



CRADLE MOUNTAIN

EXPEDITION WALK



8 Day/7 Night guided winter walk
along Tasmania's iconic Overland Track,
staying in private huts along the track.



Welcome to the Cradle Mountain Expedition Walk

Ready for an unforgettable winter walk in Tasmania? The crowds are gone, the air is crisp and the iconic Overland Track beckons with winter adventure. Nothing beats this World Heritage Area after a fresh snowfall!

Prepare by day, to trek beneath rugged snowy mountains, past cascading waterfalls and through ancient rainforests. By night, cold winter evenings often deliver the surprise of clear skies dominated by the radiant Milky Way Galaxy cast within a dome of thousands of bright stars!

Enabling this incredible walking experience are our inspiring guides, lightweight packs and the sanctuary of the Tasmanian Walking Company's private-in-park accommodation complemented by hearty home-cooked meals, a glass of wine, hot showers, warm fire, drying rooms and a cosy bed. These simple creature comforts enable you to awaken rejuvenated each morning and truly engage with one of the World's great walking experiences!

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 Cradle Mountain Expedition Walk go-to-guide.

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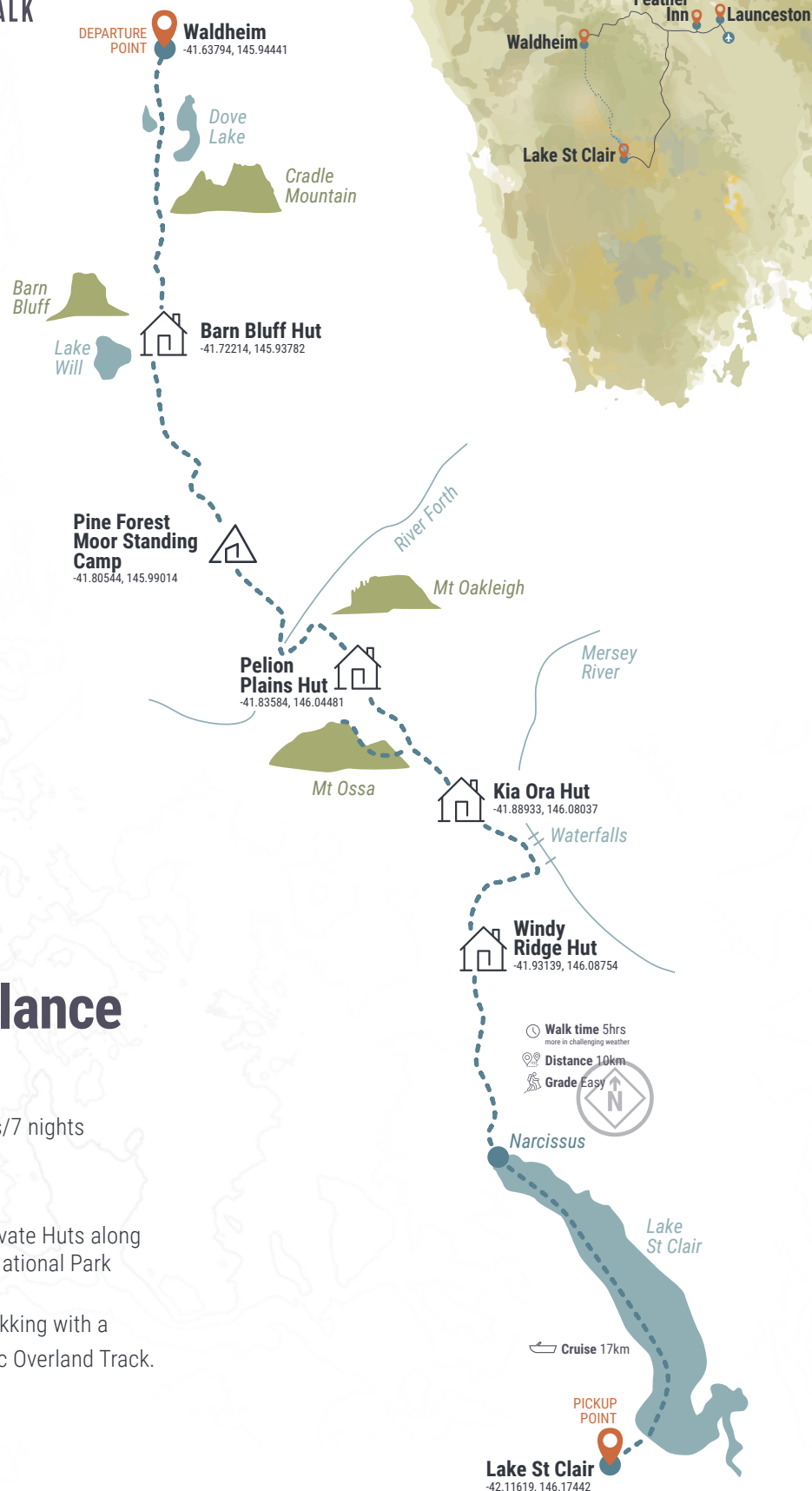
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Acknowledgement to traditional owners

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.

CRADLE MOUNTAIN

EXPEDITION WALK



Walk at a glance

Trip Duration: 8 days/7 nights

Grade: Challenging

Accommodation: Private Huts along the track within the National Park

Activities: Winter trekking with a full pack on the iconic Overland Track.



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.

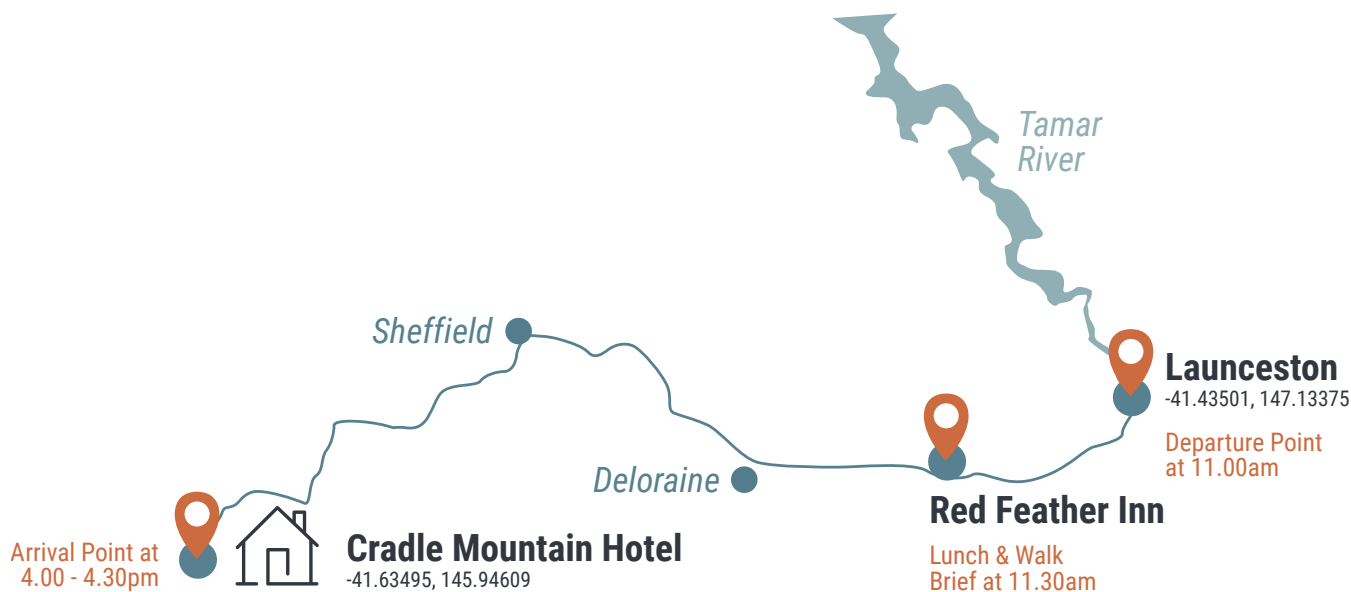
Itinerary

At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
<u>One</u>	Vehicle Transfers Launceston to Cradle Mountain Valley	-	Cradle Mountain Hotel	-/L/D
<u>Two</u>	Cradle Valley to Barn Bluff Hut	13km (7hrs)	Barn Bluff Hut	B/L/D
<u>Three</u>	Barn Bluff Hut to Pine Forest Moor Hut	13km (7hrs)	Pine Forest Moor Hut	B/L/D
<u>Four</u>	Pine Forest Moor Hut to Pelion Hut	11km (7hrs)	Pelion Hut	B/L/D
<u>Five</u>	Pelion Hut – Contingency Day	Optional summit trips	Pelion Hut	B/L/D
<u>Six</u>	Pelion Hut to Kia Ora Hut	8km (7hrs)	Kia Ora Hut	B/L/D
Seven	Kia Ora Hut to Windy Ridge Hut	10km (7hrs)	Windy Ridge Hut	B/L/D
Eight	Windy Ridge Hut to Lake St Clair	10km (7hrs)	Return to Launceston	B/L/-

* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.

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

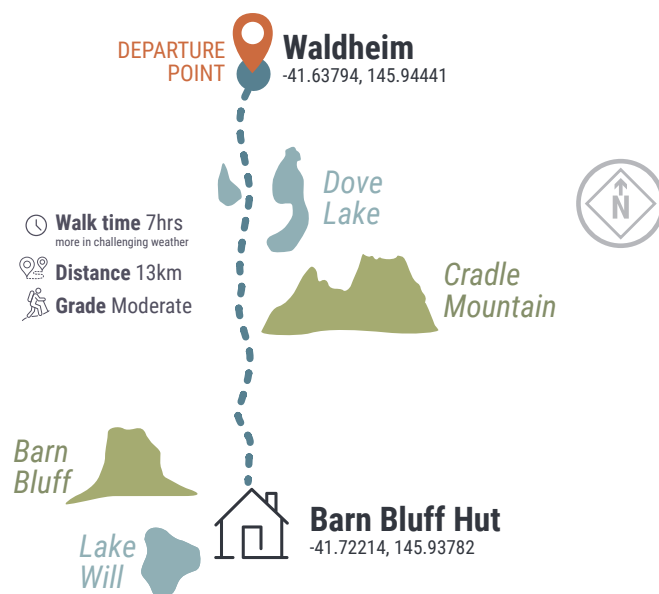
(no walking today)

Launceston – Walkers Base at Red Feather Inn – Cradle Valley

At the start of your walk: we ask that you be at our walker's base at Red Feather Inn at for 11:30am for a briefing. Our shuttle will collect guests from Chalmers Church (5a Frederick St) at 11:10am. You will need to be ready in front of the church at 11.00am.

At Red Feather Inn, you will meet your guides, and have a gear check and briefing. Lunch on Day One is following gear check and briefing, before heading up to the Cradle Valley.

We will arrive at Cradle Mountain Hotel between 4-4:30pm, so there will be plenty of time for a relaxed dinner before retiring for the evening.



13km (Challenging in bad weather)

After breakfast at the Cradle Mountain Hotel, you will need to be ready to meet your guides in the Hotel's reception area at 7.45am. From here, our bus will transfer you to Waldheim and the start of the Overland Track, where we aim to start walking by 8.30am.

If the weather is fine, we stop for lunch by the peaceful Plateau Creek. We then continue on for about another 4 hours around the base of Cradle Mountain, out along the edge of a spectacular glacial cirque. We drop into Waterfall Valley, which we cross before arriving at our hut at the base of the towering Barn Bluff (1,559m).

**TASMANIAN
WALKING
COMPANY**


CRADLE MOUNTAIN
EXPEDITION WALK

7



Barn Bluff Hut
-41.72214, 145.93782

Walk time 6hrs
more in challenging weather
 Distance 13km
 Grade Moderate



Day 3

13km (Challenging in bad weather)

**Pine Forest
Moor Standing
Camp**
-41.80544, 145.99014



Barn Bluff Hut to Pine Forest Moor Hut

Today we'll be walking across plains where glaciers once rested, slowly moving and scouring out shallow tarns. The track provides an undulating trek with a few sections of exposed moorland and multiple hill climbs and descents. The once notoriously muddy Pine Forest Moor now has a duckboard path over the mud! We may offer an optional side trip to Lake Will.

We travel across plains, where once glaciers sat and slowly moved, scouring out shallow tarns. Now we see plains of button grass, with ancient Pencil Pines sitting with their roots in the water. Rising from the moors, the peaks of Cradle Mountain and Barn Bluff are behind us to the north, and the stately Mount Pelion West (1,560m) directly ahead. Take advantage of the viewing opportunities at several lookout points and complete the day through an enchanting rainforest before arriving to the comfort of Pine Forest Moor Hut.



Pine Forest Moor Standing Camp

-41.80544, 145.99014

🕒 **Walk time** 5hrs
more in challenging weather

📍 **Distance** 11km

🚶 **Grade** Moderate



Pelion Plains Hut

-41.83584, 146.04481



Mt Oakleigh

River Forth

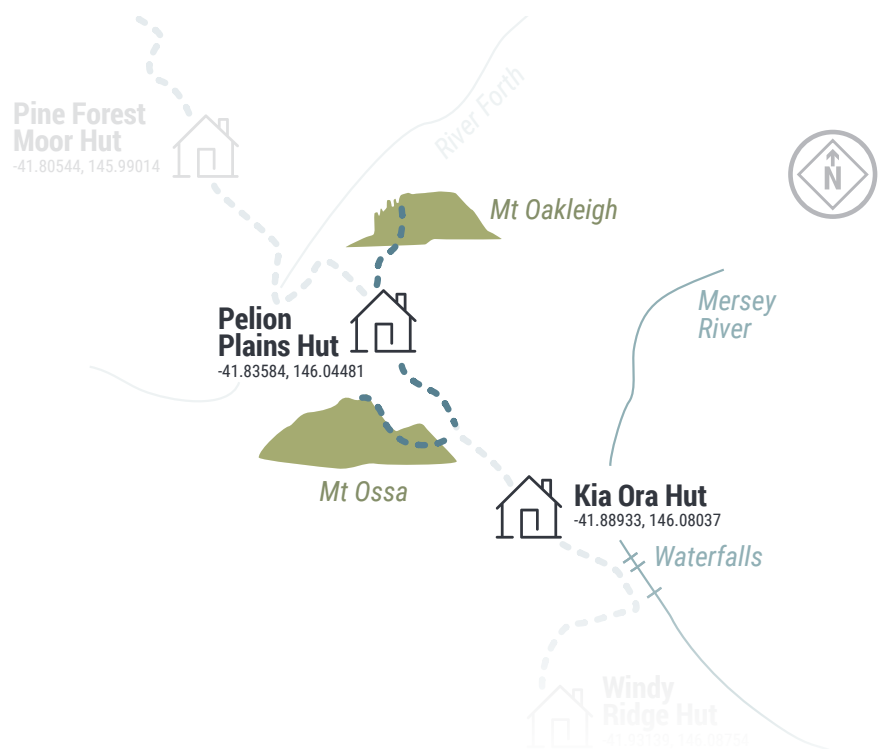


Day 4

11km (Challenging in bad weather)

Pine Forest Moor Hut to Pelion Plains Hut

Today we begin with a long slow descent around the base of Mt Pelion West down to the Forth River before it plunges into the Lemonthyme Valley. After a break at Frog Flats by the Forth River, we have a long gentle ascent out of the valley onto the beautiful Pelion Plains with outstanding views of Mount Oakleigh (1,252m). If the weather allows there are many side trips in the Pelion Plains area with mountains all around, including an abandoned copper mine and peaceful and humbling spots to rest quietly.



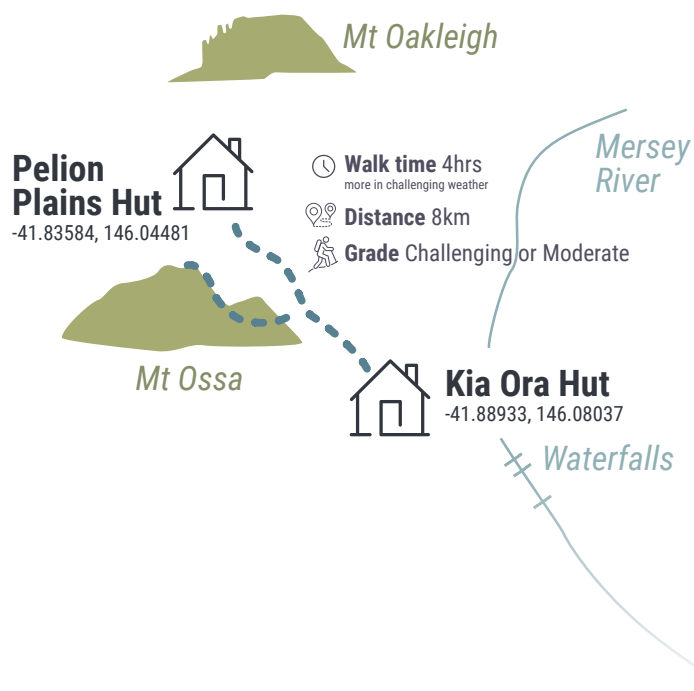
Day 5

0-14km (Challenging or Rest day)

Pelion Plains Hut – Summit, Contingency or Rest Day

Today is a day of options. If you would like to relax at Pelion Hut and have a rest day, you are most welcome. If the weather is good, we can climb either Mt Ossa (1,617m) or Mt Oakleigh (1,252m). The guides will discuss different options with the group.

Please note if weather conditions are poor throughout another section of the itinerary, the guides may change the rest day to be at a different hut.



Day 6

8km (Challenging in bad weather)

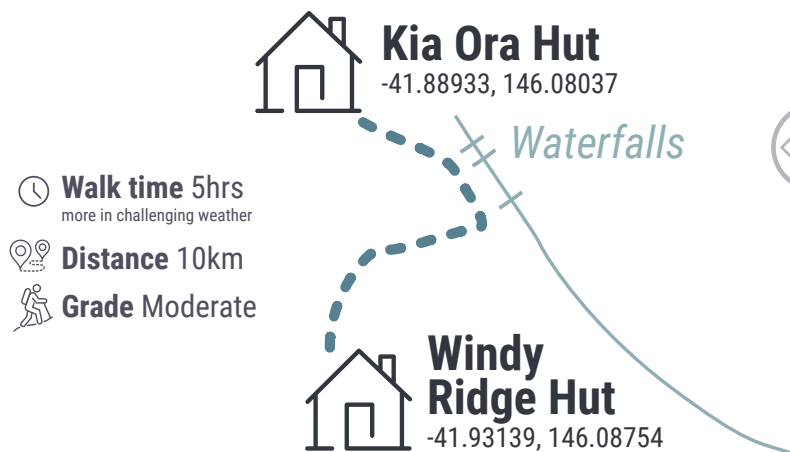
Pelion Hut to Kia Ora Hut

Begin today with a climb to Pelion Gap, where there are great views both back to the north and forward to the south. Today we allow extra time for additional side trips from Pelion Gap. It's a further few hours of gentle downhill from the gap to the hut, so it is a very relaxing day, with the option to make it more challenging.



Day 7

10km (Challenging in bad weather)



Kia Ora Hut to Windy Ridge Hut

This is a day of waterfalls and majestic forests. We depart Kia Ora hut and walk about an hour of easy travelling to Du Cane, where a hut remains from the long-gone days of animal trapping. A fine spot to rest in the native gardens planted by trapper Paddy Hartnett's wife during her long stints in the bush with her husband. From there we wander through some of the oldest forest in the National Park with King Billy Pines as old as 2,000 years. Here, we are above the Mersey River, which descends steeply northward towards Bass Strait. There are three major sets of waterfalls and we opt to visit one or more of these. We will probably take lunch down to enjoy beside one of the falls.

During the afternoon, we make our way over Du Cane Gap, then descend beside the spectacular Falling Mountain to Windy Ridge Hut.



Day 8

10km (Moderate in bad weather)

Windy Ridge Hut to Lake St Clair

Lake St Clair is Australia's deepest natural lake and, as with most of this area, it has been shaped by glaciers. Our final day's walk is mainly through cool temperate eucalypt forest, and bird song is all around. We arrive at Narcissus Hut, at the northern end of Lake St Clair, in time for lunch. We then board the Ida Clair cruise boat, for the spectacular 17km cruise back to Cynthia Bay.

There is a visitor centre at Cynthia Bay, and we usually have around an hour to look around the Visitor Centre here.

The return trip to Red Feather Inn is through the trout fishing mecca of the highland lakes, descending the rugged Western Tiers.



Walk time 5hrs
more in challenging weather

Distance 10km

Grade Easy

Narcissus

Lake St Clair

Cruise 17km

PICKUP POINT

Lake St Clair
-42.11619, 146.17442





What is included

- ✦ Return transfers between Launceston and the start & finish of the walk
- ✦ Accommodation (twin share) each evening in one of our five private huts
- ✦ Accommodation with dinner on the first night at Cradle Valley and breakfast on day two
- ✦ All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- ✦ National Park and Overland Track passes
- ✦ Boat transfer across Lake St Clair (on Day 6 only)
- ✦ Use of a backpack and Gore-tex jacket and thermos for the duration of the walk*
- ✦ Pillows and a comfortable mattress at each hut
- ✦ Sleeping sheet, sleeping bag* and pillowcase to carry with you
- ✦ Three qualified guides for the duration of the walk

* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

* 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.

* Guests may be required to carry a sleeping bag (provided by us) depending on the weather.

Gear List

The items on the gear list will be packed into your pack (provided) and carried by you.

We provide the following:

- ✦ A high quality 65-litre backpack (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
- ✦ Sleeping sheet, sleeping bag, pillow case, and foam mat (for emergencies)*
- ✦ Lunch container, thermos and cutlery
- ✦ Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at each hut)
- ✦ Biodegradable liquid soap (also suitable as a shampoo; available at each hut - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- ✦ Hut libraries offering a range of books and games (including field guides; some titles are available in every hut along the track)
- ✦ Either crampons or chains are provided for the duration of the walk – these items you will carry each day
- ✦ Snow shoes will be provided if weather conditions necessitate. They will be available for you at our walkers' base on day one

Essential Gear List

When you arrive at our walkers' base it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

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. Lower-profile hiking shoes, walking shoes, running shoes, approach shoes, sand shoes, elasticised boots and similar are not acceptable.

- ✦ Polar fleece jacket (preferred) or woollen jumper/pullover
- ✦ Light jumper/long-sleeved top (warm)
- ✦ Beanie or balaclava (wool or synthetic)
- ✦ Down jacket or synthetic equivalent
- ✦ Waterproof gloves/mittens with insulation
- ✦ Scarf, neck warmer or buff with insulation
- ✦ Gaiters (long gaiters, reaching just below the knee; for protection against mud and rough vegetation)
- ✦ Shorts and/or light walking trousers
- ✦ Shirts/t-shirts (merino or polypropylene; 3 recommended)
- ✦ Warm, long pants (evening hut wear)
- ✦ Socks (3 pairs recommended)
- ✦ Underwear

- ✦ Lightweight indoor footwear (thongs/sports sandals; for hut use)
- ✦ Sun hat & sunscreen (small bottle for use during the day)
- ✦ Thermal base layer (3 sets: merino or polypropylene long-sleeved top and long johns)
- ✦ Travel towel or body chamois (for showering; light and quick-drying)
- ✦ Waterproof over-pants (nylon, PVC or Gore-tex)
- ✦ Water bottle(s) or water bladder (2-litre total capacity required; our packs can fit a water bladder - just ask your guides)
- ✦ Travel mug for hot drinks out on track
- ✦ Head torch – minimum 300 lumens with spare batteries or USB charging cable. **This item is mandatory.**
- ✦ Walking poles with snow baskets (available through Bushwalking Hire Gear)
- ✦ Lightweight, compressible day pack for side trips – should pack down to pocket size.
- ✦ Any personal medication, including anti-inflammatories and EpiPens

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

[Download Footwear Guide](#)



Recommended Items

- 🌿 Camera
- 🌿 Spare batteries or USB-A power cord for camera (there are eight USB-A charging ports in each hut)

Optional Items

- 🌿 Bathers

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.

Gear Hire – Bush Walking Hire Gear 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.

- * While the huts include drying rooms for wet gear, they do not incorporate laundry facilities. If you adhere to the packing list, you should be all set for the duration of your walk.
- * Please note that guides will do a thorough gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.



Frequently Asked Questions

How often do trips depart?

Our 8-day trips depart on selected dates from 1 June through to 1 September each season.

What is the accommodation like?

Our groups have exclusive use of the only private hut accommodation along the Overland Track. Each hut has been discreetly located off the main trail and offers hot showers, a drying room and a dining and lounge area. The huts have 6 twin rooms with comfortable beds.

How many guests will be on my trip?

Each trip requires a minimum of 5 and a maximum of 10 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.

What do we carry?

Each person must carry their lunch, thermos wet weather gear, emergency mat, spare clothes for the hut, thermals, and warm clothing, plus any extras, such as a camera and sleeping bag if required. For detail please refer to the gear list.

How fit do I need to be?

The Cradle Mountain Expedition is a challenging walk and conditions can vary greatly. As long as you exercise regularly, are capable of walking an average of 10 km with 12-15kg for eight consecutive days, and are comfortable with varied terrain and snow conditions, you'll be fine!

There are steep sections and terrain can be quite uneven and slippery under foot. In winter conditions, you may need to wade through knee-deep snow, however this is part of the whole experience.

If you are interested in doing more of the side trips (such as Mt Ossa), you may want to partake in extra training to accommodate the additional challenge.

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.

How much weight do we carry?

On the morning of your departure, the guides will carry out a thorough gear check to ensure you have suitable gear and help you reduce pack weight.

If you adhere to our gear list, your pack will likely weigh between 12 and 15kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 10kg.

Please note: This weight is based on the recommended water capacity for this walk. If you choose to carry more water, your pack weight will most likely weigh upwards of 15 kgs.



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?

Travel insurance is mandatory for this walk. 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 about food?

The guides prepare sumptuous meals each night. We are quite happy to cater for special dietary requirements. We just need to know in advance.

For example, here is the dinner menu served at Kia Ora Hut:

On arrival at hut: Grazing plate

Main course: Forest mushroom and pea risotto with parmesan

Dessert: Creme Brulee

How many guides are there?

Our guides are passionate outdoor enthusiasts, educated interpreters and fantastic cooks all rolled into one. Three 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.

What time does the trip commence and conclude?

At the start of your walk we ask that you be at our walkers base at Red Feather Inn at 11:30am for a briefing. This allows time for introductions and a gear check before departing for the Cradle Mountain – Lake St Clair National Park.

For those staying in Launceston CBD, we offer a complimentary shuttle service Chalmers Church (5a Frederick St, Launceston). You will need to be ready in front of the church at 11am. For those staying at Quamby Homestead our shuttle will pick you up in front of reception at 11.10am for the 10 minute transfer to Red Feather Inn.

Day 2 –Please check out and be at the reception by 7:35am for a 7:45am departure.

Your walk will conclude at Red Feather Inn at 6.00pm with airport drop offs at 6.15pm and Launceston drop offs at 6.30pm.

Are there age restrictions?

Please enquire with our team for the minimum age of guests on this trip. 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/

Parking

Parking is available at the walker base at the Red Feather Inn for the duration of your walk.

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.



CRADLE MOUNTAIN
EXPEDITION WALK

Contact us

To make a booking or enquiry:

e: enquiries@taswalkingco.com.au

For existing bookings:

e: bookings@taswalkingco.com.au

p (03) 6392 2211

w www.taswalkingco.com.au

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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.
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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.
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