



# Central Highlands Tasmania Walking Tour

Walk the iconic and picturesque tracks of the Central Highlands of Tasmania over 7 days. Includes the Overland Track, Mt Field National Park as well as some of the best walks in the Cradle Mountain area. Starting in Hobart you will travel up the Centre of Tasmania staying in comfortable accommodation in Maydena, Lake St Clair and Cradle Mountain. Each day you will walk with only a day pack and return to your accommodation each evening to relax and recap your days adventure.

## Details

<b>Arrive:</b>	Hobart
<b>Depart:</b>	Launceston
<b>Duration:</b>	7 Days
<b>Group Size:</b>	Maximum 12 guests
<b>Average Age:</b>	55-75
<b>Activity Level:</b>	Moderate to Challenging

# Highlights



Incredible and varied scenic beauty - from mountain vistas to cool moss-covered forests and glacial landscapes.



Highlights include walks around Cradle Mountain, the Overland Track and Mt Field National Park



See iconic Tasmanian flora and fauna.

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# What to expect



Each night we stay in comfortable accommodation to enjoy a shower and a good night's sleep



Moderate to challenging walks, with some steep ascents and descents, made easier by only carrying a daypack.



Average Temperature (degrees)  
November: 4 min - 16 max  
December: 5 min - 18 max  
January: 6 min - 20 max  
February: 6 min - 20 max

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# Itinerary

7 days of fantastic, guided walking through the Central Highlands of Tasmania. Overland Track, Mt Field National Park, Cradle Mountain. Comfortable accommodation, all meals.

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## Day 1 **ARRIVAL DAY WITH WELCOME DINNER**

Arrive at any time during the day and make your way to your first night's stay in Hobart. We will see you in the lobby of the hotel at 6pm for a tour briefing followed by a 7pm welcome dinner at a local restaurant.

**Activity:** Travel day  
**Meals:** D  
**Accommodation:** Travelodge Hobart (or similar)

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## Day 2 **MT FIELD NP, THE TARN SHELF WALK**

Departing early from Hobart we make our way to Mt Field National Park where we set out on the park's flagship walk, the Tarn Shelf Walk. A steep drive up to Lake Dobson brings us to the start from where we will get up to and along the Tarn Shelf. A bit of a climb gets us up to the small mountain lakes, or tarns, of the Rodway Range, with magnificent views over the glacier-formed landscape.

You will think you are in the Lord of the Rings as we pass through this amazing country. Lunch will be up on the tarn with great views, before we enter a more wooded part of the trail and back to Lake Dobson. Today's walk is challenging and quite long, but well worth the views and scenery of this absolutely stunning area.

**Activity:** 16km walk  
**Meals:** B, L, D  
**Accommodation:** Tarraleah Estate (or similar)

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## Day 3

### OVERLAND TRACK, LAKE ST CLAIR – CYNTHIA BAY TO ECHO POINT

It's a couple of hours drive to Lake St Clair where we'll take a nice walk on the iconic Overland Track. We will take the ferry to Echo Point and walk back to the main settlement alongside the picturesque lake. We walk through an enchanting temperate rainforest. Sassafras, myrtle, celery-top pine and leatherwood provide a thick canopy for the mosses, lichens and fungi below.

<b>Activity:</b>	11.2km walk
<b>Meals:</b>	B, L, D
<b>Accommodation:</b>	Lake St Clair Lodge (or similar)

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## Day 4

### LAKE ST CLAIR – MT RUFUS CIRCUIT OR SHADOW LAKE CIRCUIT

A challenging but amazing day walking the Mt Rufus circuit awaits us! This 22km walk takes us through a wide variety of vegetation and landscapes as we make our way up to the summit of Mt Rufus. From the summit the views over the surrounding mountain ranges are sensational.

There is an option for those who want a shorter day to do the Shadow Lake Circuit. This reduces the walk by about 2 hours and cuts out most of the vertical ascent.

At the end of the day we can walk straight into our Lake St Clair cabins and enjoy a rejuvenating shower.

<b>Activity:</b>	22km or 12km walk
<b>Meals:</b>	B, L, D
<b>Accommodation:</b>	Lake St Clair Lodge (or similar)

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## Day 5

### CRADLE MOUNTAIN, DOVE LAKE CIRCUIT

Today is a mixture of driving and walking. First up it's a 3 hour drive to Cradle Mountain, a great time to recover after yesterday's strenuous walk and get your energy back for your afternoon walk in Cradle Mountain. The views of the passing landscape are absolutely incredible as we drive. At Cradle Mountain we will complete the popular and picturesque Dove Lake Circuit before heading to our accommodation.

<b>Activity:</b>	6km walk
<b>Meals:</b>	B, L, D
<b>Accommodation:</b>	Cradle Mountain Wilderness Village (or similar)

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## Day 6

### OVERLAND TRACK, CRADLE MOUNTAIN AREA

Depending on the weather and the energy levels of the group, there are a number of options for today's walk. We'll enjoy imposing mountain vistas, pristine glacial lakes, vast buttongrass plains and an all round fantastic day of walking. This is a fairly busy park – and we'll see why! This is the start point of the world renown Overland track.

It's a short drive out of the park to our 2nd night at the Cradle Mountain Discovery Holiday Park.

**Activity:** 5hrs walk

**Meals:** B, L, D

**Accommodation:** Cradle Mountain Wilderness Village (or similar)

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## Day 7

### CRADLE MOUNTAIN TO LAUNCESTON

There's still time for one last walk this morning. With lots of options we will choose a walk based on the weather conditions. We then say goodbye to the wild mountain country and head to our departure city of Launceston, arriving mid-late afternoon.

**Activity:** Walk and drive to Launceston

**Meals:** B, L

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