

# East Coast of Tasmania

Distance: 46km Duration: 5 Days / 4 Nights

Welcome to your next adventure with Inspiration Outdoors.  
Here are a few details to help you get prepared...

## Pick up and Drop Off:

Please meet at the Lobby of the Hotel Grand Chancellor Launceston at 6pm on Day 1 for a Welcome Meeting and group dinner, as the first night accommodation and dinner is included in the tour.

At the end of the tour, we generally get into Hobart at around 4-5pm and will drop you off at the Travelodge Hobart (conveniently located in the CBD of Hobart).

Follow this link to see a map: [Pick up spot Launceston](#)

Follow this link to see a map: [Drop off spot Hobart](#)

Departure City: Launceston

Where should I stay the night prior to the tour?

The accommodation on the first night of the tour is included at the centrally located Hotel Grand Chancellor.

- Hotel Grand Chancellor Launceston (29 Cameron St, Launceston)

## \*\*First day reminder\*\*

Arrive at any time during the day, make your way to the Hotel Grand Chancellor Launceston and settle in. We then will meet at **6pm for a Welcome Meeting** in the lobby of the hotel, followed by an included group dinner at the restaurant.

## \*\*Day 2 reminder\*\*

It will be an early start today, with a 2.5hr drive to Freycinet Peninsula and the start of the Wineglass Bay circuit first off. Plenty of toilet break opportunities along the way.

As we will be walking straight after morning tea, please come dressed and prepared for a full first day of walking (water bottles filled, hiking poles and boots out and ready to go).

After a lovely homemade morning tea and some introductions, we will start our walk up to the Wineglass Bay lookout. On a well-groomed path with quite a few steps however, we make our way down to the beach and its beautiful white sand.

From Wineglass Bay we head across the isthmus to Hazards Beach. The isthmus is sandy underfoot, mostly firm and flat, and with many beautiful coastal banksias to see along the way.

The trail then follows the beach briefly before heading into a casuarina forest. This section of the walk is rocky underfoot and quite undulating as we navigate the more rugged coastline of Freycinet Peninsula back towards the carpark.

From the carpark it is then about a one-hour drive to Swansea. Once in Swansea you will be able to settle into the accommodation for the night.

Your luggage will be stowed in a trailer and only accessible again upon reaching the accommodation in the evening.

Shops will only be accessible in Swansea on Day 2, so it might be worthwhile organizing any special supplies you might need (e.g. alcohol and/or special snacks) in Launceston before the tour. You will be able to purchase alcohol at all the restaurants we go to for dinner however, so you may not even need to bring anything.

## Washing facilities and Internet?

There are laundry facilities at your accommodation at Swansea as well as free Wifi including at Swansea and Port Arthur.

## Phone coverage

At most of our accommodations you should have mobile phone reception, as the towns are well connected. Telstra seems to be one of the most reliable providers in this area when out on the trails. We carry satellite phones for emergencies only. If a family member or friend needs to get in contact with you while on tour please get them to call the office on 08 6219 5164 during office hours, or Simons mobile on 0411 813 117 out of office hours.

They could also reach out to the accommodation directly, which is:

Hotel Grand Chancellor Launceston: 03 6334 3434

Swansea Motor Inn: 03 6257 8102

Fox & Hounds Inn: 03 6250 2217

## What should I pack?

- Day-pack – with a thick waist strap to help take some weight off your shoulders. In wet weather, a waterproof cover or a bin bag to wrap your belongings in can be handy
- Shorts/long pants and shirts for walking – as many sets as you wish! Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- Socks – whichever thickness you're comfortable walking in and as many pairs as you like
- Boots/shoes for walking (make sure you wear them in well – see note on footwear below)
- Windcheater or lightweight jumper for walking
- Waterproof jacket\*
- Sun protection – hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Fleece jacket, gloves, beanie and/or thermals (can get quite cold in the evenings and early mornings, depending on the time of year)
- Torch/headlamp (can be handy when twin sharing for getting up at night and for going back to your room after dinner)
- Any preferred first aid supplies – such as your favourite blister treatment! (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback – 2 to 3 litre capacity

\*You have to expect some bad weather at any time of the year so bring wet weather gear even if the forecast is fine.

### Optional items

- Waterproof pants. Some people love them and some hate them – personally, we don't often wear them but there have been times where they have been invaluable, especially in Tassie!
- Bathers and light towel (there are a few swimming opportunities)
- Head fly net (unlikely that you will need one but you never know when it's fly season)
- Camera and charger/batteries

- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They're also good for keeping sand and rocks out of your shoes.
- Sock protectors (great to use instead of gaiters if you want to keep sand and rocks out of your boots)
- Sandals/casual shoes for relaxing at the accommodation at the end of the day
- A lunch container (or Beeswax food wrapper), to avoid squashing your sandwich or if you choose to only bring a salad (with freezer brick and fork if desired) – glad wrap will be provided otherwise
- Snacks and alcohol – there is only the possibility to purchase alcohol or snacks in Swansea on Day 2. Some people like to have some snacks for the trail including muesli bars, nuts, lollies or other special things.
- Walking poles (can come in very handy when walking on sand and on steep up and downhill sections)

## Getting ready for your walk...

There is no such thing as an 'easy day' on this walk. There are some longish days, uneven rocky sections, boulders to navigate around on headlands and some steep up and downhill sections. However, the walk has been designed to make it achievable to those of reasonable fitness by the fact that you only carry a daypack and return to comfortable accommodation each evening to rest your legs for the next day.

You will be surprised just how your fitness will improve throughout the tour! A positive mental attitude is most important. If you focus on the scenery, the company and the moment, not on the kilometres, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk you will enjoy it all the more.

The best way to prepare physically for the trip is to walk, walk and walk some more – over a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of the tour you should be able to comfortably walk 15km, and try and do a few 20km walks on rough tracks.

We know that this type of preparation is difficult to fit into a busy schedule. If you don't have the time to do long walks, we recommend doing regular stair walking sessions. Walking small distances frequently helps a lot as well. For instance, walking 3 - 5km four times a week, and 8km once a week, is a great help. If you're doing short training sessions, make sure you get yourself puffed and sweaty. Otherwise you won't

benefit from your efforts. And start walking in the shoes you will wear on the walk now.

## Looking after your feet

**Footwear** is very personal and we prefer people wear what feels comfortable. Walking shoes shouldn't be too tight, but your foot shouldn't slip around in them either. If you're buying new shoes, go shopping after a long walk so your feet are a bit swollen. The best places to buy walking boots/shoes will have some sort of ramp that you can stomp up and down on and make sure there is no pressure on your toes and heels.

Boots can provide ankle support and help keep the sand out. Some hiking boots can be quite heavy. These are great for cold weather alpine hiking but they do tend to tire your legs quicker and heat your feet. There are plenty of lightweight boots available which are great for most Australian conditions.

You might prefer to wear sneakers on your walk. They do let in a lot of dirt though and tend to wear out quite quickly on the rough surfaces of a bush track. Sturdy sandals have proven to be a good substitute for shoes when feet have blistered, and for beach sections. You are welcome to bring two pairs and alternate.

The main thing is to make sure you know your footwear well – try them out in a variety of terrains and do a few long walks (15 – 20km) in them before the walk. We cannot emphasise enough that you have well worn in shoes or boots, good socks, and first aid for the prevention and treatment of blisters.

**Preventing blisters:** To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur – ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming – a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points.

The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you walk. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst walking, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so as to be able to walk comfortably.



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Any questions?

Level: Moderate

Call us on 08 6219 5164

**Treating blisters:** Blister treatments vary and you may have your favourites. The second skin variety seems good, though you will also need good tape to keep it in place. Second skin treatments often have a sterile gel pack that pads and protects the blister from further friction. They can also be used as a (more expensive) preventative measure. Blister Block or Compeed are examples of this type of dressing.



A thick moleskin type plaster is also good to carry for blister treatment. Holes can be cut into moleskin to fit around a blister and a plaster put on top of that. This way there is little pressure put on the blister itself.

**Walking poles** are very popular these days – especially the lightweight aluminium shock absorbing type. They help to take quite some pressure off your knees going downhill and can help you get uphill too. They also help with achieving a good walking posture. However, if you have good knees and strong legs you may not need them.

A lot has been published about the pros and cons of walking poles – we're sure you can get the full story from the net. If you do choose them it's worthwhile practicing how to use them correctly so you get their full advantage. Try to use your arms as much as possible – by placing the poles opposite arm to leg and applying pressure as you step forward. Find someone knowledgeable in the shop where you purchase them to give you some tips. We can always help you when on tour.

## Just in case...

We hope that you do not need to cancel your booking. However, if you do, our cancellation fee, based on the notice given prior to the departure date, is:

- 85 days or more, you will be refunded all monies paid, less a \$50 administration fee.
- 42 to 84 days prior to departure, you will lose your deposit
- 28 to 41 days: 25% of full tour cost
- 14 to 27 days: 50% of full tour cost
- less than 14 days: 100% of full tour cost, no refund

If you have any concerns about cancelling, please take out travel insurance covering this contingency. This policy will be adhered to despite the most compelling and compassionate circumstances.