

FIND YOUR FEET OVERLAND TRACK TOUR - NORTHERN SECTION

AN ADVANCED LEVEL 45KM TRAIL RUN ON THE FAMOUS OVERLAND TRACK FROM CRADLE MOUNTAIN TO THE ARM RIVER TRAIL HEAD

Find Your Feet has an incredibly exciting & unique opportunity for Moderate to Advanced Level trail runners to join us on a 4 day whirlwind tour of the northern stretches of Tasmania's famous Overland Track. This is one of the only supported opportunities to trail run on this famous hiking route. This is a highly boutique and demanding trail running experience. We hope that over time our trail running guests will join us for both the Northern & Southern sections of the trail, thereby completing the full Overland Track in just 2 days!

QUICK FACTS

Tour Duration: 3 nights & 4 days

Departs: Find Your Feet Launceston, 23 Kingsway, Launceston @ 9am on Day 1

Returns: Find Your Feet Launceston, 23 Kingsway, Launceston @ 1pm on Day 4

Maximum Group Size: 10 guests

Accommodation: 3-3.5 star

Meals: Meals not included*

Transport: All on-ground transport & luggage transfers provided

RUN DETAILS**

Minimum Run Duration: 5km/60min

Maximum Run Duration: 45km/9hrs

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

Steepness: Undulating to very steep mountain slopes

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

Cut-off time: 45km over highly technical terrain in 9hrs

** 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, 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 Tour - Northern Section 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 45km run during the tour if we feel that there is a discrepancy between your ability & the difficulty of this run (as a guide, Hanny Allston completed this section of the trail in 6hrs). 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 45km run is commenced. 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 northern 45km stretch of the Overland Track from Cradle Mountain to the Arm River Trailhead in one day!
- Experience changing landscapes from ancient Gondwanan Rainforest to alpine lakes, button grass plains & Dolerite peaks.
- Enjoy a full day of jogging & sight-seeing at Cradle Mountain before your Overland Track 45km run, staying at the tranquil Waldheim Cabins tucked within the Cradle Mountain National Park.
- Marvel at what you have achieved and recuperate by the fire at beautiful Mole Creek Cabins.
- 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 45km run on the Overland Track on Day 3.

DAY ZERO:

- On arrival into Launceston Airport, please make your way to your selected accommodation in Launceston 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 9am 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 Find Your Feet Launceston @ 23 Kingsway, Launceston, to officially begin the tour.
- Depart for Cradle Mountain to begin what will be an unforgettable tour of Tasmania and its northern heart - The northern stretches of the Overland Track.
- After shopping for all your tour's provisions at the famous Hill Street Grocers in historical Longford, enjoy a picnic morning tea next to the river in Deloraine before travelling the final distance to Cradle Mountain. (Transfer approximately 2.5hrs).
- 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.

Part 2: Run the northern stretches of 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, today our route will cover the northern 45km from Waldheim Cabins to Pelion Hut, then out along the beautiful Arm River Track to its trailhead. Here we will meet our vehicles and be transported back to historical Mole Creek and our cabins for the night, marvelling at just how far we have come and the extraordinary beauty of this remarkable landscape.

Day 3:

- We will rise around 5am and after our final preparations, quietly walk the 100m to the start of the trail. By 6am we will be running south, quietly snaking our way up onto the Cradle Plateau.
- Whilst we run the 38km south to New Pelion Hut and then a further 8km out on the Arm River Track, our support vehicle will transfer our luggage to Mole Creek and then meet us at the Arm River trailhead.
- After a long 8-hour day, we will arrive at the Arm River trailhead to meet our vehicles. The transfer from here to Mole Creek Cabins will take approximately 60-minutes.
- On arrival at our cabins we will light the fire, then shower, munch and snooze our way through the afternoon until dinnertime.
- After a well-earned rest, we will celebrate our day over dinner together at the Mole Creek Hotel's restaurant.

Day 4:

- After breakfast in our accommodation we will say a final goodbye to the mountain views!
- Climb aboard the bus for a scenic drive back to Launceston, interspersed with coffee, rural towns and heritage.
- Our final goodbyes will be from Find Your Feet's Launceston store around 1pm. Airport drop-offs can also be arranged. This is the final opportunity to laugh and reflect on our adventurous and unforgettable journey together.

Accommodation: One night at Mole Creek Cabins (3.5*)

Mountain cabins overlooking lush green pastures, the Tiers & the World Heritage Area. A perfect place to recharge after a very long day on the trail.

COST: \$TBC (incl. GST)

Tour inclusions: 3-3.5* Tasmanian accommodation; All on-ground transport; Baggage transfer from Cradle Mountain to Mole Creek; Expert coaching & guiding by 3 experienced guides; National Park entries to Cradle Mountain & Lake St Clair NPs; Overland Track Guest Pass (valued at \$250); Full medical support; Discounts at Find Your Feet

Tour exclusions: Airfares; travel insurance; all meals; 1 night's accommodation in Launceston prior to trip's commencement

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