

FIND YOUR FEET HIGHLIGHTS OF TASMANIA GONE RUNNING TOUR

QUICK FACTS

Tour Duration: 4 nights & 5 days

Departs: Find Your Feet, 107 Elizabeth Street, Hobart @ 8am

Returns: Find Your Feet, 107 Elizabeth Street, Hobart @ 4pm

Maximum Group Size: 8 guests

Accommodation: 4* star

Meals: Meals are not included*

Transport: All on-ground transport provided

RUN DETAILS**

Minimum Run Duration: 7km/75min

Maximum Run Duration: 24km/4hrs

Technical Difficulty: Beginner - Moderate (trail experience required)

Steepness: Coastal to very steep mountain slopes

** 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. During the tour you will be assisted by your guides to purchase, prepare or dine out on delicious meals.*

*** This is NOT a training camp but rather a holiday involving trail running. To the best of their abilities, our guides will craft each days' runs to individual needs and en route will frequently stop for photos and soaking up the ambience of the regions. Running distances noted in this itinerary vary to differentiate between guest abilities.*

TOUR HIGHLIGHTS

- Run along the famous Wineglass Bay at dawn
- Scale granite peaks at Freycinet's National Park
- Rest in accommodation nestled into the native wilderness and overlooking the vistas
- Experience Cradle Mountain and the northern end of the world renowned Overland Track
- Watch wildlife in their natural habitat including wombats and maybe even a platypus
- Enjoy the camaraderie of your new trail running friends

ITINERARY

Part 1: Highlights of Freycinet National Park

Freycinet National Park protrudes prominently from Tasmania's eastern coastline. It consists of rugged granite mountains surrounded by azure bays and white sandy beaches. The dramatic peaks of the Hazards overlook the beauty of Wineglass Bay, the sandy

isthmus and the wilder stretches of the Freycinet National Park. The Park also includes the Friendly Beaches, a 9km stretch of ocean beach famous for its sparkling, silica dense sand that had mining companies itching to gain access to it for glass production. Your runs will take you to the extraordinary corners of this unique landscape.

Day 1:

- Meet at the Find Your Feet Retail Store at 8am to be introduced to your guides and the group - 107 Elizabeth Street, Hobart.
- Depart for the Freycinet Peninsula, stopping en route to soak up the views.
- After lunch, we will summit Mt Amos to gain a vista of the entire Freycinet National Park (approx. 8-10km steep hiking and running)
- Enjoy watching the evening sunset from our private home nestled into the forest
- We will enjoy a simple dinner in our spacious lodge, embedding new friendships with a glass of wine or beer on the deck.

Day 2:

- Enjoy a leisurely breakfast
- After a slower start we will run to Friendly Beaches and hunt for Tasmanian Devil tracks on the edge of the lagoon behind this remarkable ocean beach (approx. 15-22km on beaches and wide, smooth forested trails)
- This afternoon we will relax and unwind then take a short, leisurely walk around the lighthouse of Cape Tourville.
- Tonight we will dine in the local township of Coles Bay.

Day 3:

- Wineglass Bay day! Before dawn we will dust off our head torches and embark on a trail running circuit showcasing sunrise over Wineglass Bay, Hazards Beach and the lagoon of the isthmus (approx. 14km smooth to hilly coastal trails)
- After breakfast you can climb aboard the bus for a long but scenic drive to Cradle Mountain
- After checking into our cabins nestled amongst the Warratahs, we will head for a sunset run around Dove Lake, watching the light catch the Dolorite spires of Cradle Mountain (approx. 7-10km smooth trails)
- Tonight we will prepare our own dinner, enjoying the tranquility of our accommodation.

Accommodation: Two nights at The Loft (private residence)

Twin-share boutique, fully self-contained accommodation nestled into the surrounding native bushland in Coles Bay. This is the perfect start and finish to a day on the trails.

Part 2: Explore Cradle Mountain and the northern region 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.

Day 4:

- Mountains day! After breakfast we will embark on a walk/run towards Cradle Mountain. Weather and ability permitting, group members will have the opportunity to summit this rough Dolorite peak (approx. 18km rough mountain trails)
- This afternoon we will relax and unwind then take a short, leisurely wildlife walk around rainforests and waterfalls at dusk.
- Share stories and highlights whilst enjoying simple dining and log fires at the local Cradle Mountain Tavern.

Day 5:

- Embark on the ultimate dawn recovery run past alpine tarns & ancient King Billy Pines near Dove Lake. Say a final goodbye to Cradle Mountain!
- After breakfast you can climb aboard the bus for a long but scenic drive back to Hobart, interspersed with coffee, rural towns and heritage.
- Our final goodbyes will be from the Find Your Feet store in Hobart. This is the final opportunity to laugh and reflect on our adventurous and unforgettable journey together.

Accommodation: Two nights at Cradle Mountain Wilderness Village (4*) Mountain cabins overlooking the alpine forests in Cradle Valley on the edge of the World Heritage listed Cradle Mountain/Lake St Clair National Park in Tasmania. A perfect place to recharge after a day on the trails.

COST: \$1990 (incl. GST)

Tour inclusions: 4* Tasmanian accommodation; all on-ground transport; expert coaching & guiding; National Park entries; discounts to premium brands at Find Your Feet.

Tour exclusions: Airfares; travel insurance; all meals.

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