



**FIGHTING FIT**  
ADVENTURES

# THE OVERLAND TRACK, TASMANIA

May  
18-25  
2022

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Cost/person  
\$2000

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## Inclusions

- Six-day trek of the Overland Track in Tasmania, one of Australia's premier walks
- All meals from arriving in and leaving Launceston
- All accommodation: double or twin share in hotels and lodges, and dormitories in huts
- Return flights from Brisbane to Launceston, transfers to and from Launceston airport, and Lake St Clair ferry
- Experienced trekking guide
- Entrance fees to national parks and trekking fees



**FITNESS TRAVEL ADVENTURE**



# INFORMATION

## The Overland Track, Tasmania

- A magnificent six-day trek through the Tasmanian wilderness
- Australia's premier alpine walk
- Stunning scenery and native wildlife
- A physical challenge, especially climbing Cradle Mountain and Mount Ossa
- A sense of accomplishment



The Overland Track is Australia's premier alpine walk. It's a 64 km, six-day trek through the heart of the Cradle Mountain-Lake St Clair National Park, part of the magnificent Tasmanian Wilderness World Heritage Area. The stunning scenery and the physical challenge of the Overland Track have given it a national and international reputation as one of the great wilderness bushwalks.



**FITNESS TRAVEL ADVENTURE**



# ITINERARY

Date	Activity	Overnight
WEDNESDAY May 18 DAY 1	Leave Toowoomba at 8am. Take the Virgin flight from Brisbane to Launceston at 12.15 pm. Arrive 3.30 pm.	Launceston hotel
THURSDAY May 19 DAY 2	Leave Launceston at 6.15 am for our transfer to start of of the Overland Track at Cradle Mountain (Ronny Creek in Cradle Valley). The track crosses a button grass plain before rising up steeply to Marion's Lookout for views of Cradle Mountain (1545 m) and Dove Lake. Weather- and time-permitting, we can trek to the summit of Cradle Mountain. The track then passes through magnificent stands of snow gums and alpine flora to Waterfall Valley (11 km, 3-4 hours)	Waterfall Valley hut
FRIDAY May 20 DAY 3	Leave Waterfall Valley, crossing moorlands where wombats, Tasmanian devils and echidna live before arriving at Lake Windemere (8 km, 3-4 hours)	Lake Windemere hut
SATURDAY May 21 DAY 4	First we walk through lightly timbered forest then across button grass moorlands to the Forth Gorge Lookout. We pass through a damp section of forest called Frog Flats with coloured mosses and fungi. Finally it's a climb up to Pelion Plains and where we will spend the night, New Pelion Hut (15 km, 5-6 hours).	New Pelion hut
SUNDAY May 22 DAY 5	The day starts with a climb up to Pelion Gap. If the weather is good we can climb Mount Ossa, the highest peak in Tasmania (1617 m) for fantastic views. From Pelion Gap, the track passes through Pinestone Valley then onto Kia Ora hut (9 km, 3-4 hours)	Kia Ora hut
MONDAY May 23 DAY 6	Beech rainforest dominates the section leading up to Du Cane hut. Here we'll take a side trip to D'Alton, Fergusson and Hartnett Falls on the Mersey River if time permits. The track climbs then climbs steadily up to Du Cane Gap before descending through eucalypt forest to Windy Ridge Hut (10 km, 4-5 hours).	Windy Ridge hut
TUESDAY May 24 DAY 7	The track descends down the valley to the suspension bridge over the Narcissus River and then it's onto Narcissus Bay where a ferry will take us to Lake St Clair resort for our celebratory dinner (11 km, 3-4 hours).	Lake St Clair resort
WEDNESDAY May 25 DAY 8	Enjoy a half day at Lake St Clair Lodge with a 2.30 pm transfer back to Launceston for our Virgin flight to Brisbane at 8.25 pm, arriving at 10.55 pm.	Home!

## Recommended packing list

- Multiday hiking backpack (around 65 litres) and pack-cover
- Supportive, waterproof trekking boots
- Inner and thicker socks
- Three layers of clothing
  - Base layer – thermal pants and t-shirt
  - Mid layer – trekking pants and shirt or light jumper
  - Top layer – Warm jumper/fleece/windproof jacket
- Waterproof jacket
- Waterproof gloves (eg ski gloves)
- Waterproof gaiters
- Four season sleeping bag
- Sleeping mat
- Walking poles (optional)
- Hat and beanie
- Dry-bags - large to line your pack and small for electronics, passport etc
- Lightweight shoes for use in huts/around camp (eg Crocs)
- Sunglasses
- Toilet roll or wet-wipes, antiseptic hand gel
- Water bottle or camelback (1.5 litre)
- Water purification tablets
- Sunscreen and insect repellent
- Strapping tape and a few Band-Aids
- Anti-chafing cream (eg BBB)
- Head torch, whistle, space blanket
- Snacks/chocolate/lollies
- Electrolyte (eg Hydralyte sport)
- Small vacuum flask (optional)