

FIND YOUR FEET TOUR TO MARIA ISLAND

A DAY TOUR TO EXPLORE THE EXPANSIVE SUMMIT VISTAS, INTERWOVEN LAYERS OF HISTORY & HIDDEN NUANCES OF MARIA ISLAND. THIS IS A TOUR SUITABLE FOR TRAIL RUNNERS OF ALL ABILITIES.

After the months of late, we think it is time for us all to stand on top of a mountain as it plunges into the Tasman Ocean below, to lean into the wind and let out a loud 'Woooo hoooo'... After too much 'adulthood' and saturation by negative news Nancies, let us all get our toes tingling, hearts whooping, curiosity beckoning and new friendships forming as we explore the grander views and subtler sights of this island paradise. On this 1-day whirlwind tour of Maria Island you will have the opportunity to: summit Bishop & Clerk (612m), explore the intricate layers of history around the island's north before playing in crystal waters and wandering white beaches for recovery. Throughout the day you will have access to expert coaches who can provide plenty of tips and tricks to enhance your trail running. Yep, it is time to rekindle our playfulness! Can you join us?

QUICK FACTS

Tour Duration: 1 day

Date: October 18th, 2020

Departs: Maria Island Ferry wharf, Triabunna @ 8:30am (**Please arrive 30min prior at 8am**)

Returns: Darlington wharf, Maria Island @ 4:15pm (arrive back to Triabunna at 5pm)

Maximum Group Size: 16 guests

Meals*: This is a self-catered trip. However, Find Your Feet will provide hot drinks and additional 'munchies' to keep our fires' fuelled.

Transport: This tour includes return ferry transport to Maria Island. Vehicle travel to Triabunna is not included. We will assist participants to carpool where possible. Driving time to Triabunna by car: From Hobart - about 1.5hrs. From Launceston - about 2.5hrs. From Port Arthur - about 1.75hrs.

Ferry: The Ferry journey is approximately 45min each way. This has us arriving at Maria Island at 9:15am and returning to Triabunna at 5pm in the evening.

RUN DETAILS**

Maximum Run Duration: 14 - 16km/3.5hrs

Technical Difficulty: Moderate - most tracks on the island provide very smooth, non-technical trail running. Close to the summit of Bishop & Clerk there are some sections of rocky escarpments. The final, more exposed section of the mountain is option for participants.

Steepness: Flat to very steep mountain slopes

Ability: All abilities welcome, including beginners to trail running.

** This is a self-catered trip and there is no food available on the island. Prior to departure we will provide detailed advice on what to bring to keep you fuelled for a full day of 'playing' outdoors. Find Your Feet will also provide hot drinks and some additional delights to ensure we are topped up and raring to go.*

*** This trail running tour may be challenging for some but will deliver memories that will stick with you forever. We welcome trail runners of all abilities and will cater our itinerary on the day to suit the weather, our guests and advice provide by Parks staff.*

TOUR HIGHLIGHTS

- Gasp at the sheer drops and vast vistas from the summit of Bishop & Clerk.
- Whoop with excitement as you descend through rapidly changing forests into the tunnels of Casuarina trees near Darlington.
- Explore the intricate layers of history around Darlington and the northern region of the island.
- Hunt for fossils at the Fossil Cliffs.
- Marvel at the weather and wave-created paintings at Painted Cliffs.
- Frolic and recuperate in the icy waters of quiet coves.
- Picnic whilst watching wildlife in their natural habitat, including wombats, Cape Barren Geese and maybe even a Tasmania Devil.
- Enjoy the ferry ride back to Triabunna in the company of your new trail running friends.

ITINERARY

Part 1: Meet 'the crew' then climb Bishop & Clerk

After gathering at Triabunna's Maria Island Ferry wharf at 8am, we will introduce you to your new trail running friends and our Find Your Feet guides. A 45-minute (approx.) ferry ride will deposit us at Darlington on Maria Island where we will leave our main belongings and embark on our main trail run for the day, a climb to the summit of Bishop & Clerk. En route we will explore the Fossil Cliffs and other fascinating historical sites. After descending back to Darlington we will embrace the icy waters of Hopground Beach, an ideal recovery activity, before enjoying a picnic lunch surrounded by wombats.

TRANSPORT:

- We will assist our participants to carpool to Triabunna. On arrival at the Maria Island Ferry wharf we will introduce you to your travelling companions and guides.
- We shall meet at 8am as the ferry will depart at 8:30am. We ask you to come dressed in your trail running attire. More detailed advice will be provided to guests prior to departure for this tour.

RUN:

- The run will begin in the old settlement of Darlington on the northern end of Maria Island. From here we will follow the grassy coastal path past the old cemetery, the barn with its eclectic assortment of machinery from days once passed, and on to the Fossil Cliffs.
- After exploring the base of the Fossil Cliffs we will climb to their top where views of Freycinet and Schouten Island are laid out before us.
- The trail then enters a tunnel of Casuarina trees and we gently climb up to meet the denser mountain forests abundant with native Mountain Pepper Berries.
- Towards the summit we enter boulder fields as we climb further upwards. After a few safe but exposed rock sections we find ourselves on the top of one of the famous pillars of Bishop & Clerk, an altitude of 612m. The views from here will literally steel your breath away and make the climb oh-so-awesome!

- We return back the same way, whooping and squealing as we twist and weave down the mountain, the trail becoming ever smoother until we are barreling at 'full fun' down the final grassy slopes into the valley tucked behind Darlington.
- If we have energy we will take a gentle side trip to the reservoir, the convict-built water source for Darlington and where many of Maria's native birds reside. We also have a few other gems tucked up our sleeve as we meander back to Hopgrounds Beach for a well earned recovery swim!
 - Distance - approximately 15km (optional shortcuts or extensions are possible to cater to every need)
 - Climb - 650m
 - Duration - approximately 3 - 3.5hrs

Part 2: An afternoon of recovery & exploring northern Maria Island

After our run and a well-earned dip in icy waters we will spread ourselves out on the grass in Darlington and enjoy a BYO picnic lunch. This will be another great time to chat, learn more about one another and answer any of your burning trail running or adventure questions. Once lunch settles we will once again set off with our vest packs, this time in the direction of the Painted Cliffs. This two hour exploration will be at a leisurely recovery walk, during which we will introduce you to more about the history of Maria Island as well as the art of post-mission recuperation.

- Lunch will be a BYO affair although we love treats and will be happily boiling up our Jetboil Stove to make warming hot drinks for you.
- After lunch we will wander off towards the famous Painted Cliffs, exploring sites along route. From here you will have spectacular views back to Bishop & Clerk.
- After the walk together we will provide some free time for you to explore the Darlington Convict Settlement before regrouping and making our way back to the ferry.
- As the ferry departs at 4:15pm, we will reflect back on Maria Island, basking in our endeavours and newly kindled friendships, already excited about when we will next return. After all, there is a Wilder Trails badge to collect - the route is called Double Trouble and is a challenge to climb both Mt Maria and Bishop & Clerk in the one day!
- On the docks of Triabunna we will sadly wave you all goodbye and carpool our merry ways home. Our hearts will be filled with gratitude for a magical trail running story now complete.

COST: \$200 (incl. GST)

Tour inclusions: Return ferry transport from Triabunna to Maria Island; Tasmanian National Parks entry; expert coaching & guiding by experienced guides; insurance; hot drinks and delicious treats; discounts at Find Your Feet.

Tour exclusions: Vehicle transport to Triabunna (we will help you to carpool with other guests); trail running nutrition; lunch.

As Maria Island is a national park, a parks pass is required to enter the island. Please inform us if you already hold a Parks Pass.

Please note, this trip is strictly limited to 16 Tasmanian-based guests and will book quickly.