



TARKINE COAST EXPEDITION **6 DAYS | 58 KM**

WALKING THE REMOTE AND WILD TARKINE COASTLINE

There is something awe inspiring about a remote coastline at the edge of the earth. The rugged, windswept takayna / Tarkine coastline showcases the true beauty and power of a wilderness landscape. The Tarkine coastline is not only breathtaking, but the expansive ocean beaches, remote rivers and huge surf create a powerful backdrop for your Tarkine Coast Expedition walking adventure.

It is a place of huge historical significance in Australia, with an Aboriginal history dating back thousands of years. Evidence of the Tarkiner people, after whom the takayna / Tarkine is named, still remain dotted all over the coastline with some of the largest middens ever found in Australia along our expedition. The Tarkine Coast Expedition is completed in full respect and acknowledgment of the Aboriginal people of Tasmania. All care is taken to ensure their relics and cultural histories are respected and maintained in the way that they wish.



WHAT'S INCLUDED

- 2 professional wilderness guides.
- 5 nights camping.
- 5 breakfasts, 6 lunches & 5 dinners.
- Transport to and from Launceston.
- Pieman River boat transfers.
- Tent and sleeping mat.
- 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 items you need to carry on your 6-day Tarkine Coast Expedition walk 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 proportion 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 to 15 - 20kg for the tour. A comprehensive gear list is available at the end of this itinerary detailing what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you. This trek will commence with a full gear check by your guides, to ensure the right mix of gear for your adventure.

IMPORTANT NOTES

Your 6 Day Tarkine Coast Expedition is graded as a challenging tour. We advise you to do as much training as you can before your tour. 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. 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.

Please note that the Tarkine Coast is a remote wilderness and therefore access via remote roads is required and driving times might differ depending on local conditions.

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 Tarkine Coast 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: DEPART LAUNCESTON AND TRANSFER TO TEMMA, TREK TOWARDS KENNETH BAY

This morning we collect you from your Launceston accommodation between 7:00am and 7:30am. From Launceston we begin our journey into our favourite part of the state, the northwest. After a coffee stop we wind our way through some of the greener pastures in Tasmania, some of these farm estates have been run by the same families for over 100 years. As we approach the Tarkine coast, our first marker and the beginning of 6 days of bliss is the magnificent Arthur River. We continue on to Temma where we leave our support vehicle and begin our adventure! Today is about an introduction to one of the remotest coastal areas in Australia, and preparation for the fantastic experience ahead. Our destination for today is Kenneth Bay, where we set up camp for the first night and a hearty meal is served by your guides.

Walking distance 10km | Walking time 3 hrs
Meals: Lunch, Dinner

DAY 2: KENNETH BAY TO SANDY CAPE

We continue along the wild Tarkine coastline, explore the sheltered bays, and if you're game take a dive into the pristine waters of the Southern Ocean and see if you can spot an abalone. These unique creatures literally line the rocky boulders that form a large part of the sea floor. Numerous species of kelp, shellfish, starfish and other colourful marine creatures make for fascinating swimming and diving possibilities. After a long day trekking we arrive at the Sandy Cape Lighthouse. Allow yourself to be immersed in this wild and rugged landscape whilst breathing some of the cleanest air in the world.

Walking distance 20km | Walking time 8-10 hrs
Meals: Breakfast, Lunch, Dinner

DAY 3: SANDY CAPE TO LAGOON RIVER

Today we head south to Lagoon River, crossing a number of headlands and pristine rivers including the Italian River. The headlands provide spectacular views up and down the coast. The day's walk includes encounters with midden sites and other examples of the Tarkine coast's cultural heritage. The size of the larger middens is simply breathtaking and represents thousands of years of occupation of this land. Sitting high on the headlands are a number of hut depression sites marking the location of where the Tarkiner people established their elaborate shelters. The last bay we pass is Native Well Bay, a compact and protected bay strewn with giant bull kelp and orange lichen covered granite boulders. Our camp is located near the Lagoon River. The coastline is laden with small rocky gulches creating sheltered waters ideal for swimming and observing the myriad of sea life found along the coast. Not far from camp sit patches of native grasslands, inhabited by an abundance of local animal residents. We have often seen wombats, echidnas, wallabies and pademelons feeding at dusk on the native grasses surrounding camp. The combination of native Tasmanian wildlife feeding with the backdrop of the wild Tarkine coast is a scene that has remained the same, undisturbed for hundreds of years. Dinner is served overlooking a west coast ocean sunset, wild and spectacular.

Walking distance 9km | Walking time 5-7 hrs
Meals: Breakfast, Lunch, Dinner

DAY 4: LAGOON RIVER TO INTERVIEW RIVER

Today is a day of giant sand dunes, coastal wilderness views and further evidence of the native Tasmanian's that once lived with this land. The middens we encounter today comprise of the discarded shells of abalone, sea snails, bones of wallabies, seals and other prey. They represent thousands of years of inhabitation. According to the Australian Heritage Commission, the region is one of the world's most significant archaeological regions providing tangible connection to the original inhabitants



of the country. For a great overview feel free to stroll to the top of the giant sand dunes. These aren't your standard sand dunes, they are in fact the largest sand dunes in the Southern Hemisphere. If you are keen to meet the kings and queens of the Tasmanian sky, from the top of these dunes is a great spot for sightings of the coastal dwelling sea eagle hunting its prey or the mighty wedge-tailed eagle soaring above its empire. We have also regularly seen juvenile Tasmanian devils searching the beach for food. Upon reaching the Interview River, we find a safe crossing point. Looking back to the north, the deep blue ocean rolls up against an expansive beach bordered by huge wind-swept sand dunes. The huge swells that relentlessly pound the Tarkine coast are generated thousands of kilometres away deep in the Southern Ocean. The dominant westerly winds, the Roaring Forties, circle the globe driving the swell all the way from South America, sweeping underneath the Cape of Good Hope, South Africa before thundering into the Tarkine coast.

Walking distance 8km | Walking time 4-6 hrs
Meals: Breakfast, Lunch, Dinner

DAY 5: INTERVIEW RIVER TO PIEMAN HEADS

Today we walk for 8 kilometres along the Tarkine coast. Today's walking has been described by some as "the ultimate geologist's playground." A distinct change in the feel and layout of the land is evident with the beginning of amazing twisted rock formations and majestic rocky outcrops. Along with this rocky landscape comes a myriad of rock pools in which small yet abundant sea creatures reside. Having lunch amongst these unique rock formations and breathing in the fresh air of the Southern Ocean is the ideal time to reflect on your journey so far. At times, the rocky headlands require us to walk inland. Tessellated amongst the rocky landscape lie swathes of marsupial grazing lawns surrounded by wind hardened coastal banksia, acacia and tea tree. After lunch, keep your eyes peeled for the endangered and shy hooded plover. Families of this cute coastal bird inhabit the high tide line of the Tarkine's beaches. Our last night's camp site is north of the pristine Pieman River. The Pieman River has

plenty of stories to tell. It has been commonly believed that the Pieman was named after Alexander Pearce who was involved in one of the very few cannibalism cases in Australia, however this is not correct. In fact, it was named after a convict by the name of Thomas Kent, a pastry chef that was deported to Van Dieman's land in 1816. At one stage he escaped and was apprehended at the mouth of the river which now bears his nickname "Pieman."

Walking distance 8km | Walking time 4-6 hrs
Meals: Breakfast, Lunch, Dinner

DAY 6: PIEMAN RIVER TO CORINNA TO LAUNCESTON

Today we bid an early morning farewell to the Tarkine coast but we certainly, finish it in style. The mode of transport to Corinna is a 2-hour boat journey down the rainforest flanked Pieman River.

On our travels we cruise through the Pieman Gorge, passing the mouth of the Savage River and Donaldson River, enjoying our last picnic lunch together along the way. These rivers have their origins in the heart of Australia's largest cool temperate rainforest and are surrounded by ancient Huon Pines and other endemic Tasmanian classics. Upon arrival at Corinna, we load into the van for a taste of the rainforest landscape on our journey home. We travel the Murchison Highway allowing us to experience a diversity of landscapes including rainforests, mountain ranges, button grass plains and tall eucalypt forests. It is then onward via Burnie and Devonport on our way back to Launceston, arriving back at your hotel around 7.30pm.

Walking distance 2km | Walking time 1 hr |
Boat transfer 2 hrs
Meals: Breakfast, Lunch



WHAT EQUIPMENT TO BRING ON YOUR TARKINE WILDERNESS TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Tarkine Coast Expedition.

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