

FIND YOUR FEET OVERLAND TRACK EXTREME

AN ADVANCED LEVEL 65KM TRAIL RUN ON THE FAMOUS OVERLAND TRACK THROUGH THE CRADLE MOUNTAIN NATIONAL PARK

Find Your Feet has an incredibly exciting & unique opportunity for Advanced Level trail runners to join us on a 4 day whirlwind tour of Tasmania's famous Overland Track Run. This is the only opportunity for trail runners to complete this track as a trail run without participating in the prestigious Overland Track Race. This is a highly boutique and demanding trail running experience. If you think you have what it takes to run 65km along rough mountain trails on Tasmania's Overland Track from Cradle Mountain to Lake St Clair, then please make a reservation today or Contact Us.

QUICK FACTS

Tour Duration: 3 nights & 4 days

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

Returns: Find Your Feet, 107 Elizabeth St, Hobart @ 2pm on Day 4

Maximum Group Size: 8 guests

Accommodation: 3-3.5 star

Meals: Most meals not included*

Transport: All on-ground transport, Lake St Clair Ferry & luggage transfer provided

RUN DETAILS**

Minimum Run Duration: 5km/60min

Maximum Run Duration: 65km/11hrs

Technical Difficulty: Difficult - track involves extensive sections of roots, rocks & mountain slopes. Runners will also be required to run on such a trail for 2-3hrs of darkness

Steepness: Undulating to very steep mountain slopes

Ability: Advanced (extensive trail experience required, including night running)

Cut-off time: 65km over highly technical terrain in 11hrs

** 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 (except breakfast on Day 4), during the tour you will be assisted by your guides to purchase, prepare or dine out on delicious delights.*

*** This trail running tour is a huge challenge and one of those memorable experiences that will stick with you forever. It is imperative that our Overland Track Extreme trail running tour is scheduled into your year as if it were a race. We expect that our guests will arrive in excellent physical condition, having prepared specifically for this challenge. We reserve the right to remove a guest either prior to departure, or from participating in the 65km run during the tour if we feel that there is a discrepancy between your ability & the difficulty of this run. Furthermore, we have a strict time-limit of 11hrs for the 65km distance (for comparison, Hanny Allston & Graham Hammond completed the 65km distance in 8.5hrs on their own). Tasmania is exceptionally different from the rest of Australia and the Overland Track is a remote, rough and technical trail with no vehicular access or outside support to allow for guests to leave the track once the 65km run is commenced. Therefore,*

guests need to be capable of meeting the 11hr cut-off. This is due to a requirement to reach the Lake St Clair Ferry at the conclusion of the run. For these reasons, prior to confirming your place on this tour one of our Find Your Feet staff will make contact and confirm your capacity to meet these strict criteria.

TOUR HIGHLIGHTS

- Complete the famous 65km Overland Track from Cradle Mountain to Lake St Clair in one day!
- Experience changing landscapes from ancient Gondwanan Rainforest to alpine lakes, button grass plains & Dolorite peaks.
- Take a ferry across Australia's deepest freshwater lake, Lake St Clair, then run back along the lake-edge under ancient Gondwanan Rainforest.
- Enjoy a full day of jogging & sight-seeing at Cradle Mountain before your Overland Track extreme, staying at the tranquil Waldheim Cabins tucked within the Cradle Mountain National Park.
- Marvel at what you have achieved and recuperate at beautiful Lake St Clair Lodge on the shores of Lake St Clair.
- Watch wildlife in their natural habitat including wombats and maybe even a platypus. Enjoy Tasmanian cuisine in the company of your new trail running friends.

ITINERARY

Part 1: Meet 'the crew' & explore the vicinity around Cradle Mountain

Our hub for this part of the tour is Waldheim Cabins tucked into the King Billy Pines near Dove Lake and the only public accommodation located within the Cradle Mountain National Park. From here we will explore the rich rainforests and alpine lake country of Cradle Mountain, enjoying a few short runs to *find our feet* before our main 65km run through the Overland Track on Day 3.

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:

- Your expert guides will meet you and your trail running peers at Find Your Feet @ 107 Elizabeth Street, Hobart, to officially begin the tour.
- Depart for Cradle Mountain to begin what will be an unforgettable tour of Tasmania and its heart - The Overland Track.
- After shopping for all your tour's provisions at the famous Hill Street Grocers in historical Longford, enjoy a picnic next to the river in Deloraine before travelling the final distance to Cradle Mountain. (Transfer approximately 6hrs).
- Our afternoon easy jog will be from our accommodation (approx. 8-10km very easy introductory jog). Dinner at Cradle Mountain Tavern.

Day 2:

- Before breakfast we will head for Dove Lake for a relaxed run through the ancient King Billy & Pencil Pines (approx. 10-12km). After a quick dip in the lake for the bravest amongst us, we will return to our cabins for breakfast and then a day of preparing for tomorrow's adventure. Once completed, we will enjoy soaking up the scenery, taking a short walk and relaxing into the environment.
- Prepare a quiet dinner in our cabins and share excited anticipation of tomorrow!

Accommodation:

- Two nights at Waldheim Cabins, Cradle Mt National Park
- Quad share in bunk rooms - pillows, sleeping bags & towels to be provided by guests.
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Part 2: Run 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. The Overland Track departs from adjacent to Waldheim Cabins and traverses this landscape for 65km to the northern end of Lake St Clair, Australia's deepest freshwater lake. From here the track continues for another 20km around the western shores of the lake. However, we will cheat and enjoy a 30-minute ferry down the lake, marvelling at just how far we have come and the extraordinary beauty of this remarkable landscape.

Day 3:

- We will rise around 3am and after our final preparations, quietly walk the 100m to the start of the trail. By 4am we will be running south under headlights, quietly snaking our way up onto the Cradle Plateau.
- Whilst we run the 65km south to Lake St Clair, our support vehicle will transfer our luggage via the West Coast of Tasmania to our accommodation at Cynthia Bay, the arrival destination of the Lake St Clair Ferry that we will be catching at the conclusion of our run.
- After a long 11-hour day, we will arrive at Narcissus to meet our ferry at 4pm. The ferry transfer down the lake will take approximately 30-minutes.
- On arrival at Cynthia Bay we will meet our support vehicle and take a short 10-minute transfer to our hotel at Derwent Bridge.
- After well-earned showers and a rest, we will celebrate our day over dinner together in our accommodation's Mountain Tavern.

Day 4:

- After breakfast in our accommodation (included in your tour's package) we will say a final goodbye to the Cradle Mountain - Lake St Clair National Park!
- Climb aboard the bus for a scenic drive back to Hobart, interspersed with coffee, rural towns and heritage.
- Our final goodbyes will be from Find Your Feet around 2pm. This is the final opportunity to laugh and reflect on our adventurous and unforgettable journey together.

Accommodation: One night at Derwent Bridge Wilderness Hotel (3.5*)

Mountain hotel on the edge of the World Heritage listed Cradle Mountain/Lake St Clair National Park in Tasmania. A perfect place to recharge after a very long day on the trail.

COST: \$1995 (incl. GST)

Tour inclusions: 3-3.5* Tasmanian accommodation; All on-ground transport; Baggage transfer from Cradle Mountain to Lake St Clair; Ferry transit at Lake St Clair at conclusion of your 65km run; Expert coaching & guiding by 3 experienced guides, including Hanny Allston; National Park entries to Cradle Mountain & Lake St Clair NPs; Overland Track Guest Pass (valued at \$250); Full medical support; Breakfast on day 4; Discounts at Find Your Feet

Tour exclusions: Airfares; travel insurance; all meals except breakfast on Day 4; 1 night's accommodation in Hobart prior to trip's commencement

Please note, this trip is strictly limited to 8 guests and will book quickly