



BAY OF FIRES

LONG WEEKEND



3 Day/2 Night guided walk
along Tasmania's Bay of Fires coastline
with an optional kayak day.



Welcome to the Bay of Fires Long Weekend

Discover the breathtaking beaches along the east coast of Tasmania as you explore the Bay of Fires with us. Join a small group, led by our expert guides, and traverse this wonderfully remote landscape. The Bay of Fires offers an awe-inspiring escape, teeming with unique flora and fauna.

Over the course of three days, immerse yourself in one of the most pristine environments that Tasmania has to offer. Walk the soft sandy beaches, explore secluded coves, kayak Ansons River and enjoy the luxury of our accommodation at the award-winning Bay of Fires Lodge. This experience gives you time and space to relax and breath, indulge in a signature treatment at our exclusive spa or enjoy the outdoor bathing pavilion.

Here you will find everything you need to prepare and get excited about your adventure, all in one document. From pick-up times to gear lists, daily distances to accommodation details, this is your Bay of Fires Long Weekend go-to-guide.

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Acknowledgement to traditional owners

In recognition of the deep history and culture of this land, we acknowledge and pay respects to all Tasmanian Aboriginal people, the past and present custodians of the Land. We are privileged to learn from them in the way we care for and share Tasmania's diverse nature and culture, and we strive to walk humbly in the footsteps of those who have walked these paths before us.

BAY OF FIRES

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Walk at a glance



Trip Duration: 3 days/2 nights



Grade: Relaxing/Easier



Accommodation: Award-winning private lodge



Activities: Spring/Summer/Autumn coastal trekking and kayaking on the gently-flowing Ansons River.





Why walk with us?

We are proudly Tasmanian and have been walking for over 35 years. Our history and reputation will be with you every step of the way. Our hosts design your meals, our guides connect you, our accommodation comforts and shelters you.

The Tasmanian Walking Company was born in 1985, after the Tasmanian Government called for expressions of interest for a commercial operator to develop an “accommodation based” guided walk along the Overland Track in the Cradle Mountain/Lake St Clair National Park.

Since then, we have expanded our horizons and now walk all over Australia, delivering unique experiences to our guests and encapsulating what it means to be ‘Truly Tasmanian’ every step of the way. We offer our guests the chance to build incomparable memories, being immersed in the magic of the remote wilderness with local produce, world-class guides, local knowledge, lightweight packs and the comfort of knowing that we have you covered -- you don’t need to worry about a thing!

Our guides are our best assets. They are highly trained and there with you every step of the way, seamlessly bringing together all elements of a great walking experience to make your time with us unforgettable.

Our accommodation has been architecturally designed with a commitment to sit gently on the natural environment, whilst maximising natural assets and protecting wildlife.

Our vision is to inspire people to connect with and conserve the natural environment and culture of the Australian wilderness for generations to come. We are committed to making a real difference with sustainable tourism at the heart of what we do. Over the years Tasmanian Walking Company has been the proud recipient of many tourism and sustainability awards. In 2020, we launched the Tasmanian Walking Company Foundation (www.taswalkingcofoundation.com.au), a non-for-profit organization to support and advocate for the sensitive environments that we walk amongst.

We want to provide you with an unique opportunity to step out of everyday life into nature and be revitalised. You’ll leave your time with us with a fresh, profound perspective of humanity, the environment and wanting to come back for more.

Let us take care of everything, as we take you on an adventure of a lifetime.

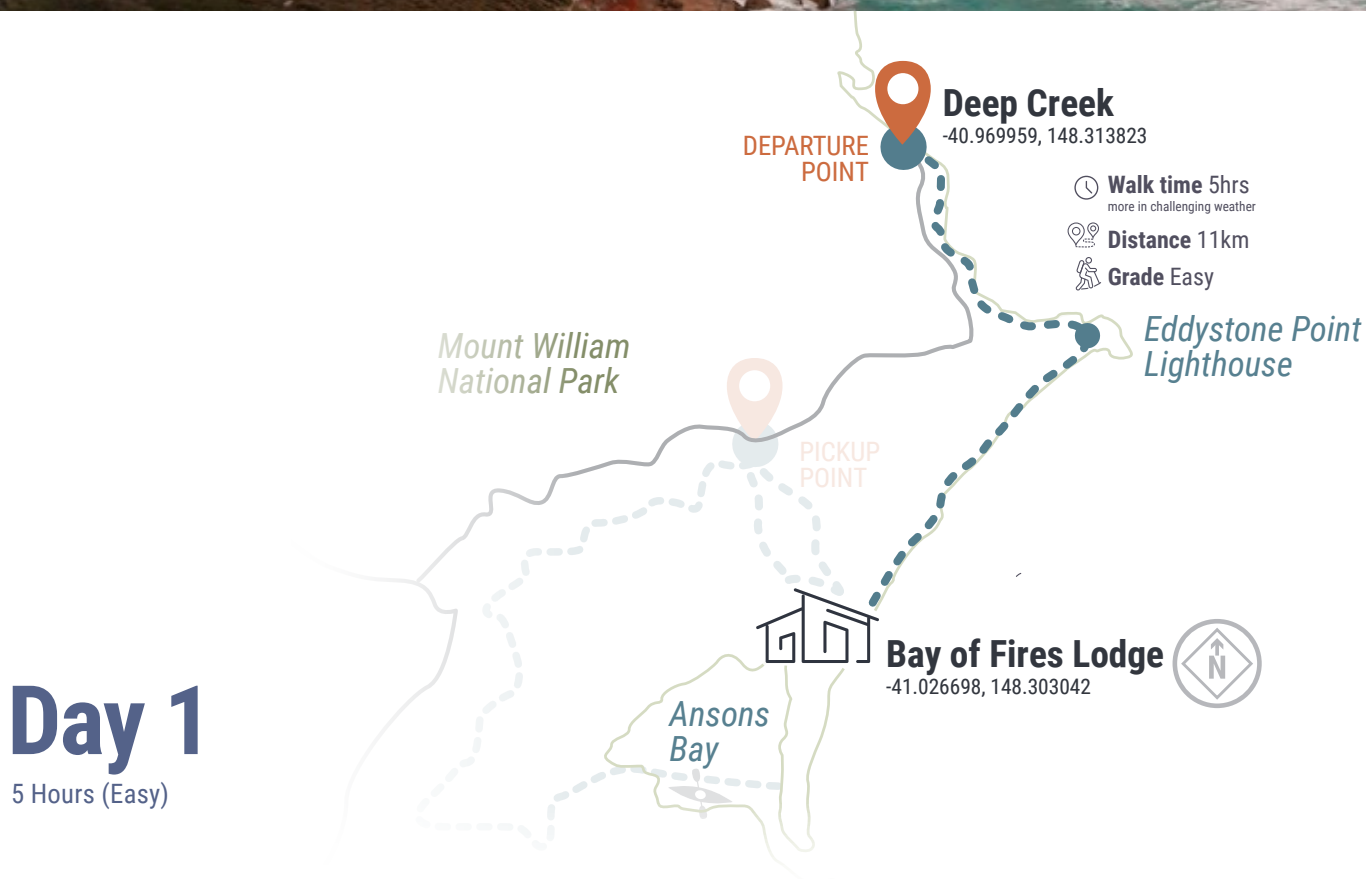


Itinerary

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
<u>One</u>	Launceston to Bay of Fires Lodge	11km (5hrs)	Bay of Fires Lodge	-/L/D
<u>Two</u>	Bay of Fires Lodge return	6hrs kayaking/ walking	Bay of Fires Lodge	B/L/D
<u>Three</u>	Bay of Fires Lodge to Launceston	4km (1hr)	Bay of Fires Lodge	B/L/-

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on **03 6392 2211** or email bookings@taswalkingco.com.au



Launceston to Bay of Fires Lodge

Start your journey at Valley Coffee (located at the Old Stables, 39 Paterson Street, Launceston), where you'll meet your guides at 7am. We encourage you to indulge in Valley Coffee's breakfast menu before 7am as your first meal with us is a hearty lunch. After a brief gear check with a complimentary coffee in hand, we then board our bus and travel to Mt William National Park via a scenic route that includes the rich pastoral landscapes of north-eastern Tasmania.

After our morning journey from Launceston, we arrive at the Bay of Fires, to be greeted by the azure blue waters, white sandy beaches and iconic orange lichen-covered granite boulders. Our lunch spot today is nestled in the dunes near Eddystone Point Lighthouse. We'll have time to explore the lighthouse and its long-standing story before it's time to get our walking boots sandy as we trek far-stretching beaches that lead to the celebrated Bay of Fires Lodge.

Afternoon tea, accompanied by a foot spa, will be waiting, along with additional spa treatments for those who want to indulge. Pre-bookings are best if you're keen to sink into the outdoor tub or settle in for a luxurious few hours at the spa.

Come evening, venture into the library or have your hosts deliver a cold drop to you on the back deck. Dinner is a Tasmanian long-table affair, featuring produce from the island matched with fine local beer and wine.



Day 2

6 Hours (Easy)

Bay of Fires Lodge return

Rise early to the native birds accompanying the dawn, waking to the aroma of a hot-cooked breakfast and freshly brewed coffee. If it's a sunny morning, breakfast on the deck can reward you with whale spotting and dolphins surfing the waves.

Later in the morning, kayak down Ansons River and experience the riparian ecology of this winding waterway. Cross the bird-rich waters of Ansons Bay and conclude with a stroll over the dunes of Abbotsbury Peninsula back to the lodge.

After dinner is when the native wildlife wander out – keep an eye out for wombats, wallabies, Forester kangaroos, possums or even a Tasmanian devil. Don't forget to look up! The night sky from this pristine coastline is an awesome spectacle.





Day 3

4km (Easy)

Bay of Fires Lodge to Launceston

Following a leisurely breakfast at the lodge, there's plenty of time for a morning swim or final spa treatment before we depart the lodge. Unlike our other walking, today we venture through eucalypt forests and coastal heathland, before taking a private bus to Easy Tiger for lunch and farewell drinks.

We travel on to Launceston where you have the option of leaving us from Launceston Airport or Launceston CBD. We drop off at Launceston Airport at 5:30pm followed by Launceston CBD at 6pm, where we'll take you to your hotel's doorstep.



What is included

- Return transfers between Launceston and the start & finish of the walk
- Accommodation (twin share) at the Bay of Fires Lodge
- All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- National Park pass
- Kayaking on the Ansons River on Day 2
- Use of a backpack and Gore-tex jacket for the duration of the walk
- Access to the exclusive Bay of Fires Lodge Wellness Spa
- Bedding and a comfortable mattress at the lodge
- Two qualified guides for the duration of the walk

Gear List

We provide the following:

- Day-pack (available on the morning of departure)
- Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- Pack cover and pack liner
- Lunch container and cutlery
- Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at the lodge)
- Biodegradable liquid soap (also suitable as a shampoo; available at the lodge - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- Lodge library offering a range of books and games (including field guides).

* You're welcome to bring your own backpack and rain jacket if you would prefer. These need to be of an appropriate standard and will be assessed by the guides on the morning of departure.



Essential Gear List

When you arrive at our meeting point, it would be great if you could have all your walking gear separate from other luggage. We will provide daypacks to store your walking gear. Please pack other luggage in a carry-on size bag weighing no more than 7kg. This will be transported separately to the lodge, ready for your arrival.

Essential Items

- ✦ Please refer to our **footwear guide** for specific shoe recommendations for this walk.

We can not over-emphasise the importance of appropriate footwear. Running shoes, sand shoes, elasticised boots and similar are not acceptable. Boots/shoes must be worn in to minimise the risk of blisters. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details.

- ✦ Shorts and/or light walking trousers
- ✦ Shirts/t-shirts (merino or polypropylene; 2 recommended)
- ✦ Travel mug for hot drinks out on track
- ✦ Beanie
- ✦ Sun hat & sunscreen (small bottle for use during the day)
- ✦ Polar fleece or similar (for walking)

- ✦ Sunglasses
- ✦ Polar fleece or jumper (for lodge use)
- ✦ Warm long pants (lodge use)
- ✦ Thermal base layer (long-sleeved top and long johns - merino or polypropylene)
- ✦ Socks (2 pairs recommended)
- ✦ Underwear
- ✦ Lightweight indoor footwear (thongs/sports sandals; for lodge and kayaking)
- ✦ Travel towel or body chamois (light and quick-drying)
- ✦ Swimming costume
- ✦ Any personal medication, including anti-inflammatories and EpiPens

*** DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING**

[Download Footwear Guide](#)



Recommended Items

- Walking poles (highly recommended for negotiating rocky terrain and muddy patches, as well as assisting with balance and muscle fatigue)
- Small mirror (especially if you wear contact lenses)
- Over pants
- Camera
- Sand gaiters
- Spare batteries or USB-A power cord for camera (there are eight USB-A charging ports in each hut)

Tip: Layering

Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

Hire Gear – Bush Walking Gear Hire Tasmania

Gaiters, wet weather over pants and walking poles are available for hire from Bushwalking Hire Gear Tasmania. You can arrange this directly by booking and paying online at www.bushwalkinghiregear.com at least one week prior to your walk, to arrange hire and delivery to our walker's base before departure of your walk.

* In your daypack (provided by us) you will need to carry your weatherproof jacket, lunch, any layers you may need throughout the day, your water and any personal medication/sunscreen etc.

* Your separate carry-on size bag which will be transported to the Lodge must weigh no more than 7kg as this will be carried on foot by our staff up to the Lodge.



Frequently asked questions

How often do trips depart?

Our trips depart regularly from 1 October through to 1 May. Please refer to our booking calendar for dates.

What is the accommodation like?

Whilst walking with us you will experience some truly spectacular accommodation in the uncomplicated luxury at the award winning Bay of Fires Lodge.

How many guests will be on my trip?

Each trip requires a minimum of 6 and a maximum of 12 guests. All accommodation is twin share. If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.

How fit do I need to be?

As long as you regularly exercise, or are capable of walking between 11-12kms, you will enjoy your walking holiday. There is plenty of time each day to sit and rest as well as explore.

If you have any concerns about fitness, please call 03 6392 2211 and speak with one of our friendly Reservations staff members. We are more than happy to discuss additional information about what you can expect.

What do we carry?

You will need to only carry a daypack. In your daypack (provided by us) you will need to carry your weatherproof jacket, lunch, any layers you may need throughout the day, your water and any personal medication/sunscreen etc.



What style of boots should we have?

Please refer to our [footwear guide](#) for specific shoe recommendations for this walk.

Do we need travel insurance?

We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our [Booking Terms & Conditions](#) for details and contact us if you have any questions.

How many guides are there?

Our guides are passionate outdoor enthusiasts, educated interpreters and fantastic cooks all rolled into one. Two knowledgeable guides accompany each trip. This allows plenty of time for interpretation at interesting points along the track, photo opportunities, rest breaks and walking at your own pace.

How about food?

All meals are provided, including scrumptious three-course dinners with fresh Tasmanian produce prepared by your gourmet cooks/guides. We are happy to cater for special dietary requirements, we just need to know in advance.

What can be transferred to the Lodge?

Any personal items on the essential gear list which are not required for the day. Your luggage bag must be carry-on size and weigh no more than 7kg as it will be carried on foot by our staff up to the Lodge.

What time does the trip commence and conclude?

At the start of your walk, we ask that you be at Valley Coffee (Old Stables, 39 Paterson Street, Launceston) at 7.00am for your briefing. This allows time for introductions and a gear check before departing for Mount William National Park. We encourage you to indulge in Valley Coffee's breakfast menu before 7am as your first meal with us is lunch. Valley Coffee is open for breakfast from 6am.

At the end of the walk, you have the option of leaving us from Launceston Airport or Launceston CBD. We drop off at Launceston Airport at 5:30pm followed by Launceston CBD at 6pm, where we'll take you to your hotel's doorstep.

Are there age restrictions?

The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 70 or above we do require a GP to sign off on a letter we provide.



Accommodation suggestions after your walk

Visit our [Walk Benefits](#) page for exclusive deals and discounts on accommodation.

www.taswalkingco.com.au/walker-benefits/

Quamby Homestead

1145 Westwood Road, Hagley, TAS

Set on the grounds of Quamby Estate, Quamby Homestead is the perfect post-night accommodation for groups seeking a little luxury. The homestead features ten restored rooms with antique furniture. Rooms are appointed with king, queen or twin bedding, marble bathrooms and heated floors.

Exclusive to Tasmanian Walking Company guests, Quamby Homestead is available mid-week (Monday to Thursday) for group bookings of a minimum of 5 deluxe rooms. Whole of house bookings of 10 rooms will be required Friday to Sunday, giving groups private use of the Homestead.

To learn more about this exclusive offer and make a booking, please call Quamby Homestead on +613 6392 2135.

The Sebel Launceston

12-14 St John Street, Launceston.

This 4.5-star Launceston hotel combines elegant charm with style and convenience. The Sebel Launceston offers 51 spacious and fully self-contained one, two and three Superior, Deluxe and Spa Suites with separate bedrooms and bathrooms as well as a private, furnished balcony. Featuring air-conditioned rooms with kitchenettes equipped with refrigerators and microwaves. Many suites also contain spa baths and laundry facilities.

Peppers Silo Launceston

89-91 Lindsay Street, Launceston

"Peppers Silo Hotel is situated on the confluence of the Tamar and North Esk Rivers, located 1.5km from the CBD and just 700m from the Seaport Precinct and less than 1km from the CBD via a pedestrian footbridge.

There's nowhere more idyllic than being positioned on the waters edge. From this tranquil location you'll be within a short distance of the CBD, allowing you to wander across the nearby footbridge to public transport links from your riverfront location. The building has been redeveloped to the highest standard with a distinct charm that echoes through its luxe interior. In addition to the historic part of the building a second tower has been added and each room designed with the discerning guest in mind.



Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

3-6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

Ideas:

- ✿ Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- ✿ Getting off your bus a stop earlier and walk the extra distance to work
- ✿ Short bush walks or coastal strolls on the weekend
- ✿ Encourage a friend or family member to walk with you to increase motivation
- ✿ Record distance and duration each day that you walk. Aim to increase either distance or duration each week



5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

Ideas:

- Single leg balances, keeping a micro bend in your knee
 - Advance single leg balance by standing on a rolled towel, foam mat or pillow
 - Barefoot beach walking on soft sand for ankle stability
 - Pilates based abdominal exercises (various depending on starting level)
-

4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

Ideas:

- Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- Soft sand walking
- Walking on dry riverbeds
- Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.



3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

Ideas:

- 🌿 Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- 🌿 Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

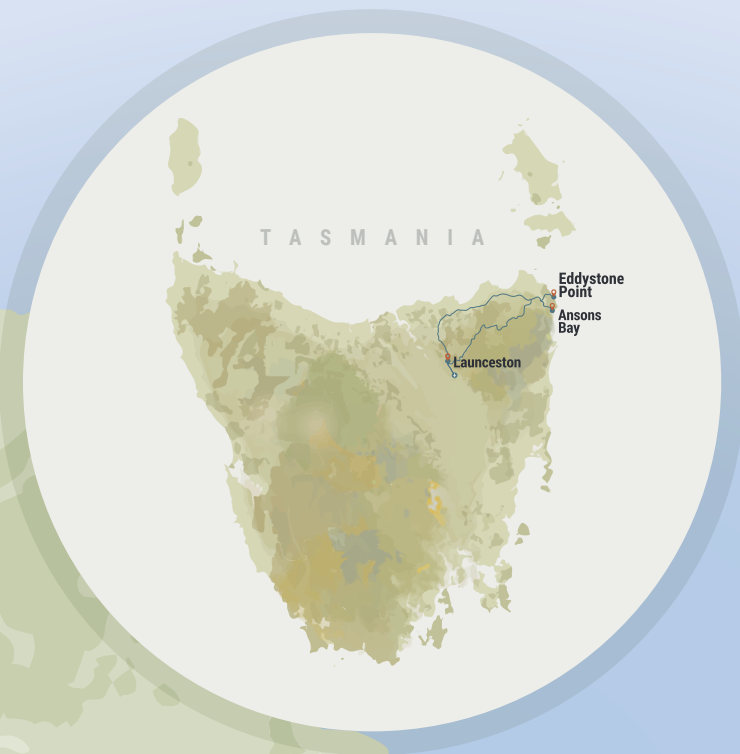
The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.



Deep Creek

-40.969959, 148.313823

DEPARTURE
POINT



PICKUP
POINT



Bay of Fires Lodge

-41.026698, 148.303042

Ansons
Bay

*Eddystone Point
Lighthouse*



Bay of Fires

**TASMANIAN
WALKING
COMPANY**



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Contact us

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For existing bookings:

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-  [@taswalkco](https://www.youtube.com/taswalkco)

Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better? Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.

Subscribe to our Newsletter

Don't miss anything. Get news about our walks, special offers, events and behind-the-scenes stories from Tasmanian Walking Company.

www.taswalkingco.com.au/stay-in-touch/

Tasmanian Walking Company Foundation.

We are committed to inspiring positive change and preserving the wild places we walk through for generations to come. That's why we launched the Tasmanian Walking Company Foundation in 2020, so we can focus on supporting environmental and community projects close to our hearts. Learn more about the Foundation on our website.

www.taswalkingcofoundation.com.au/

Walker Benefits

See our valued partner's businesses who provide discounts to our walkers.

www.taswalkingco.com.au/walker-benefits/