

# FIND YOUR FEET GONE RUNNING TOUR TO ALPINE TASMANIA

5 DAYS EXPLORING THE WALLS OF JERUSALEM & CRADLE MOUNTAIN NATIONAL PARK

## QUICK FACTS

**Tour Duration:** 4 nights & 5 days

**Departs:** Find Your Feet, 23 Kingsway, Launceston @ 9am on Day 1

**Returns:** Find Your Feet, 23 Kingsway, Launceston @ 1pm on Day 5

**Maximum Group Size:** 12 guests

**Accommodation:** 4-4.5\* star

**Meals:** Not included\*

**Transport:** All on-ground transport provided

## RUN DETAILS\*\*

**Minimum Run Duration:** 5km/60min

**Maximum Run Duration:** 24km/4hrs

**Technical Difficulty:** Moderate (trail experience required)

**Steepness:** Undulating to very steep mountain slopes

*\* It is our greatest wish to showcase the beauty of Tasmanian cuisine whilst helping to educate our guests on what fuels them best for our wild adventures, all on a friendly budget. Whilst meals are not included in this tour, during our trip you will be assisted by your guides to purchase, prepare or dine out on delicious meals.*

*\*\* 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 into the heart of the Walls of Jerusalem National Park & visit the ancient Gondwanan Pencil Pine trees
- Scale the biblically-named dolerite mountains that make this national park so famous
- Experience Cradle Mountain and the northern end of the world renowned Overland Track
- Watch wildlife in their natural habitat including wombats and maybe even a platypus
- Enjoy Tasmanian cabin accommodation, resting by the heat of a wood fire after a day on the trails
- Enjoy the camaraderie of your new trail running friends

## ITINERARY

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### Part 1: Meet 'the crew' & explore the Walls of Jerusalem National Park & Mole Creek Karst country

Our hub for this part of the tour is Mole Creek, a famous limestone Karst region of Tasmania. From here we will enter the rich rainforests and alpine lake country of the Central Plateau, as well as a longer trail running mission into the heart of the Walls of Jerusalem National Park.

#### **DAY 1:**

- Your expert guides will meet you at Find Your Feet, 23 Kingsway, Launceston... let's officially begin the tour!
- Depart for Mole Creek to begin what will be an unforgettable tour of Tasmania. We will stop en route to enjoy the Tasmanian countryside & hospitality.
- After shopping at the famous Hill Street Grocers in historical Longford, enjoy a short introductory run to Lady Lake on the Central Plateau, following the beautifully built Higgs Track (approx. 10km hilly trail run).
- Prepare a quiet dinner in our cabins and share stories about your first day of trail running in Tasmania whilst soaking up the heat of the wood fire.

#### **Day 2:**

- After an early breakfast we will head for the hills and the start of the Walls of Jerusalem main trail. From here we climb up through dry Eucalyptus forest before reaching the open plateau filled with endless lakes and views into the Cradle Mountain-Walls of Jerusalem National Park. We will aim for the ancient Pencil Pine Forest of Dickson's Kingdom and if we have time, scale a peak on the way home (approx. 24km well-kept trail run)
- After a picnic lunch, enjoy an afternoon relaxing by the fire.

#### **Accommodation:**

- Two nights at Mole Creek Cabins (4\*)

Twin share, fully self-contained accommodation in cottages located on the outskirts of Mole Creek and overlooking the Tasmanian Central Plateau.

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### Part 2: Explore Cradle Mountain and the northern region of the Overland Track

Cradle Mountain is located at the northern end of the Lake St Clair - Cradle Mountain National Park. It is the starting point of the famous Overland Track and protected as a World Heritage Area. It is known for its ancient temperate rainforests, button grass plains and glacial carved lakes.

#### **Day 3:**

- After breakfast we will travel to Sheffield, the town of murals for coffees and to stock up on provisions for the days to come. We will then drive beneath the spectacular Mt

Roland and then on to Cradle Mountain. We will disembark the vehicles and take a remote, less trodden trail all the way to our accommodation (approx. 15km softer-terrain trail run with some hills)

- Enjoy a late lunch at our accommodation and then enjoy an evening walk around the nearby forests
- We will enjoy simple dining and log fires at the local Cradle Mountain Tavern.

#### **Day 4:**

- Mountain day! After breakfast we will embark on a walk/run towards Cradle Mountain. Weather and ability permitting, group members will have the opportunity to summit this rough Dolerite peak or we may opt for an alternative route if required (approx. 18km rough mountain trails)
- This afternoon we will relax and unwind then take a short, leisurely wildlife walk around rainforests and waterfalls at dusk.
- Share stories and highlights over a quiet dinner in our beautiful cabins or at one of the local restaurants (at your guides' discretion).

#### **Day 5:**

- Embark on the ultimate dawn recovery run past alpine tarns, ancient King Billy Pines and then around the famous Dove Lake. Say a final goodbye to Cradle Mountain!
- After breakfast you can climb aboard the bus for a scenic drive back to Launceston Airport, interspersed with coffee, rural towns and heritage.
- Our final goodbyes will be from Find Your Feet Launceston (or Launceston Airport if required) around 1pm. This is the final opportunity to laugh and reflect on our adventurous and unforgettable journey together.

**Accommodation:** Two nights at Cradle Mountain Wilderness Village (4\*)

Mountain cabins overlooking the alpine forests in Cradle Valley on the edge of the World Heritage listed Cradle Mountain/Lake St Clair National Park in Tasmania. A perfect place to recharge after a day on the trails.

### **COST: \$1995 (incl. GST)**

**Tour inclusions:** 4-4.5\* Tasmanian accommodation; all on-ground transport ex. Hobart; expert coaching & guiding; National Park entries; discounts to premium brands at Find Your Feet.

**Tour exclusions:** Airfares; travel insurance; meals; accommodation in Launceston on Day Zero (our night prior to departure).

Please note, this trip is strictly limited to 12 guests and will book quickly