



OVERLAND TRACK | 6 DAYS | 63 - 76 KM

THE OVERLAND TRACK IS AUSTRALIA'S MOST ICONIC WILDERNESS TREKKING JOURNEY. TREK TASMANIA OFFERS AN OPPORTUNITY TO EXPERIENCE THIS CLASSIC TASMANIAN BUSHWALKING ADVENTURE, SHOWCASING EVERYTHING THAT THIS TASMANIAN WILDERNESS WORLD HERITAGE AREA HAS TO OFFER.

First blazed in 1931, the Overland Track's popularity grew from early ecotourism ventures in the region, particularly in the Cradle Mountain Valley itself. The now moderately graded track winds its way across some of the most heavily glaciated landscapes in Australia. Here, the tallest Tasmanian peaks guard some of Australia's deepest valleys and gorges, including Mount Ossa (1,617m). Walking in this country is often considered life shaping. We believe the trail has its own folklore embedded into the unique cultural history of the Tasmanian highlands. Each day offers something new, from experiencing soaring Wedgetail eagles over Gondwanan forests, to some of the earth's largest exposed dolerite rock forms. The Overland Track is one of the most varied walking experiences Tasmania has to offer; this unique diversity has underpinned its popularity.

We spend 6 days walking the track, staying at purpose built group camping sites each night; add to this the company and expertise of some of the very best wilderness guides and you are guaranteed a trek of a lifetime.

WHAT'S INCLUDED

- 2 professional wilderness guides.
- 5 nights camping.
- 5 breakfasts, 6 lunches & 5 dinners.
- All delicious snacks on the trail.
- Transport to and from Launceston.
- Twin share tent and sleeping mat.
- National Park fees.
- Group camping equipment including all cooking & eating equipment.
- Emergency communications & group first aid kit.

TREK GRADING : CHALLENGING TREK

See: www.trektasmania.com.au/faq/trek-gradings/ for more information about gradings.

WHAT YOU CARRY

The things you need to carry are: all your personal equipment in a full trekking backpack that is 70-90 litres in capacity. This includes sleeping bag, inflatable sleeping mat, tent, a portion of the group's food and all personal items as specified in our gear list. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be 15kg.

A comprehensive gear list is available at the end of this itinerary detailing what equipment is included in the tour cost, what items are available for hire and what you will need to bring with you.

IMPORTANT NOTES

Our 6 day Overland Track walking adventure is a demanding walk, we advise you to do as much training as you can before your tour with us. The more you train for the walk the easier you will handle the terrain and the more you will enjoy this wonderful part of the world. It's also important to come along with an open mind ready for an awesome experience whatever the weather, whoever the group. It is very important that you bring the right gear for the conditions. The Tasmanian weather can be unpredictable, storms can arise very quickly and heavy rain and even snow can fall at any time of the year. Quality backpacks, sleeping bags, rain jackets, and over pants are also available for hire. If you are at all concerned about your ability to complete this walk, please contact us for more information/advice.

Note: This itinerary is subject to change with any change in community regulations as well as governmental changes and natural circumstances beyond our control.

PRE DEPARTURE BRIEFING

A pre-trip briefing and a full gear check with your guides the afternoon before your Overland Track trek departs will ensure you have the right mix of gear for your adventure.

Please make your way to the Aspire Adventure Equipment gear store 136 York Street, Launceston at 3pm the day before your trip, bringing your pack and what you intend to bring on your trek.

DAY 1: RONNY CREEK TO WATERFALL VALLEY

Pick up from your Launceston accommodation between 7:00am and 7:30am. Transfer for 2 hours via minibus to the Cradle Valley and the official start of the Overland Track. The first day is exhilarating as we make our way up onto the exposed Cradle plateau (1,200m), via some enchanted pockets of cool temperate rainforest, tumbling waterfalls and tannin stained glacial waters. A lunch stop on the plateau and then weather pending, we have the opportunity to summit Cradle Mountain (1,545m). The elevation gained today has been significant as we sidle around the western edge of Cradle and trek towards the slightly higher sibling, Barn Bluff (1,559m). The track edges its way along a large glacial cirque, before descending into the aptly named Waterfall Valley, tucked in underneath the Bluff itself. We overnight in an amazing location surrounded by wildlife and sub alpine forest.

10.7km (2km side trip for Cradle Mountain) | 6-8hrs
Meals: Lunch, Dinner

DAY 2: WATERFALL VALLEY TO LAKE WINDERMERE

Today is a shorter day and offers the group a relative sleep in. This offers us more time to take in our surrounds before setting off to traverse along button grass moorland and across a still exposed section of the plateau, at just over 1,000m in elevation. This landscape has been gouged heavily by glaciation events, leaving evidence everywhere for us to explore. In good conditions a popular side trip is Lake Will. We drop and secure our packs against the local birdlife, before heading off for lunch on one of the serene lake side beaches. Returning to our packs, we continue past shallow sub alpine tarns, listening out for endemic froglets and enjoying the expansive views to the west and south. A high point along the track offers spectacular views across to the central mountains and down towards our camp for the night, Lake Windermere. We spend the afternoon relaxing by / in the lake and enjoy another spectacular culinary experience under the stars.

8kms (3km return side trip to Lake Will) | 3-5hrs
Meals: Breakfast, Lunch, Dinner

DAY 3: LAKE WINDERMERE TO PELION PLAINS

Day 3 we embark on an undulating trek to the Pelion Plains. The track takes us through alpine moorland, past mysterious rock formations and deep into ancient forests, with Mount Oakleigh (1,270m) a constant reference point for the day. There is a magnificent diversity of flora on display today. Lunch on the banks of one of the most pristine crystal clear creeks falling off Mount Pelion West (1,560m) is idyllic, before a sidling section of the track offers us a beautiful descent through magnificent myrtle beech rainforest to Frog Flats. The flats present a good rest spot as we cross the mighty Forth River before making our ascent through a more open eucalypt forest, towards camp. We have an optional side trip to explore one of the tracks oldest original standing huts in the national park, Old Pelion Hut, before settling in for the evening.

17kms (1km return side trip to Old Pelion) | 6-8hrs
Meals: Breakfast, Lunch, Dinner

DAY 4: PELION PLAINS TO KIA ORA

We are in the central mountain country of the track now. Our morning is spent ascending through stunning mixed forest types and walking past bubbling brooks coming off the roof of Tasmania. The track ascends 300m in elevation to a track junction where we regroup before embarking on the side trip up Mount Ossa (1,617m), Tasmania's highest mountain. Only officially surveyed as the highest peak in the late 1940s, Mount Ossa doubles the time of our walking day and adds another 500m of elevation to be gained for the day. The reward however is unparalleled – you can see a third of Tasmania from the top on a good day. The fine details of the climb are just as rewarding, from shy, high altitude echidnas to a mosaic of micro climate adapted flora, the effort is well worth it. Lunch is enjoyed en route and after summiting, we descend back to our packs and continue south on a very well maintained and recently upgraded section of the track to Kia Ora. Following a refreshing swim, we overnight here in the mighty presence of Cathedral Mountain – this is a truly unique camp spot and a favourite for our guides.

8.5kms (5km return side trip to Mount Ossa) | 4-8hrs
Meals: Breakfast, Lunch, Dinner

DAY 5: KIA ORA TO WINDY RIDGE

The track walking is rich with the history of highland trappers, bush characters and early conservational figures that were instrumental in shaping the Cradle Mountain Lake St Clair National Park and ultimately the Overland Track itself. After leaving our camp at Kia Ora, we pop out into a beautiful opening under the gaze of imposing Falling Mountain and have a break to check out Du Cane Hut. The track continues through some of the most silent and beautiful rainforest before we regroup at the first of our waterfall turnoff points. A side trip takes us down to D'Alton and Fergusson Falls, which both funnel the mighty Mersey River, as it falls off the plateau in the adjoining Walls of Jerusalem National Park. After returning from the falls we continue our descent to Hartnett Falls, which offers a unique swimming opportunity, before ascending to Du Cane Gap and our camp for the night, Windy Ridge. Spectacular evening entrees are enjoyed cradled amongst the imposing jagged peaks of the Du Cane Range.

9.5kms (2.5km return with waterfall side trips) | 4-6hrs
Meals: Breakfast, Lunch, Dinner

DAY 6: WINDY RIDGE TO NARCISSUS

Our final day enables us to unwind with some easy walking, descending for the entire morning through a mixture of open eucalypt and myrtle beech forests. There is evidence of the first Tasmanian's influence on the landscape within this amazing glacial valley, tucked in between the Mountains of Jupiter and the mighty Acropolis. A unique ferry transfer across Australia's deepest freshwater lake takes us to Cynthia Bay. The local indigenous custodians named this body of water Leeawleena – sleeping water. After an opportunity to enjoy the fantastic interpretation centre of the Tasmanian Parks and Wildlife Service, a 2.5 hour transfer takes us across the wilds of the central plateau, past the Great Lake and down into the northern midlands. Arriving Launceston accommodation at approximately 4:30/5pm.

9kms | 4-6hrs
Meals: Breakfast, Lunch

WHAT EQUIPMENT TO BRING ON YOUR OVERLAND TRACK WALKING ADVENTURE

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Overland Track walking tour. The gear check prior to your departure from Launceston will ensure that you have covered all aspects of the required gear without over packing.

E indicates essential item of equipment
H indicates available for hire

Clothing	Equipment
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex or equivalent 3 layer membrane). We recommend mid thigh length with full front zip opening which must have a storm flap. E, H (\$50)	Back pack 70-90L with waterproof pack liner E, H (\$50)
Waterproof over pants (Gore-Tex equivalent 3 layer membrane or PVC coated nylon) E, H (\$20)	Waterproof nylon pack cover E
1 medium weight /thick woolen/polar fleece jumper - must be wool or good quality synthetic fibre	Inflatable /insulated sleeping mat - light weight E, included
2 Long sleeve thermal tops (polypropylene, wool or polyester) E	Sleeping bag - 3 seasons down or high quality synthetic, comfort rating -5 - needs to be around the size of a rugby ball or smaller E, H (\$50)
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E	Tent E, included
2 T-shirts/Long sleeve shirts (must be wool or synthetics outdoor material - NO Cotton	Good quality head torch with spare batteries E
Warm trousers - must be wool or synthetic fibre	Sunglasses with secure neck strap
Walking trousers	Water bottles or water bladder - minimum 2 litres E
Walking shorts	2 Heavy weight garbage bags or dry bags for waterproof storage OR 1 good quality nylon pack liner (Sea to Summit equivalent) E
Walking socks - 3 pairs wool or thermal E	Small pack towel
Warm / Waterproof gloves or mittens E	Gaiters - knee length essential for keeping mud from boots and leg protection E, included
Wide brimmed sun hat with secure chin strap preferable E	We provide all catering equipment including cutlery, cups, plates, bowls E
Balaclava or warm beanie E	Personal Toiletries and First Aid
Underwear - wool or thermal	Personal toiletries (please do not bring soaps or shampoo)
Swimmers	Insect repellent cream (please do not bring spray repellent)
Footwear	Sunscreen and lip balm E
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. E	Personal first aid kit with tape for treating and preventing blisters and any personal medication. All this should be carried in a waterproof and knock proof container. E
Light weight sandals, thongs, or shoes for around camp	Optional Equipment
	Camera
	Walking Poles H (\$20)
Please contact us with any questions.	Small packable day pack for those days when exploring from base camp - your full pack can be used for exploring as well
	1 lightweight down or synthetic jacket or vest (Cooler trekking months of November/December and March/April)
	Book