

A FREYCINET EXPERIENCE WITH FIND YOUR FEET

QUICK FACTS

Tour Duration: 3 nights & 4 days

Departs: Find Your Feet, 107 Elizabeth Street, Hobart @ 8am on Day 1

Returns: Find Your Feet, 107 Elizabeth Street, Hobart @ 5:30pm on Day 4 (Airport drop-offs are possible upon request.)

Maximum Group Size: 14 guests

Accommodation: The exclusive Friendly Beaches Eco Lodge (private residence)

Meals: Meals are lovingly prepared, showcasing wholesome, predominantly plant-based Tasmanian cuisine. All Tasmanian wines and beers are also included.

Transport: All on-ground transport ex. Hobart and boat transfers at Freycinet are provided

RUN DETAILS**

Minimum Run Duration: 7km/75min

Maximum Run Duration: 22km/4-5hrs

Technical Difficulty: Beginner - Moderate (some trail experience required)

Steepness: Coastal to very steep mountain slopes

** Our tours are a holiday involving trail running. Our guides will craft each days' runs to meet your individual needs and en route will frequently stop to soak up the ambience and to take plenty of photos. Therefore, running distances noted in this itinerary can vary to differentiate between guest abilities and make your Find Your Feet Tour a rich experience.*

TOUR HIGHLIGHTS

- Run along the famous Friendly Beaches, a 9km stretch of pure white sand & blue water.
- Take a scenic boat cruise to the far end of the peninsula and run Tassie's finest trails back to our support vehicle.
- Scale granite peaks at Freycinet's National Park.
- Enjoy the relaxation and barefoot luxury of Friendly Beaches Lodge, exclusive eco-accommodation nestled into the native wilderness behind Friendly Beaches. This lodge has won two national architecture awards, the most recent in 2018.
- Traverse the length of an 8km private trail along towering clifftops, a trail running gem exclusive to this tour.
- Watch wildlife in their natural habitat and search for Tassie Devil tracks & scats.
- Enjoy fine Tasmanian cuisine and the camaraderie of your new trail running friends in a unique eco setting.

ITINERARY

Highlights of Freycinet National Park

Freycinet National Park protrudes prominently from Tasmania's eastern coastline. It consists of rugged granite mountains surrounded by azure bays and white sandy beaches. The dramatic peaks of the Hazards overlook the beauty of Wineglass Bay, the sandy isthmus and the wilder stretches of the Freycinet National Park. The Park also includes the Friendly Beaches, a 9km stretch of ocean beach famous for its sparkling, silica-dense sand that had mining companies itching to gain access to it for glass production. Your runs will take you to the extraordinary corners of this unique landscape and as we do, Hanny Allston and your guides will deliver a plethora of tips & tricks to help you with your trail running, as well as insights into this inspiring national park.

DAY ZERO:

- On arrival into Hobart Airport, please make your way to your selected accommodation in Hobart and settle in. Whilst this accommodation IS NOT included in your tour, it is important for you to arrive this day so that we can meet at 8am sharp on Day 1 at Find Your Feet. If you arrive before 5pm, feel free to drop in and see us at 107 Elizabeth Street, Hobart. So rest up and get ready for the trip to begin tomorrow!

Day 1:

- Meet at Find Your Feet @ 107 Elizabeth Street, Hobart at 8am to be introduced to your guides and the group.
- Depart for the Freycinet National Park, stopping en route to soak up the expansive views of the Freycinet Peninsula across Great Oyster Bay. Whilst breakfast is not included on this day, a hearty morning tea will be provided to help fuel us on our upcoming run!
- On arrival at the Coles Bay township we will run via trails, lagoon edges and the exquisite Friendly Beaches to our eco-lodge, which hides sneakily behind the white quartz sand dunes (14km smooth fire trails & beaches). Our luggage will be transported to our accommodation whilst we run.
- On arrival we will have a late picnic lunch before relaxing into our surroundings.
- Enjoy watching the evening sunset from our private home nestled into the forest then relax over an evening meal prepared by our lodge coordinators, embedding new friendships with a glass of wine or beer on the deck.

Day 2:

- Watch the sun rise over what feels like our private beach then enjoy a fresh breakfast prepared by our hosts.
- After breakfast we will take a short 30-minute vehicle transfer to the Coles Bay township to meet our skipper. Here we will board a small boat for a scenic tour to the very southern end of the Freycinet Peninsula (approx. 90mins). From the boat we will likely see sea eagle nests, marine life and observe the stretches of white sandy beaches and coastal vegetation that we will soon be running along & through. If possible, we will be aiming to make a short visit to Schouten Island, a large, rocky island off the southern tip of the peninsula with gleaming white beaches and jagged mountains.
- We will disembark the boat at Bryans Beach and run as a group for the next 5km. At the sleepy Cooks Beach you will be given the choice - head for the mountains (570m) or stay low and enjoy the coastal scenery. Approx. 8km later our group will reunite at Wineglass Bay for one final uphill climb with rewarding views of the beach now far below us. Finish this run with a mega downhill - let your legs spin and fly! This run is approx. 16-22km depending on your chosen route.
- This afternoon we will relax and unwind at our lodge, enjoying the library, beach or a nana nap!
- Dinner will again be prepared by our hosts.

Day 3:

- After a sleep-in and leisurely breakfast, our hosts will drop us off at Cape Tourville, a breath-taking section of boardwalk elevated along the clifftops. From here we will look back to where we ran yesterday, and then look towards today's run - a series of steep granite cliffs extending all the way north to Friendly Beaches.
- The run will then begin on wide, rolling fire trails before ducking into the bush and following our noses to the head of a very small trail. This trail then climbs quickly to the top of the cliffs before meandering northwards, popping out on a fire trail not far from the southern end of Friendly Beaches. We then have a final cruise up the beach back to our lodge (approx. 14km smooth to hilly coastal trails, some of which can be quite rough. Some hiking will be required today!)
- This afternoon will involve an educational Q&A time hosted by Hanny Allston, before enjoying the tranquility of the evening and our final dinner together.

Part 2: Goodbye!

By now you will feel an inner glow stemming from: days on the trails; sleeping with the roar of Friendly Beaches beyond your bedroom window; Tasmanian cuisine at its finest; new friendships; and a plethora of tips, tricks and new-found confidence in your trail running ability.

Day 4:

- Embark on the ultimate dawn recovery run, exploring the local lagoons whilst searching for animal tracks. You may even find the prints of a Tasmanian Devil! On your run, say a final goodbye to Friendly Beaches!
- After a long, slow breakfast you can climb aboard the bus for a scenic drive back to Hobart, interspersed with coffee & views back to the Freycinet National Park.
- Our final goodbyes will be either from the Hobart Airport (guests with flights back to mainland Australia will be dropped here as we pass by en-route to Hobart) or Find Your Feet. This is the final opportunity to laugh and reflect on our adventurous and unforgettable journey together.

Accommodation: Three nights at the Freycinet Experience Eco-Lodge (private residence). Twin-share boutique eco accommodation nestled into the surrounding native bushland adjacent to Friendly Beaches.

Meals: All meals on this tour will be provided by our two hosts at the Freycinet Experience Lodge. We have selected the finest Tasmanian Cuisine and would like to showcase nutritious, wholesome & plant-based cooking, with a few treats such as local wines & cheeses thrown in for good measure!

COST: \$2290 (incl. GST)*

Tour inclusions: 3 nights at the Freycinet Experience private eco-lodge; all meals including Tasmanian wines & produce; all on-ground transport; luggage transfer; ferry transfer at Freycinet National Park; expert coaching & guiding, including with Hanny Allston; National Park entries; discounts to premium brands at Find Your Feet.

Tour exclusions: Airfares; travel insurance; Day Zero's accommodation in Hobart.

Please note, this trip is strictly limited to 10 guests and will book quickly. *Price quoted is only for 2020 departures. 2021 prices TBC.