

# OVERLAND EXTREME 2023

ONE DAY TRAVERSE OF THE ICONIC OVERLAND TRACK

## QUICK FACTS

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

**Departs: 15th November** - 8am from Find Your Feet Launceston, 23 Kingsway

**Returns: 18th November** - 2pm to Find Your Feet Launceston, 23 Kingsway

**Maximum Group Size:** 10 guests

**Accommodation:** 2 nights @ Waldheim Cottage, Cradle Mountain. 1 night @ Lake St Clair Lodge, Lake St Clair National Park.

**Meals:** Breakfast provided at Lake St Clair Lodge on the final day 18th Nov. All other meals prepared by guests in the self contained accommodation, (supermarket stops on route to Cradle Mountain provided) or meals can be purchased by guests at the Cradle Mountain Lodge and Lake St Clair Lodge Cafe/Restaurant.

**Transport:** All on-ground transport provided once departing Find Your Feet Launceston, including the Ferry from Narcissus to Lake St Clair.

## RUN DETAILS\*\*

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

**Maximum Run Duration:** 65km/10hrs

**Technical Difficulty:** Advanced (Endurance and Trail experience required)

## TOUR HIGHLIGHTS

- Explore this unique and varying terrain of the iconic Overland Track! Make your way through temperate rainforests, take in the mountain views as you run across the alpine moores and valleys with the towering peaks of Cradle Mountain, Barn Bluff and Mt Ossa to name a few!
- Watch wildlife in their natural habitat including wombats, wallabies and extensive bird life.
- Enjoy the camaraderie of your new trail running friends.

## ITINERARY

We will meet at the Launceston Find Your Feet Store on **Wednesday the 15th November**. You will be driven by your Guides via a local Supermarket for any last minute supplies to the Waldheim Cottages at the Cradle Mountain National Park.

### Day 1

- Stretch your legs after the long drive and enjoy an introductory run around Dove Lake, (approx 5km).
- Prepare a late lunch and enjoy some quiet time around the Waldheim Cabins.
- Relax over a quiet dinner in your Cabin or purchase a meal at the Cradle Mountain Lodge with your guides providing you with the transportation to and from.

## Day 2

- After a leisurely breakfast we will head out on a relaxed run and explore some of the trails around Cradle Mountain. (approx 5km) While on the run your guides will determine the group needs and start times for the next day's departure on the Overland Track.
- A pre Overland run brief before lunch. Your guides will help you prepare your mandatory equipment and pass on some valuable tips and information for your upcoming adventure run.
- Use the afternoon to prepare your packs, clothing and nutrition for tomorrow's early start. You have again the option of preparing your own dinner in the cabin or purchasing dinner at the Cradle Mountain Lodge.

## Day 3

- We'll aim to leave Waldheim with enough time to make the 65km journey to Narcissus on time to catch our Ferry charter to the accommodation at Lake St Clair. We estimate this to take between 9 and 11hrs.
- All of your baggage will be shuttled for you from Waldheim to your accommodation at Lake St.Clair.
- Once arriving by Ferry you will be taken to your accommodation where once again you will have the option to make your own dinner in the accommodation kitchen or enjoy a delicious meal prepared at the Lake St Clair lodge with local organic produce (recommended).

## Day 4

- Enjoy a short pre breakfast walk to help loosen up the legs and take in some of the sights around the lake.
- Complimentary breakfast provided by the Lake St. Clair lodge will be available from 8am.
- Returning to Launceston at 10am allowing time for stops to stretch the legs along the drive. We will aim to be back in Launceston by 2pm.

**Accommodation:** 2 nights at the Waldheim Cabins. 1 night at the Lake St. Clair Lodge

Shared accommodation in bunk style Cabins at Waldheim, shared amenities. Loft style bungalows are also shared at the Lake St Clair Lodge. Full cooking facilities available in all accommodation.

## **COST: \$1995 pp (including GST)**

**Tour inclusions:** Tasmanian accommodation, all on-ground transport, expert coaching & guiding, opportunity to run the Overland Track, National Park entries and discounts to premium brands at Find Your Feet. [www.findyourfeet.com.au](http://www.findyourfeet.com.au)

**Tour exclusions:** Airfares from mainland or vehicle travel from Hobart to Launceston (if required); accommodation in Launceston prior to departure (if required); travel insurance; incidental expenses.

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