

**Itinerary:**

## Day One

The drive from our walking base near Launceston winds through the scenic and rich pastoral landscapes of Scottsdale and the tin mining town of Derby to the northern end of Mt. William National Park. Here the Bay of Fires walk begins at Boulder Point with views north to the Bass Strait Islands, stepping stones remaining of the land bridge that once connected Tasmania to the mainland. Secluded beaches tucked between sand dunes and off-shore rocks are separated by rocky headlands - the perfect place for shells, birds' nests and relaxed lunches.

*Walk is approximately 9km, 4 hours. The night is spent at Forester Beach Camp.*

## Day Two

Travelling south you'll be amazed at this magnificent coastline of colour and solitude. Elevated views of Mt. William National Park and out to sea are enjoyed from the ridgeline of sand dunes and prime heathlands. We take time to explore the marsupial lawns behind the dunes, a great site to identify local wildlife prints. Lunch is at historic Eddystone Point Lighthouse, and in the afternoon you'll enjoy the seclusion of superb beaches and coves along the coastline before arriving at the sanctuary of the Bay of Fires Lodge.

*Day 2 walk is approximately 14 km, 7 hours.*



## Day Three

Based at the lodge, the day is yours to relax or set off on yet another adventure paddling the tranquil waters of Ansons River. Discover the delicate ecology of this river system as it winds its way to the mouth of Ansons Bay, a haven for water birds and eagle rays. After lunch, leave the kayaks behind and stroll back to the lodge along the Abbotsbury Peninsula.

*Your 3rd night's accommodation is again at the Bay of Fires Lodge.*



## Day Four

After a leisurely breakfast, you can explore the beaches and headlands, take a swim, or simply curl up and read a book. Leaving the lodge on foot, you make your way through the fragrant inland heath and peppermint forests to a secluded spot for lunch. Your return trip takes you south to the fishing village of St Helens and then through the picturesque Fingal Valley en route to our walkers base at Quamby Estate.



## **Frequently Asked Questions:**

### **WHAT TIME DOES THE TRIP COMMENCE AND CONCLUDE?**

You will be met at a pre-arranged location in Launceston at 7.15am and transferred to the walk base at Quamby Estate. Here you will meet your guides who will provide a briefing on the walk, check your gear and assist with preparing your pack. There is then time for breakfast before departing at 9am for Mt. William National Park. You will return to the walk base at approximately 5pm on Day 4. A complimentary transfer is available back into Launceston at 6pm.

### **WHERE SHOULD WE STAY PRE AND POST OUR WALK?**

The walking base is located at Quamby Estate, 20mins from Launceston. From here the daily walks depart and return, making a stay at Quamby Homestead an ideal option. Built in the 1830's the homestead has been restored in keeping with the original features while not compromising today's luxuries. Modern bathrooms, luxury bedding and flat screen televisions are just a few of the new additions. Special rates are available for walkers.

### **WHAT GEAR IS PROVIDED?**

A backpack and Gore-tex jacket are provided, plus bedding for your first night at the beach camp.

### **WHAT ELSE SHOULD I TAKE?**

Read through the gear checklist which outlines the essentials required to enjoy your walk in comfort and safety. Any extras will need to be carried by you, so be aware of the overall weight of your luggage. Your comfort and enjoyment is important to us, and keeping your pack weight to a minimum is our intention. Aim for one set of warm clothes for evenings and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.

### **CAN I STORE LUGGAGE THAT I DO NOT WANT TO TAKE ON THE WALK?**

We will securely store all extra luggage at the walk base for you to collect when you return.

### **HOW FIT DO I NEED TO BE?**

As long as you regularly exercise, or are moderately fit and feel capable of walking between 9 - 14 km's for the first two days along beaches and rocky headlands, you will enjoy your walking holiday. There is plenty of time to sit and rest as well as exploring each day.

### **HOW MANY PEOPLE ARE IN EACH GROUP?**

Walking groups consist of a maximum of 10 and a minimum of 4 people, plus 2 qualified guides.

### **DO I NEED TRAVEL INSURANCE?**

Yes. Just ask us at the time of booking and we can add travel insurance to your reservation at a reasonable cost. If you choose to opt out of travel insurance, we require that you sign a waiver form accepting all consequences and costs associated with any incidents or accidents which would normally be covered by a travel insurance policy. If you are 69 years of age and older, or have a pre-existing medical condition that is likely to affect your ability to complete the walk, you will also be required to obtain medical clearance.

## **Gear Check List:**

- Lightweight lace-up walking boots or walking shoes with ankle support and treaded soles. Sandshoes and similar shoes are not acceptable.
- Polar fleece jacket (preferred) or woolen jumper
- Light jumper (warm)
- Beanie
- Shorts and/or light cotton trousers for walking
- Polypropylene thermal underwear – long sleeved top and long johns. Essential in summer and winter.
- Warm long pants – evening camp / lodge wear
- Shirts / t-shirts – 3 recommended
- Socks – 3 pairs recommended
- Underwear
- Lightweight footwear – suitable for lodge and kayaking
- Sun hat and sunscreen
- Towel or body chamois – light and quick to dry
- Swimming costume
- Water bottle – at least 1.5 liters
- Plastic mug – for tea and coffee on the track.

You may also wish to take a camera, spare batteries, a small torch, binoculars, drawing or painting equipment, a notebook, a short light weight wetsuit or spring suit for swimming.