· WALKER NOTES ·

BRUNY ISLAND

LONG WEEKEND

3 Day/2 Night guided walk
of the scenery, food and wine
of Bruny Island

V1.0 – APRIL 2023

Welcome to the Bruny Island Long Weekend

Our award-winning Bruny Island Long Weekend takes you by private boat from the waterfront of Tasmania's capital Hobart to Bruny Island. During your visit you will be treated to coastal walks, produce directly from the source, forest camping and exquisite meals.

What makes this walk so special is access to Bruny's lesser-known gems. After traversing headlands where the next stop is Antarctica, visit a local oyster farm and shuck an oyster as pristine waters swirl about your ankles. Finally, retreat back to camp, built completely off-the-grid, with luxury in mind. Crisp sheets on king-sized beds and an outdoor shower framed by towering Eucalypts await.

A long weekend on Bruny Island captures and epitomises the Tasmanian experience!

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 Bruny Island Long Weekend go-to-guide.

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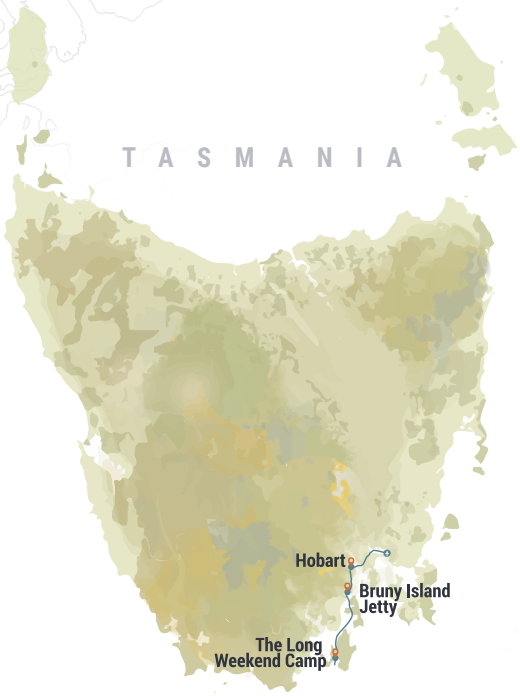
TASMANIAN WALKING COMPANY

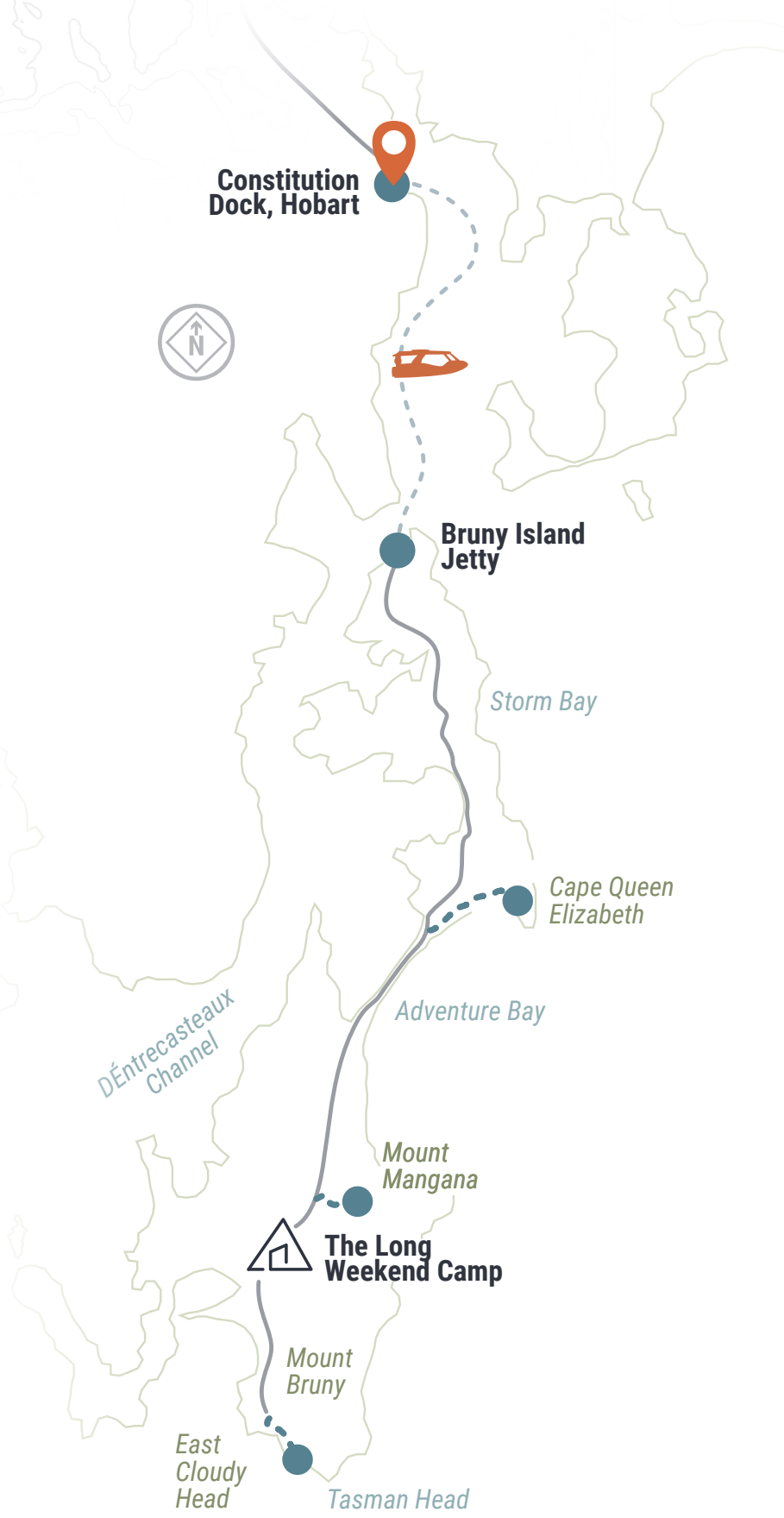
BRUNY ISLAND LONG WEEKEND

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.

BRUNY ISLAND

LONG WEEKEND





Walk at a glance

Trip Duration: 3 days/2 nights

Grade: Easier

Accommodation: Off-the-grid forest Camping

Activities: Spring/Summer/Autumn day-walking, visit a local oyster farm, exclusive camping; private boat cruise.

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	
One	Hobart - Great Bay - Mt Mangana campsite	12km (5-6hrs)	Mt Mangana campsite	-/L/D
Two	Mt Mangana campsite - East Cloudy Head	14km (5-6hrs)	Mt Mangana campsite	B/L/D
Three	Mt Mangana campsite- Mt Mangana - Hobart	4km (3hrs)	Return to Hobart	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

Day 1

12km (Easy)

Walk time 5-6hrs
more in challenging weather

Distance 12km

Grade Easy

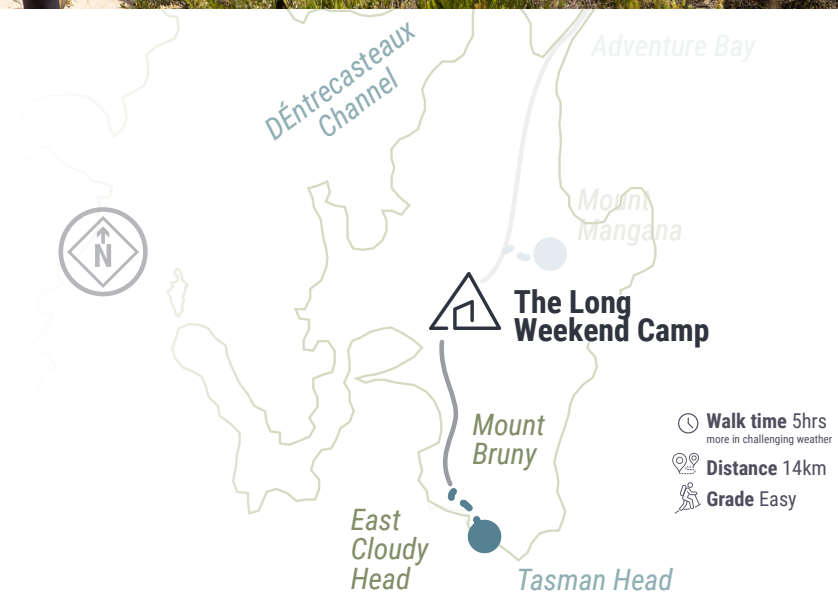
Hobart to Mount Mangana Campsite

This morning you will meet your tour guides and fellow guests on the waterfront of Tasmania's capital city, Hobart. Step aboard your private boat and let the adventure begin with a cruise down the Derwent River to Bruny Island. Today our goal is to walk out to a spectacular cape on the east coast of the Island.

Before setting off on our walk, we'll visit a local oyster lease, watching as your guides harvest oysters fresh from the sea. After a day on the trails, we'll arrive at our camp where these freshly shucked oysters can be enjoyed with a celebratory glass of bubbles!

After a hot shower, settle into the comfort of camp and join us in the dining house for a drink. Relax and reflect on the day's adventures as the guides prepare a delicious dinner showcasing the finest produce from the Island and it's surrounding waters.

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES



Day 2

5 Hours (Easy)

Mount Mangana Campsite to East Cloudy Head

Day two might begin with a gentle thumping past your tent. While the inquisitive wallaby isn't your wake up call, his visit, or the promise of warm croissants might lure you from your crisp sheets to reunite with us at the rustic wooden dining table once more.

Today's walk is East Cloudy Head for views of Tasmania's far south and the wild Southern Ocean. The five-hour (14km) journey begins by walking the length of Cloudy Bay Beach. Windswept and beautiful, the walk then leads us into coastal heath and up toward spectacular views of Bruny Island's rugged south coast.

Back at camp enjoy time to sit on the deck, walk among the ferns, partake in another lavish shower or simply read a book while your guides prepare the evening meal.

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES

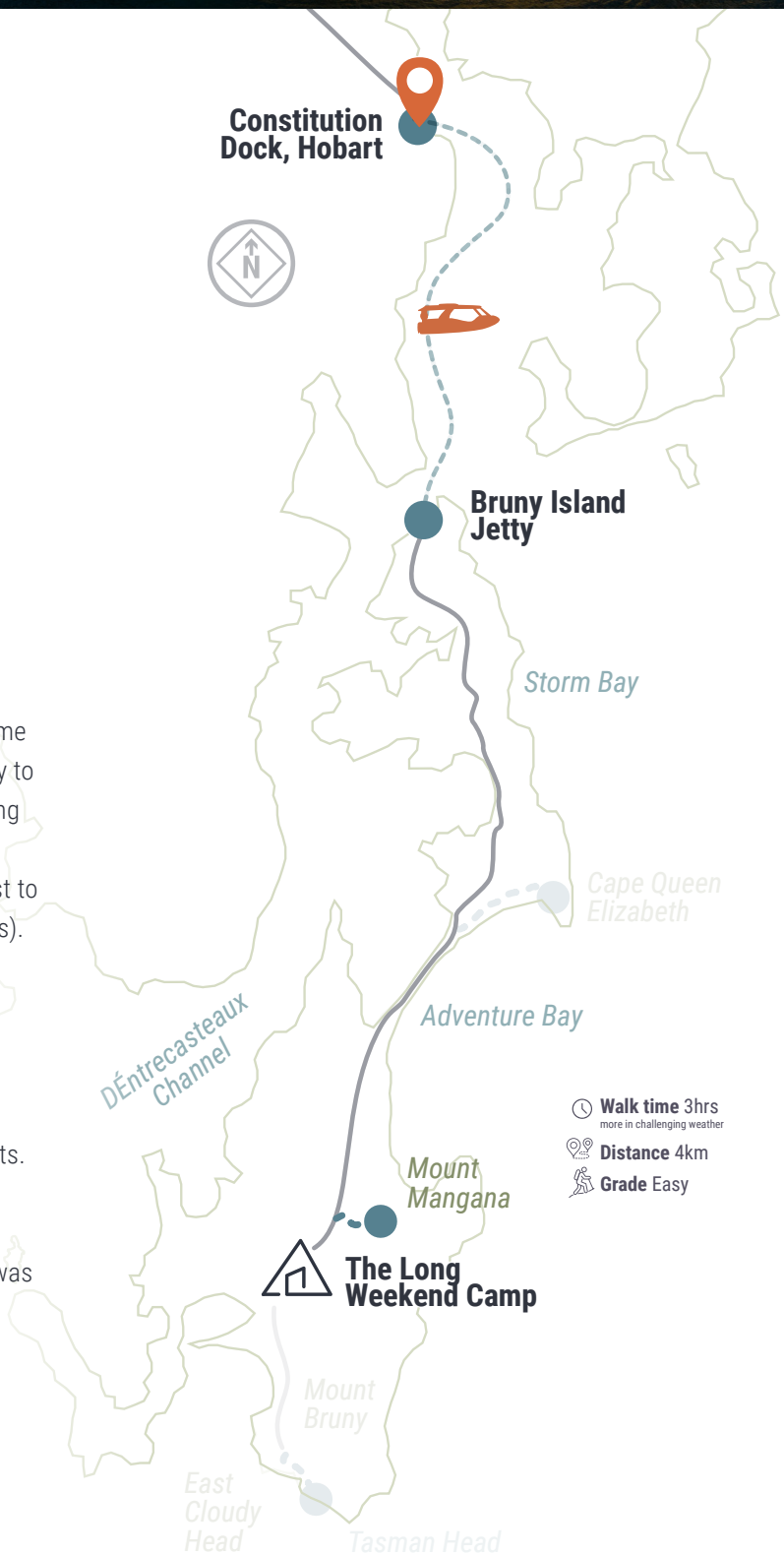
Day 3

4km (Easy)

Mt Mangana to Hobart

This morning you can choose a leisurely start or have some time to yourself and explore our 100-acre property and try to spot some of Bruny Island's 150 species of birds (including all 12 Tasmanian endemics). Once we farewell camp, our goal is to climb through the ancient Gondwanan rainforest to the highest point of Bruny Island, Mt Mangana (4km, 3 hrs).

To finish your long weekend in style, Ray Jones at The Jetty Café's deck will serve a multi-course lunch of Bruny Island produce as we await the arrival of our private boat on the beach below. There will also be some time to explore the gallery showcasing some of Bruny's 60+ artists. The return boat trip to Hobart offers a scenic farewell to your adventure. Before you know it you'll be back at the Tasmanian capital, likely wondering if the long weekend was one big thrilling daydream from your office chair.



TASMANIAN WALKING COMPANY
BRUNY ISLAND LONG WEEKEND

*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES

What is included

- Return journey to Bruny Island form the Hobart waterfront by private boat
- Two nights camping with twin-share beds and quality linen at our 100 acre retreat
- All meals and non-alcoholic beverages, including a selection of Tasmanian wine and beer
- Exclusive access to an oyster lease, taste oysters as fresh as you can imagine, straight out of the pristine waters, shucked and handed staright to you!
- National Park pass
- Bedding and a comfortable mattress
- Two qualified guides for the duration of the walk

Single supplement

Each tent contains either 1 king size bed or 2 singles. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a private tent for the duration of the walk a supplementary price of $500 per person will apply. This needs to be requested at the time of booking.

Gear List

As we will be using a number of different forms of transport we ask that you bring no more than the standard carry on size allowed by airlines. Please arrange to store any extra luggage you may have in Hobart.

All you need to carry while walking is a drink bottle, rain jacket , lunch box and camera.

We provide the following:

- Bedding and a comfortable mattress
- Lunch container and cutlery
- Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at the base)
- Biodegradable liquid soap (also suitable as a shampoo; available at the base - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems).

* Please note: we are unable to offer storage for luggage other than what you bring on your walk. We recommend a small suitcase or wheeled soft bag of no more than 10kg.

Essential Gear List

When you arrive at our meeting point it would be great if you could have all the gear already packed into your daypack and larger bag.

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. We are more than happy to discuss footwear with you.
- Daypack
- Waterproof Jacket (Goretex or similar)
- Polar fleece jacket (preferred) or woollen jumper/pullover
- Beanie
- Shorts and/or light walking trousers
- Warm long pants (evening camp wear)
- Socks (2 pairs recommended)
- Underwear
- Lightweight indoor footwear (thongs/sports sandals; for camp)
- Sun hat & sunscreen (small bottle for use during the day)
- Travel towel or body chamois (for swimming; light and quick-drying)
- Travel mug for hot drinks out on the track
- Water bottle(s) or water bladder (min capacity 2Lt)
- Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred)
- Shirts/t-shirts (merino or polypropylene; 3 recommended)
- 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)
- Ankle gaiters
- Small mirror (especially if you wear contact lenses)
- Camera
- Spare batteries or USB-A power cord for camera (there is a USB A/USB C charging station in the dining area only)

Optional Items

- Bathers
- Small mirror (especially if you wear contact lenses)

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.

Frequently Asked Questions

How often do trips depart?

Our trips depart year round. From September to May we have departures every second day. We have less frequent departures from June to August. Please refer to our booking calendar for dates.

What is the accommodation like?

Our walk accommodation is secluded on a private 100 acre forest block on the edge of the South Bruny National Park, our "camp" represents the perfect place to retreat. Although the camp has been built completely "off the grid", we are not without our creature comforts. With most of our days spent in wild, powerful, coastal places, our camp is a sanctuary we can return to at the end of each day, as we change to a more introspective focus gathering around the fire in the dining room and sharing food and stories from the day. The highlight for many guests is our hot outdoor shower, tucked away on one of the most beautiful parts of the property.

Each tent contains either 1 king size bed or 2 singles. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a private tent for the duration of the walk a supplementary price of $500 per person will apply. This needs to be requested at the time of booking.

How many guests will be on my trip?

Each trip has a maximum of 10 guests and 2 guides. The minimum number to guarantee a departure is 5 guests.

How fit do I need to be?

Our walks are challenging enough to support our questionable claim of being a 'calorie neutral' walking tour, but easy enough to be within most people's ability. We recommend you be in good health and be moderately fit to undertake the trip. We cover 12-14km on each of the first 2 days with a shorter walk on the final day. As each trip has two guides we are able to split the group according to ability if need be, challenging the fit walkers without pressuring walkers who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us, we would love to have a chat.

What do we carry?

One of the great aspects of our walks is that as we return to camp both nights, you do not have to carry a heavy pack.

What style of shoes 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?

Food is an element very closely connected with Bruny Island and an important part of the Bruny Island Long Weekend. Almost 100% of the food we consume over the long weekend has been sourced from the island itself or within Tasmania. We are also quite happy to cater for special dietary requirements, we just need to know in advance. We have successfully catered for coeliacs, vegetarians, vegans and just about any dietary requirement you can imagine. We love the challenge of being creative with our produce!

We also serve an interesting range of top Tasmanian sparkling, wine and beers with our meals and will expose you to a number of great little boutique producers you could never find at home.

What time does the trip commence and conclude?

We meet at Daci & Daci Bakers, 7 Murray Street, Hobart at 7.30am. Here you will meet your guides before your cruise down to Bruny Island at 8.00am. Tea and coffee will be served, but please have breakfast before you arrive, or alternatively the bakery is open from 7am should you wish to purchase breakfast there. Please let the bakery staff know you are with Bruny Island Long Weekend upon arrival as we have reserved seating.

Expect to return to Hobart waterfront at approx. 5.00pm. You can be at the airport by 5.30pm by taxi or Uber pending traffic conditions.

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 pre and post-walk

Visit our Walk Benefits page for exclusive deals and discounts on accommodation.
www.taswalkingco.com.au/walker-benefits/

The Old Woolstore Apartment Hotel
1 Macquarie Street, Hobart

This multi- award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly.

The Henry Jones Art Hotel
25 Hunter Street, Hobart

A hotel history and art collide. Located in the Hunter Street precinct, Hobart's oldest waterfront warehouses have been thoughtfully reimagined as Australia's first dedicated art hotel. Through the rise and fall of industries, including Sir Henry Jones' IXL jam empire, the harbourside location has been central to Hobart and its people. Today, the precinct hums with galleries, award-winning restaurants, bars and cafes.

MACq01
18 Hunter Street, Hobart

MACq01 lives on Hunter Street on the old Hunter Island, one of the earliest sites of European settlement in Tasmania. Surrounded by yachts, docks, convict-built sandstone warehouses and a huge expanse of open water, the hotel boasts gorgeous views alongside supreme convenience.

The Tasman - A Luxury Collection Hotel
12 Murray St, Hobart

Anchored to the waterfront precinct and in the embrace of kunanyi/Mount Wellington, Australia's first Luxury Collection hotel sits comfortably between Hobart's city centre, the picturesque Derwent harbour and MONA ferry terminal, and the iconic Salamanca and Battery Point neighbourhoods. The Tasman is an architectural symphony; an overture of 1840s Georgian heritage, building to 1940s Art Deco and a 2020s modern extension finale. Original sandstone contrasts spectacularly with a glass-encased prism of modern architecture.

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.

TASMANIA
Hobart
Bruny Island Jetty
The Long Weekend Camp
Constitution Dock, Hobart
Bruny Island Jetty
N
Storm Bay
Cape Queen Elizabeth
Adventure Bay
DÉntrecasteaux Channel
Mount Mangana
The Long Weekend Camp
Mount Bruny
East Cloudy Head
Tasman Head
TASMANIAN WALKING COMPANY
BRUNY ISLAND
LONG WEEKEND

Contact us

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For existing bookings:
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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/