

# FIND YOUR FEET ON FLINDERS ISLAND

4 DAYS EXPLORING FLINDERS ISLAND WITH HANNY ALLSTON

## QUICK FACTS

**Tour Duration:** 3 nights & 4 days

**Departs:** Launceston Airport, Sharp Airlines Terminal @ 6am

**Returns:** Launceston Airport, Sharp Airlines Terminal @ 5:30pm

**Maximum Group Size:** 10 guests

**Accommodation:** 4\* star

**Meals:** All meals included

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

**Extra activities:** Optional yoga, walking, beach activities & sight-seeing

## RUN DETAILS\*\*

**Minimum Run Duration:** 6km/60min

**Maximum Run Duration:** 15km/4hrs

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

**Steepness:** Undulating fire-trails to very steep mountain slopes

*\*\* This is NOT a training camp but rather a holiday involving trail running. To the best of their abilities, our guides will craft each days' runs to individual needs and en route will frequently stop for photos and soaking up the ambience of the regions. Running distances noted in this itinerary vary to differentiate between guest abilities.*

## TOUR HIGHLIGHTS

- Explore this unique island set amongst the Furneaux group of approximately 100 islands, off Tasmania's north-east coastline
- Scale the granite slopes of Mt Strzelecki at dawn, with Flinders Island spread out below
- Dig for Killiecrankie Diamonds on a remote bay during a rest stop on one of our coastal runs
- Watch wildlife in their natural habitat including wombats, wallabies and extensive bird life
- Enjoy boutique Tasmanian accommodation after a day on the trails, resting in a secluded bush setting beneath Mt Strzelecki
- Enjoy the camaraderie of your new trail running friends, including local Flinders Island residents who will join us for some of our runs to show us their home

## ITINERARY

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Meet 'the crew' & fly to Flinders Island

We will meet at the Launceston Domestic Airport (Sharp Airlines Terminal) at 6am on Saturday 2nd November 2019. We will check in for our flight to Flinders Island before boarding a small 20-seat aircraft. Our flight will depart at 6:50am, flying over the North-

East region of Tasmania and then the offshore island of the Furneaux Group, arriving on the Island at 8:35am where we will pick up our vehicle.

### **DAY 1**

- Enjoy an introductory run on Flinders Island in close proximity to Mt Strzelecki National Park and Trouser's Point, a pristine white quartz beneath beneath the mountain's towering slopes (approx. 10-12km)
- Picnic amongst the Casuarina trees, and head for a swim if you are brave!
- Check into our boutique accommodation situated just below Mt Strzelecki, enjoying some down time after our early morning start.
- Relax over a quiet, whole-foods dinner prepared for us by our hosts and share stories about your first day of trail running on Flinders Island.

### **Day 2 -3**

- After a leisurely breakfast we will head for a full day trip of the hills, trails and beaches of Flinders Island. Our run itineraries for these two days may include:
  - Exploring the slopes and beaches around Mt Killiecrankie, including digging for the famous Killiecrankie Diamonds during one of our rest stops (approx. 15km)
  - Run fire-trails and small tracks to Walkers Lookout through the Darling Ranges in the central region of the island (approx. 15km) OR explore the coastal sand dunes, stupendous beaches and small forested trails on the western side of the island to Castle Rock (up to 15km)
- Soak in the sun (finger's crossed!) over a picnic lunch, enjoying an afternoon of sight-seeing and relaxation.
- Optional inclusion: Yoga through the guidance of our accommodation's hosts

### **Day 4**

- Start the day with a dawn run to the summit of Mt Strzelecki, towering 765m over the island. What a magical conclusion to the tour! (approx. 7km)
- Relax over our whole-foods breakfast before packing and departing for one final explore around Trouser's Point (approx. 5km)
- After another picnic lunch, we will travel back to Whitemark Airport for our return trip to Launceston, arriving at 5:30pm on Tuesday 5th November 2019. We will say our farewells... until next time!

**Accommodation:** Three nights at Mountain Seas (4\*)

Twin share accommodation nestled under the slopes of Mt Strzelecki. The accommodation is set on a large bush acreage and owned by Maya and her husband who previously owned a whole-foods cafe. They are both yoga teachers and are looking forward to making their home... our home.

**Meals:** Breakfast, lunch and dinner will be included. This will be focussed on whole food meals prepared by our hosts.

**COST: \$2350 (incl. GST)**

**Tour inclusions:** 4\* Tasmanian accommodation; all on-ground transport; all meals; return flights from Launceston to Flinders Island; expert coaching & guiding; opportunity to run with the local residents; National Park entries; discounts to premium brands at Find Your Feet.

**Tour exclusions:** Airfares to Launceston from the mainland (if required); travel insurance; incidental expenses.

Please note, this trip is strictly limited to 10 guests and will book quickly