

Three Capes Track, Wineglass Bay & Maria Island



Join us on 7 day trip which includes 4 days of walk along Tasmania's East Coast.. **The East Coast of Tasmania** is a mecca for walking. Trek some of its highlights of this 5- day lodge accommodated guided walking tour. From the sprawling aquamarine Wineglass Bay to the mighty heights of Maria Island and the Three Capes Track this tour will leave you with a fever for hiking in Tasmania.

The island is also a haven for many rare and endangered plants and animals **on Bruny Island** and throughout the South Coast of Tasmania. Some of the walks include some long days sections walking along beaches, and some rocky headlands, boardwalks through marshlands, and some steep ascents and descents on rocky surfaces; but with a moderate level of fitness, each walk is enjoyable. Each night we stay in comfortable accommodation where you will enjoy delicious evening meals.

Experienced and knowledgeable guides will accompany us on both and treat us to the many secrets of this special place. Take time to enjoy the famous local produce; Bruny is home to producers specialising in oysters, cheese, and chocolate.

Three Capes Track, Wineglass Bay & Maria Island. Tour inclusions.

- 3-4 Star lodge accommodation.
- 4 days of walking the best of the East Coast of Tasmania.
- 2 nights Launceston bed and breakfast
- 2 nights Hobart bed and breakfast
- Includes the very best walks around Wineglass Bay, Maria Island and Three Capes
- Start in Launceston and finish in Hobart
- Moderate to challenging walks, with some steep ascents and descents
- Professional guide/s
- Air-conditioned minibus
- Small group size (maximum 12)

Walking Tour Itinerary

Day 1: Arrival Day – transfer to our hotel (B)

Day 2 Free day Launceston. You will meet our fellow hikers and guides in the lobby of the hotel at 6pm for a tour briefing followed by a 7pm welcome dinner at the hotel restaurant. Meals: BD **(B)**

Day 3: Cape Freycinet, Wineglass Bay Circuit 14 February

11.5KM

The view over Coles Bay toward the Hazard Range Freycinet Peninsula draws us in to this iconic national park.

Enjoy a gorge us 11.5km circuit walk which takes in the white sand beach of Wineglass Bay and the equally beautiful Hazards Beach on the other side of the Cape Freycinet isthmus.

After our walk, and perhaps an icy but refreshing swim, we head to Swansea, our home for the evening.

Meals: B,L,D

Day 4: Maria Island Walk

12KM

A quick ferry ride and we are at the beautiful Maria Island Tasmania. There are few options today but the most scenic is a challenging but rewarding climb up Mt Bishop and Clerk. The walk is steep but the views from the dolerite columns at the summit of the mountain are sensational. The forested section of path offers delightful walking, with glimpses of ocean beyond the sheer cliffs.

For those wanting an easy day, there's plenty to explore including the Painted Cliffs, the Fossil Cliffs, and the old Darlington settlement, which has seen many transformations over the years.

After our ferry trip back to the mainland we'll head south to the historic town of Port Arthur and our accommodation for the next two evenings.

Meals: B,L,D

Day 5: Three Capes Track, Tasman Peninsula, Cape Raoul

14KM

Today we will explore the second of the Three Capes on the Three Cape Track, after a short drive from Port Arthur.

Our walk today starts off inland where we get to enjoy some beautiful heath country. As we come closer to the coastline the bush opens up and we get some of our first glimpses of the absolutely spectacular dolerite cliffs of the Tasman National Park. If we're lucky we may encounter some of those intense winds the capes are famous for.

Eventually the trail starts heading east along the cliff tops and we descend onto the Cape Raoul plateau. Here we are rewarded with coastal banksia scrub and the odd glimpses of the northern coastline and the impressive 300m high cliffs of Cape Pillar in the distance. Once we've had plenty of time taking in all the beautiful scenery at the end of Cape Raoul we make our way back the same way to the bus.

From the end of the walk it is a short drive back to Port Arthur for our final night together.

Meals Included: B,L,D

Day 6: Three Capes Track, Tasman Peninsula, Cape Hauy

8KM

Our last walk, on the Tasman Peninsula, is nothing short of spectacular. Part of the Three Capes Track, as we've come to expect from Tasmania, there are ups and there are downs and there are incredible views to marvel at.

As we walk along Cape Hauy the promontory narrows and the views get better and better. Massive dolerite cliffs descend vertically into the ocean on either side, making this an exciting walk to finish on.

In the early afternoon it's a 1.5hr drive back to Hobart, arriving late afternoon. Drop off at your hotel..

Day 7: Hobart – Free day to relax do some much need laundry washing

Optional: Add-on of 6-day 4 nights Bruny Island hiking trip.

Accommodation

- During our time in Tasmania, we'll stay in variety of accommodation from comfortable, self-contained cottages and cabins to motel style rooms. Accommodation is on a double or twin share basis. A limited number of single supplements are available – please let us know if you would like this option when booking.

2 nights: Grand Chancellor Launceston.

- Located in the heart of Launceston, we will stay here for the first night before an early departure for Wineglass Bay the next day. To celebrate our journey ahead we will enjoy dinner at the hotel restaurant. Rooms are standard Twin share/Queen rooms with en-suite.

1 nights: Swansea Motor Inn

- Our launching pad to Maria Island, Swansea Motor Inn overlooks the Great Oyster Bay with the renowned Hazards of Freycinet National Park in the distance. Watch the sun rise over the water and pelicans fishing near the beach in the afternoon. We'll head to the Bark Mill Tavern for a generous and hearty dinner.

2 night: Fox and Hounds Inn.

- With great access to the Three Capes Track, the Fox and Hound motel is situated right next to Stingaree Bay a little outside of Port Arthur in a picturesque and quiet setting. We will have dinner at the restaurant.
- At all the locations we will meet up together to share breakfast and to make our packed lunches for the days walk. We will enjoy dinner at local restaurants for the duration of the tour.

2 nights: Hobart

Cost: \$3450 single Occupancy

What to bring

We will send you a list of recommended clothing and equipment when you book.

Food

All meals are included unless indicated in the itinerary.

Breakfast comprises cereal, fruit, yoghurt, toast and spreads with juice, tea, and coffee.

Lunch is self-made from supplied breads, salads, and meats.

We'll eat dinner at various local establishments close to, or at, our accommodation. Please let us know of any dietary requirements.

Each day we provide morning tea whilst out on a walk and fruit is available for snacks. You're welcome to bring additional snacks (e.g., muesli bars, nuts) if you feel you need them. There will be some limited opportunity to purchase additional supplies and alcohol throughout the tour.

Your out-of-pocket expenses for this trip include snacks and alcohol.

Transport

We'll use a comfortable 12 seat, air- conditioned commuter bus for the tour. □

- This walk includes

□



- All meals, using fresh Tasmanian produce where possible
- Breakfast, morning tea, lunch and dinner are included each day throughout the tour. Some dinners may be at your own expense, as indicated on the itinerary

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- Comfortable cabin and hotel accommodation
- We stay in three locations on this tour. See the 'Accommodation' section for more details.

□



- Excellent itinerary and planning
- Drawn from 14 years' experience.

□



- Maria Island Ferry
- We'll take to the water to access Maria Island



- Minibus transport throughout Tasmania
- Watch the scenery glide by from the comfort of our air-conditioned vehicle



- National Park entrance fees



- Two fun and professional guides
- We'll feed you, tell you stories, help you achieve the walks safely and make sure everything goes to plan so that you don't have to worry about a thing
- Tasmania Walks FAQs
- [How should I prepare for the walks in Tasmania?](#)



- Most of the walks on this tour are moderate to challenging – and are more challenging without adequate preparation. Tasmania seems to be made of hills, and we're set to climb a lot of them, which can be hard on the knees, thighs, and glutes. However, the walks are achievable to those of good fitness. Training prior to the tour will ensure you enjoy it and reduce your chance of injury.
- The best way to prepare physically for the trip is to walk up and down hills or stairs, over a variety of surfaces. Try to walk frequently. By the start of our tour, you should be able to comfortably walk 15 km and be confident up and down hills.
- One great tip to prepare for the rocky surfaces is to step over a series of milk crates. The key with rocky terrain is to lift your leg nice and high.



- [How hard are the walks in Tasmania?](#)



- [How hard are the walks?](#)

- The difficulty of the walks ranges from tour to tour, from easy to challenging. We design all our walking tours to be achievable for those with a moderate level of fitness. We do recommend doing some training before most tours, because physical activity is always more enjoyable if you are physically prepared. We will send you information about how to train when you book.
- When on tour we find that a positive mental attitude is most important and that if you focus on the scenery, the company, and the moment, and not on the

kilometres, then you find yourself reaching your destination with little problem. You can always have a day or sometimes an afternoon off to relax if you feel like it. If you have any concerns about your fitness or ability to complete a walk, give us a call on 0418917342 and we can talk you through it.

Money-Back Guarantee

We can't guarantee the weather, bush fires, or events beyond our control, but we do guarantee that:

- your guides are professional, friendly, and hard working.
- your itinerary is well organized and thought out.
- the particulars of your tour (accommodation, transport, food etc.), are as described on the website and in the tour notes.