fish for flathead in Schouten Passage with our coxswain, Shep. Return to Coles Bay by boat, then transfer to Friendly Beaches Lodge for an evening meal of fresh fish (perhaps caught by you that day!) and fine wine.

DAY 02

Coastal: 5 hour walk, 12 km

Mt Graham: 8 hour walk, 16 km

Enjoy a hearty breakfast, then transfer to Coles Bay for another boat adventure down the Peninsula. Today, there are two walks from which to choose.

The peaceful walk from Bryan's Beach journeys through sclerophyll forests and along beaches to the renowned Wineglass Bay. Along the way, encounter unforgettable 'up-close' moments with local birdlife.

For those seeking a serious challenge, opt for the ascent from Cook's Beach to the top of Mt Graham (579m above sea level) where you'll enjoy wonderful views of The Hazards dusky pink rock outcrops, before descending to Wineglass Bay via spectacular Quartzite Ridge. This walk is recommended for strong, fit walkers only.

The two groups rejoin at Wineglass Bay in late afternoon – the perfect time to swim in its crystalline waters, enjoy a cup of tea and exchange stories about the morning's adventures. Feeling refreshed, take the climb to Wineglass Bay Lookout for sublime views, then descend to the waiting vehicle. Back at the lodge, enjoy soothing hot showers before drinks and dinner.

DAY 03

6 hour walk, 12km

Begin the day with vehicle transfers to secluded Bluestone Bay. Explore the fascinating geology of White Water Wall and little Bluestone Bay before climbing to the cliff tops. Journey back to the lodge on foot, following an ancient track through sacred bushland once followed by the Oyster Bay Tribe and now used exclusively by Friendly Beaches Lodge guests. The headland is home to a stunning array of native plants, including the giant *Xanthorrhoea* (Grass Trees). Continue along the white sands of Friendly Beaches, perhaps celebrating with a dip in the sparkling ocean waters. Then arrive back at the lodge where cool drinks and homemade afternoon tea await. End the day savouring a well-deserved meal, then relax with a glass of wine by the roaring fire.

DAY 04

3 hour walk, 6 km

Rise early and head to the beach for morning coffee, or sleep in and pretend you never have to leave. After breakfast, there's an optional walk along the fossil-rich ridgeline of Mt Mary and a descent to Saltwater Lagoon, where you'll experience the curious honks and calls of countless wild black swans and pelicans in their natural nesting ground. After a delightful brunch – a convivial affair where experiences of the last four days are recalled and delicious food shared, take a final stroll along Friendly Beaches to Isaac's Point, the meeting place for a bus trip back to Hobart.



TRIP NOTES**Level of fitness**

Participants must be moderately fit. The walk is organised so that people who are active will enjoy the trip. On the second day of the walk there is a choice between doing a challenging eight hour 16km walk to climb Mount Graham (579 metres) which is recommended for strong walkers only or choosing a more relaxed 12km route along coastal heath lands and fabulous beaches. On the third day, there is a 12 kilometre (approximately 6 hour) walk to Friendly Beaches Lodge from Bluestone Bay. Guests will walk between 24 – 40 kms over the four days.

Equipment requirements

Enjoy the freedom of exploring this pristine area while carrying no more than your lunch, water and required clothing.

Freycinet Experience provides wet weather jackets and a comfortable 40 litre backpack with a waist strap for support. Feel free to bring your favourite daypack if you like.

We also provide a stainless steel 1 litre water bottle for you to keep but we do ask you to bring your own 1 litre water bottle, as you will need to carry 2 litres on day two and three.

Walkers are required to wear lightweight, lace up walking boots or walking shoes with treaded soles. Sand shoes and similar footwear are not acceptable.

Accommodation

Friendly Beaches Lodge has a shared dining and living area and two sleeping lodges known as North and South which branch off from the main lodge. North and South have a collection of double and twin rooms to suit everyone's accommodation needs. Individual travellers have their own private room at no extra cost. Both sleeping lodges contain a lounge area with fireplace, a shared bathroom with a claw foot bath, a separate shower room and two composting toilets.

The lodge is an environmental lodge and is completely 'off the grid'; solar lighting, rain water and composting toilets help sustain its pristine surrounds. For this reason we have no capacity to recharge camera batteries while at the lodge – please charge before hand or bring spare batteries.

No single supplement

Individual travellers are offered their own private room at no extra cost. Please let us know if this is required.

Food

Share splendid meals and the finest local wines in great company. Menus include fresh local flathead, oysters, grass-fed beef and excellent fresh local produce and wines. Special dietary requirements can be catered for and this can be noted on your booking form.

Group size

There is a maximum group size of ten participants and you are accompanied by two experienced and knowledgeable guides. At the lodge you are also hosted by our two Lodge Co-ordinators

Meeting point

Reception Area
The Old Woolstore Apartment Hotel
1 Macquarie Street, Hobart

8.00am at the latest on the day your trip departs. This allows time for us to distribute daypacks, waterproof jackets and for introductions.

Today's adventure takes you by boat to Schouten Island (weather permitting), dress for walking and boating and also have available a sunhat, sunglasses and warm jumper to pack into your daypack for the day ahead.

Some guests may prefer to bring their favourite daypack. We will be leaving for the Freycinet Peninsula at 8.30am sharp for the 3-hour drive to Coles Bay.

Don't forget to charge all camera batteries before you leave as there are no facilities at the lodge to do so.

Dropoff details

Guests will return to Hobart by 5:00 pm on Day Four.

Airports drop offs can be arranged for those taking flights that depart around 6pm.

Hobart accommodation

We recommend The Old Woolstore Apartments. Staff will look after you and they are happy to offer our guests a special rate. Centrally located and within walking distance to some of Hobart's key attractions, including Salamanca Place (home to the iconic Salamanca Markets), historic Battery Point and nearby Constitution Dock where you catch the ferry to MONA.

reservations@oldwoolstore.com.au

Freecall 1800 814 676

Telephone +61 3 6235 5355.

www.oldwoolstore.com.au



FREQUENTLY ASKED QUESTIONS**What amount of luggage can we bring on the walk?**

As we are a lodge based walk, you are free to bring all your luggage with you and store it in your room at the Lodge.

Are there hair dryers for use?

No, the lodge is lit by solar power and there are no electricity sockets in the guests' rooms or bathroom.

Can we be collected from our hotel on the day we depart?

It is important that guests arrive at the same time to meet their group and guides so we cannot pick up guests prior to meeting at the Woolstore at 8.00am

Is there any mobile reception?

There is no mobile reception at Friendly Beaches lodge and only small patches of reception along the peninsula (Telstra network only). Our guides will happily point out these areas if you would like to discreetly check messages or make a phone call. We do encourage guests to switch devices off as much as possible as we think this increases the sense of isolation and in return the enjoyment of the experience.

Is there any place to charge devices?

We only have one power board at the lodge to charge devices so it is best to bring them fully charged. We recommend phones to be put onto flight mode to extend battery life.

What contact number can I give to my family in case I need to be contacted in an emergency?

Calls within Australia 1800 506 003

International calls +61 3 6223 7565

Our office coordinator will be able to locate you whether you are at the lodge or on the walk.

Travel insurance and medical insurance are strongly recommended.

BOOKINGS

To enquire about and book the walk, use the enquiry form on our website, send us an e-mail, or call our office on the numbers below:

We offer group and child rates.

CONTACTS

Freycinet Experience Pty Ltd

ABN 16 056 420 323

PO Box 43 Battery Point

Tasmania 7004 Australia

Telephone +61 3 6223 7565

Facsimile +61 3 6224 1315

Freecall 1800 506 003

walk@freycinet.com.au



GEAR CHECKLIST**We provide the following items —**

So you DO NOT need to bring —

- Pack/or bring your own comfortable day pack
- Waterproof jacket
- First aid kit (guides carry these)

We DO NOT provide the following items —

You DO need to bring —

- Footwear

Walking boots with good ankle support or sturdy walking shoes with good tread are required. (Sandshoes and trainers are not recommended for walking). New boots need to be broken in (at least 2–3 months in advance for your personal comfort).

- Shorts x 1
- Long sleeve shirt x 1 (optional – refer T-shirts)
- Thermal/warm long sleeved top x 1
- T-shirts x 2 (T-shirt x 1 if you choose to take the long sleeve shirt for sun protection)
- Long pants x 1 (jeans are not recommended for walking in)
- Warm jumper or fleece jacket
- Socks to wear with boots x 3 pairs
- Sunglasses
- Sunscreen
- Swimwear
- Sun hat
- Small beach towel
- 1 litre water bottle (1 litre capacity or greater is essential)
- Toiletries
- Insect repellent

Suggested items for evening —

- Change of clothes
- Lightweight sandals/shoes

Optional items you might consider bringing along —

- Trekking poles - we do have 10 pairs at the lodge
- Dressing gown
- Small binoculars

