



## CENTRAL WALLS OF JERUSALEM HIKE | 4 DAYS | 45 KM

THIS PRISTINE WILDERNESS WORLD HERITAGE AREA OFFERS VISITORS THE CHANCE OF EXPERIENCING A TRULY UNIQUE PART OF AUSTRALIA, A PART OF AUSTRALIA THAT TIME FORGOT. WITH ITS TOWERING MOUNTAIN PEAKS, ANCIENT PENCIL PINE FORESTS, COUNTLESS LAKES, DIVERSE ENDEMIC ALPINE FLORA AND ABUNDANT WILDLIFE - THE WALLS OF JERUSALEM IS A MUST SEE FOR BUSHWALKERS.

The only way into The Walls of Jerusalem National Park is by foot, this remote untouched wilderness is only available to a select few. Our 4 day moderate trek takes us into the heart of the Central Walls area. We have the luxury of some day pack walking on day two and three, so we can make the most of this spectacular place and get to the mountain peaks and remoter sections of the park a little easier. We spend our evenings amongst the spectacular and ancient peaks with views of the Central Tasmanian Plateau allowing us to explore the many wonders of the Central Walls of Jerusalem National Park.

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

## WHAT'S INCLUDED

- 2 professional wilderness guides.
- 3 nights camping.
- 3 breakfasts, 4 lunches & 3 dinners.
- Transport to and from Launceston.
- Tent and sleeping mat.
- National Park fees.
- Group camping equipment including all cooking & eating equipment.
- Emergency communications & group first aid kit.

## TREK GRADING : MODERATE TREK

See: [www.trektasmania.com.au/faq/trek-gradings/](http://www.trektasmania.com.au/faq/trek-gradings/) for more information about gradings

## IMPORTANT NOTES

Our 4 day Walls of Jerusalem adventure is a moderate 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 do this walk, please feel free to call one of us here at Trek Tasmania for more advice.

## WHAT YOU CARRY

The things you need to carry are: all your personal equipment in a full trekking backpack that is 70 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 15kg 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.

## DAY 1: LAUNCESTON TO WALLS OF JERUSALEM NATIONAL PARK

This morning we collect you from your Launceston accommodation between 7:30am and 8:00am and transfer you to the Aspire Adventure Equipment gear store in Launceston for a trip briefing. Your guides will do a thorough gear check, just to make sure you have everything needed for our Central Walls of Jerusalem Trek. Leaving Launceston we drive through some picturesque Tassie landscape and some lovely little towns. We stop at our guides' best local coffee shop for a leg stretch before making our way into the upper Mersey Valley where our trek starts. Walking for about an hour we reach a historic trappers hut; a lovely spot to catch your breath, relax and enjoy a freshly prepared lunch. Leaving the giant eucalypt forest of the Mersey Valley behind us we rise up into an alpine wonderland. The wild flowers up here are stunning and we enjoy our first glimpses of the high mountains and the many lakes this area is famous for. Arriving at our camp site at Wild Dog Creek after about 4 hours walking, a bit tired but inspired by the surrounding landscape. The afternoon and evening are spent admiring views of the mountain panoramas, observing the prolific local wildlife or just reading a book, before enjoying a sumptuous dinner prepared by your friendly guides.

Walking distance 7km | Walking Time 4 hrs  
Meals: Lunch, Dinner

## DAY 2 AND 3: THE CENTRAL WALLS OF JERUSALEM

We may have to move camp depending on on ground booking conditions with the Tasmanian Parks and Wildlife Service on the morning of Day 2. However on both Day 2 and 3, we head out to explore the central Walls of Jerusalem area with day packs only. This will enable us to cover more ground and not having a full pack will make our climb up to the high peaks such as Solomon's Throne and Mount Jerusalem easier. The walks we choose highlight why the Walls of Jerusalem National Park is so special. A large percentage of the plants are endemic, found only in the alpine areas of Tasmania and nowhere else on earth. This combined with the countless pristine small lakes and the majestic mountains, make it a truly unforgettable trekking experience. We return to our camp night to witness unique bushcooking craft (yes we don't just cook up dehydrated meals) and fare amongst the beautiful vista of Tassie's wilderness.

Walking distance each day 8-12km | Walking Time 6-8 hrs  
Meals: Breakfasts, Lunches, Dinners

## DAY 4: CENTRAL WALLS TO LAUNCESTON

After packing up, we leave our Central Walls of Jerusalem camp site and return through the amazing tarn area known as Solomon's Jewels. The morning hike takes us back down into the tall forests of the Upper Mersey Valley. Meeting up with our Trek Tasmania transfer driver we return to Launceston via Mole Creek. We enjoy lunch today at a historic Tassie pub in Mole Creek. Arrival into Launceston is at approximately 5pm.

Walking distance 7km | Walking Time 4 hrs  
Meals: Breakfast, Lunch,

## WHAT EQUIPMENT TO BRING ON YOUR CENTRAL WALLS OF JERUSALEM HIKE

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Walls of Jerusalem Trek. 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. <b>E, H (\$50)</b>	Back pack 70-90L with waterproof pack liner <b>E, H (\$50)</b>
Waterproof over pants (Gore-Tex equivalent 3 layer membrane or PVC coated nylon) <b>E, H (\$20)</b>	Waterproof nylon pack cover <b>E</b>
1 medium weight /thick woolen/polar fleece jumper - must be wool or good quality synthetic fibre	Inflatable /insulated sleeping mat - light weight <b>E, included</b>
2 Long sleeve thermal tops (polypropylene, wool or polyester) <b>E</b>	Sleeping bag - 3 seasons down or high quality synthetic, comfort rating -5 - needs to be around the size of a rugby ball or smaller <b>E, H (\$50)</b>
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) <b>E</b>	Tent <b>E, included</b>
2 T-shirts/Long sleeve shirts (must be wool or synthetics outdoor material - NO Cotton)	Good quality head torch with spare batteries <b>E</b>
Warm trousers - must be wool or synthetic fibre	Sunglasses with secure neck strap
Walking trousers	Water bottles or water bladder - minimum 2 litres <b>E</b>
Walking shorts	2 Heavy weight garbage bags or dry bags for waterproof storage OR 1 good quality nylon pack liner (Sea to Summit equivalent) <b>E</b>
Walking socks - 3 pairs wool or thermal <b>E</b>	Small pack towel
Warm / Waterproof gloves or mittens <b>E</b>	Gaiters - knee length essential for keeping mud from boots and leg protection <b>E, included</b>
Wide brimmed sun hat with secure chin strap preferable <b>E</b>	We provide all catering equipment including cutlery, cups, plates, bowls <b>E</b>
Balaclava or warm beanie <b>E</b>	<b>Personal Toiletries and First Aid</b>
Underwear - wool or thermal	Personal toiletries (please do not bring soaps or shampoo)
Swimmers	Insect repellent cream (please do not bring spray repellent)
<b>Footwear</b>	Sunscreen and lip balm <b>E</b>
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. <b>E</b>	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. <b>E</b>
Light weight sandals, thongs, or shoes for around camp	<b>Optional Equipment</b>
	Camera
	Walking Poles <b>H (\$20)</b>
<b>Please contact us with any questions.</b>	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