

# FIND YOUR FEET ALPINE TASMANIA EXTREME TOUR

AN ADVANCED LEVEL TOUR OF TASMANIA'S MOST BEAUTIFUL MOUNTAIN PEAKS IN THE CRADLE MOUNTAIN, WEST COAST WILDERNESS & LAKE ST CLAIR NATIONAL PARKS

Sometimes you just need to stand on top of a mountain, lean into the wind and let out a loud 'Woooo hoooo'... To feel your grin spread wider, your toes tingle, your mind sparking plans for future missions as you begin back down the trail. On this 4 day whirlwind tour of Tasmania's mountain landscapes you will have the opportunity to summit up to 6 peaks - Mt Roland, Mt Van Dyke, Mt Claude, Barn Bluff with a circumnavigation of Cradle Mountain, Mt Murchison & Mt Rufus. How is that for rekindling your mountain mojo? This is a highly boutique and demanding trail running experience. We hope that you can join us!

## QUICK FACTS

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

**Departs:** Find Your Feet Launceston, 23 Kingsway @ 7:30am on Day 1

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

**Maximum Group Size:** 10 guests

**Accommodation:** 3-4 star

**Meals:** Most meals not included\*

**Transport:** All on-ground transport provided ex. Launceston

## RUN DETAILS\*\*

**Minimum Run Duration:** 19km/4hrs

**Maximum Run Duration:** 25km/5hrs

**Technical Difficulty:** Challenging - tracks will involve extensive sections of roots, rocks & mountain slopes.

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

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

*\* 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 challenging but will deliver memories that will stick with you forever. It is imperative that our Alpine Tasmania 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 the challenges. We reserve the right to remove a guest from participating in some of the runs during the tour if we feel that there is a discrepancy between their ability & the difficulty of the run. In this circumstance, an alternative trail run will be provided.*

## TOUR HIGHLIGHTS

- Complete the famous Triple Top Traverse of the Mt Roland massif.

- Experience changing landscapes from ancient Gondwanan rainforest to alpine lakes, button grass plains & Dolorite peaks as you circumnavigate Cradle Mountain, and potentially summit Barn Bluff on route.
- Marvel at the mountain cirque and alpine landscapes from the summit Mt Murchison.
- From the summit of Mt Rufus, watch dawn over Lake St Clair, Australia's deepest lake.
- Recuperate each night in mountain cabins and alpine accommodation.
- 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

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### Part 1: Meet 'the crew' then explore Mt Roland & Cradle Mountain

After a traverse of the Mt Roland massif, we wind our way to Cradle Mountain. Here our hub will be the Cradle Mountain Wilderness Village, tucked into the Waratah and Native Pepper Berry bushes just 1km outside of the National Park. From here we will begin our daily adventures, exploring the rich rainforests and alpine lake country of Cradle Mountain.

#### **DAY ZERO:**

- On arrival into Launceston Airport, please make your way to your selected accommodation in the Launceston CBE 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 7:30am sharp on Day 1 at Find Your Feet's Launceston retail store. If you arrive before 5pm, feel free to drop in and see us at 23 Kingsway, Launceston. 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 7:30am at Find Your Feet, 23 Kingsway, Launceston, to officially begin the tour. We will then begin what will be an unforgettable tour of Tasmania's mountain landscapes.
- After shopping for all your tour's provisions at the famous Hill Street Grocers in historical Longford, we will travel to the beginning of the Triple Top Traverse (19km, 4hrs). This is a mountain traverse of Mt Claude, Mt Van Dyke and Mt Roland, with the most amazing descent to finish.
- Afterwards, enjoy a late picnic lunch next to the creek in Gowrie Park before travelling the final distance to Cradle Mountain.
- Dinner at Cradle Mountain Tavern.

#### **Day 2:**

- After breakfast in our cosy cabins we will head for Dove Lake and the beginning of our grand circumnavigation of Cradle Mountain. Whilst this run is weather dependent, we hope to show you the vistas of Cradle Mountain and Barn Bluff. The run will also incorporate a section of the world-famous Overland Track, as well as the lesser known Scott Kilvert Hut track. The total run is approximately 25km & up to 6hrs in duration.
- After a quick dip in Dove Lake afterwards, we will return to our cabins for a late lunch and then enjoy soaking up the surrounding scenery at a more leisurely pace.
- Prepare a quiet dinner in our cabins and share the day's stories!

**Accommodation:**

- Two nights at Cradle Wilderness Village, Cradle Mt National Park
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## Part 2: The Wild West and Lake St Clair National Park

From Cradle Mountain we will travel down the west coast roads, stopping on route to hike and run the less trodden trails up Mt Murchison's peak. We will then drive through the moon-like landscape of Queenstown before arriving at Lake St Clair, our home for one night and the launching place for our upcoming dawn run up Mt Rufus.

**Day 3:**

- We will rise around 5am for a short dawn run before breakfast, taking in the damp smells of the Pencil Pine forests behind Cradle Mountain Lodge. By 9am we will be travelling towards the west coast and our next adventure, Mt Murchison.
- Mt Murchison is an 8km, 2hr return hike-run. Parking the vehicles at the beginning of the trail, we will climb through twisted Deciduous Beech trees before popping out into the exposed and rocky landscapes above. From here, on a fine day, you have huge views over the lakes and isolated plains below.
- After the run we will have a picnic lunch before driving through the lunar-like landscape of Queenstown. Over the final hours of driving we will stop frequently to experience the Franklin River and hidden waterfalls, before arriving at the Derwent Bridge Hotel, our accommodation for the night.
- After well-earned showers and a rest, we will celebrate our travels over dinner together in our accommodation's Mountain Tavern.

**Day 4:**

- After a quick cuppa and pre-dawn snack we will run through the dawn to the summit of Mt Rufus. From here you will catch grand views up through the Cradle Mountain National Park, across to Frenchman's Cap, and down to Lake St Clair, Australia's deepest lake. The run will conclude on the shores of the lake.
- Ravenous, we will return for showers and breakfast at our accommodation (included in your tour's package) then 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. If there is time, we can stop at The Wall, an enormous carved timber artwork highlighting the story of Tasmania's settlement and development.
- Our final goodbyes will be from Find Your Feet's Hobart retail store at around 3pm. 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 on the last night of our tour.

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

**Tour inclusions:** 3-3.5\* Tasmanian accommodation; all on-ground transport; expert coaching & guiding by experienced guides; National Park entries to Cradle Mountain & Lake St Clair; breakfast on day 4; discounts at Find Your Feet

**Tour exclusions:** Airfares; travel insurance; all meals except breakfast on Day 4; accommodation in Launceston and Hobart on either side of the tour.

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