



THREE CAPE

ADVENTURE WALK



5 Day/4 Night guided walk

Visit all three iconic capes on the Three Capes Track,
staying in our private lodges and camp along the track.



Welcome to the Three Capes Adventure Walk

The only multi-day hike where you'll be guided to all three capes over five days, and stay within the iconic Tasman National Park.

Experience the ultimate adventure in Tasmania's stunning landscapes with our extended Five-Day Three Capes Adventure Walk, an evolution from our renowned three-day Adventure Walk. This immersive journey promises a sustained challenge, inviting you to push your boundaries amidst the rugged beauty of the Tasman National Park. Traverse longer trails, ascend to greater heights, and discover more of the extraordinary landscapes along the Three Capes Track. As the only guided walk to all three iconic capes – Raoul, Pillar, and Haug – this adventure offers unparalleled opportunities for discovery.

Conquer Mt. Brown, explore coastal trails by day, and unwind in utmost comfort at our private accommodations. Stay at our new eco camp with breathtaking views of Tasman Island, and our secluded lodges – the sole accommodations within the Tasman National Park. Each night, relax and unwind with chef-inspired meals and a glass of local wine, prepared for you by our hosts amidst the serenity of Tasmania's breathtaking wilderness. Ease sore muscles with a massage or facial at our in-house spa nestled into the cliff edge at our Cape Pillar Lodge. With the reward of sweeping views, ocean vistas, ancient rainforests and private lodges, the extra challenge will be well worth the effort on this epic walking adventure.

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 Three Capes Adventure Walk 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.



THREE CAPES

ADVENTURE WALK

Walk at a glance



Trip Duration: 5 days/4 nights



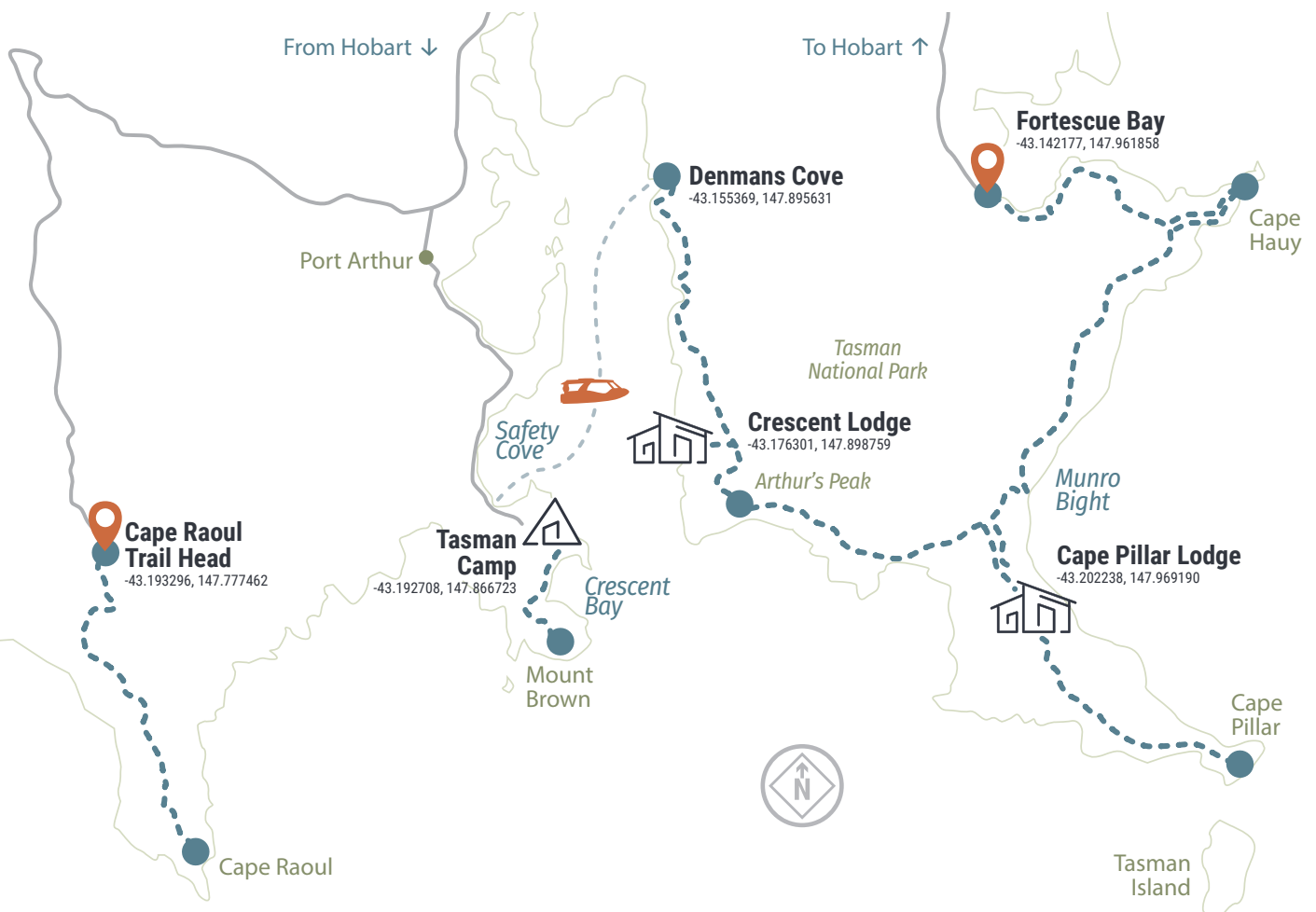
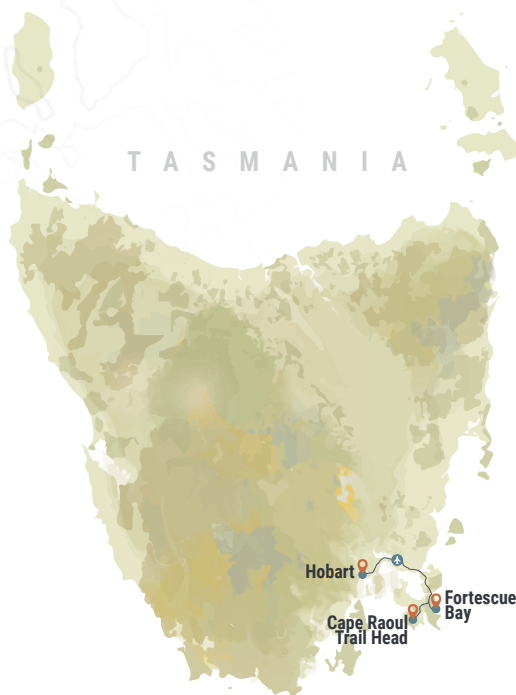
Grade: Challenging



Accommodation: Private Camp and Lodges along the track within the National Park



Activities: Seasonal trekking, with a lightweight pack on the iconic Three Capes Track and Tasman Peninsula.





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>	Hobart – Cape Raoul – Tasman Camp	14km (5-6hrs)	Tasman Camp	-/L/D
<u>Two</u>	Tasman Camp – Mount Brown – Crescent Lodge	14km (5-6 hrs)	Crescent Lodge	B/L/D
<u>Three</u>	Crescent Lodge – Cape Pillar Lodge	11km (5hrs)	Cape Pillar Lodge	B/L/D
<u>Four</u>	Cape Pillar return	18km (6hrs)	Cape Pillar Lodge	B/L/D
<u>Five</u>	Cape Pillar Lodge – Fortescue Bay (Optional Cape Hauy sidetrip)	18km (6hrs) Extra 4km (2hrs)	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

14km (Moderate)

Hobart to Tasman Camp (via Cape Raoul)

Groups meet for a gear check and briefing at the walker base (located at 164 Murray Street Hobart) at 7:00 am before departing at approximately 8:00 am. At the Walker Base, you will be instructed by our guides on how to organise your packs for the trip. Please ensure you have had breakfast before arriving at our walker base.

After a 1.5-hour drive, our adventure begins from the Cape Raoul trailhead, taking only essential items in a lightweight day pack. This walk will take approximately 5-6 hours to complete depending on the weather conditions and the walking speed of the group. The walk begins as a gentle climb through a eucalypt forest opening to views of coastal seascapes and the blue Tasman Sea before descending to the Cape Raoul lookout. On a nice day, the group will pause to take in the Tasman views and enjoy a packed lunch, if the weather isn't being as kind, a sheltered location along the track will be just as tranquil. The trek back to the trailhead is equally as stunning as the walk out, with plenty of photo opportunities along the way.

The bus will be waiting for you at the trailhead, ready to take you to Tasman Camp for an evening of enjoyment and to celebrate the achievements of day one. Our camp has been designed with comfort in mind, enjoy a hot shower and a delicious meal shortly after in our dining room. After dinner, sip Tasmanian wine on the deck looking out to Tasman Island, before retreating to private tents, that will be fitted with either a king bed or two singles.

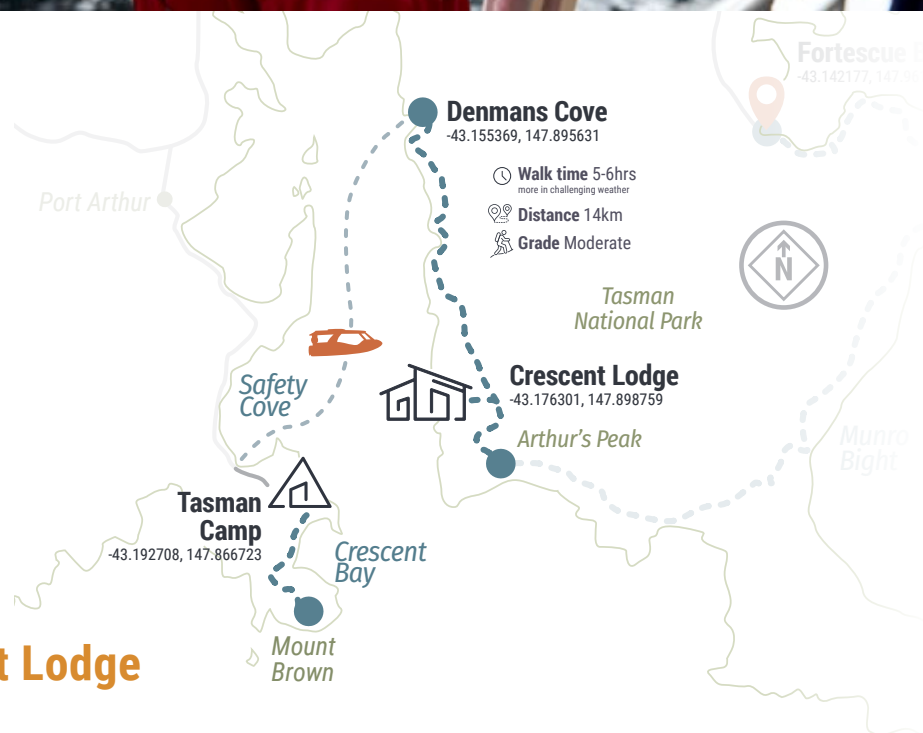




Day 2

14km (Moderate)

Tasman Camp to Crescent Lodge



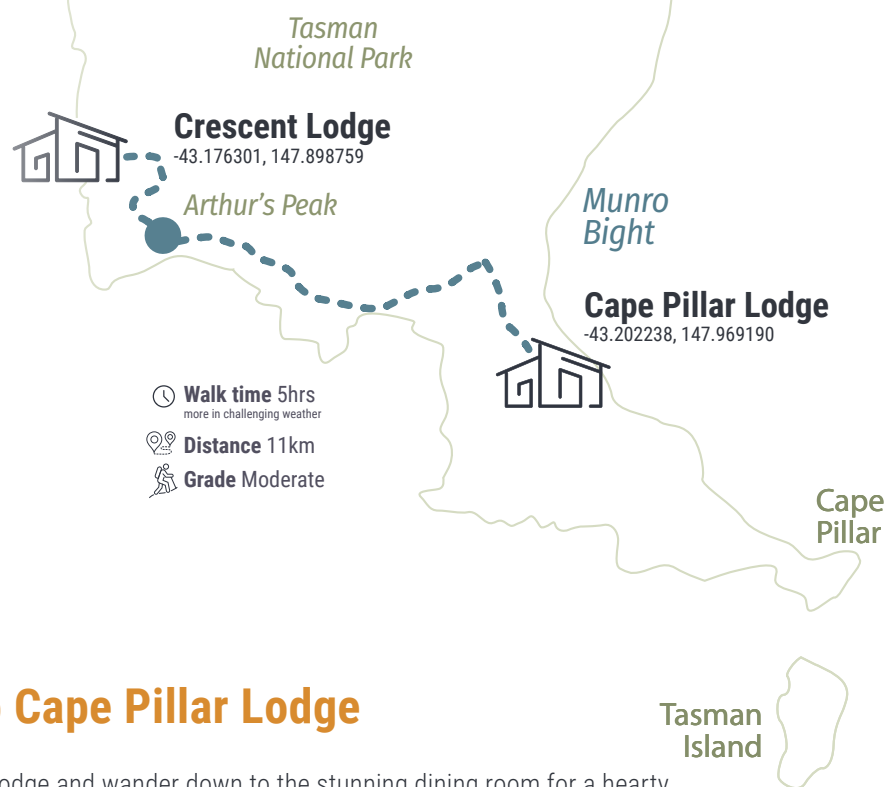
Wake up to breakfast prepared by your guides, ready for a pack free trek up to the top of Mount Brown, only carrying a day pack. The effort is worth the views, from the peak, you'll be able to see Cape Raoul, Cape Pillar and Tasman Island on a clear day. The 6km return walk will take approximately 3 hours to complete. After a morning immersed in nature on the trails, Safety Cove is the perfect spot to eat lunch. We'll fuel you with local produce, in preparation for a gentle walk through to Crescent Lodge for night two, where your lodge hosts and accommodation awaits. A private boat will be waiting to depart from Safety Cove for the short trip across to Denman's Cove. On day two, it's a good idea to wear shorts, zip-off walking trousers or pants that can be rolled above your knees. You may encounter knee-high waters, depending on where sandbanks have formed when exiting the boat.

From here, you'll start the two-hour venture to Crescent Lodge, you will be delighted by stories of history and treated to stunning views, looking back at where you have traveled. Crescent Lodge is perched high, with views stretching across Crescent Bay to Cape Raoul, and guest rooms spilling into the gully. Your smiling lodge host will greet you as you arrive and will ensure your time spent is comfortable, while also preparing a three-course feast of local fare. Settle in with a warm shower as dinner is prepared. Post dinner, take your Tassie pinot to a quiet deck for your own private sunset.



Day 3

11km (Moderate)



Crescent Lodge to Cape Pillar Lodge

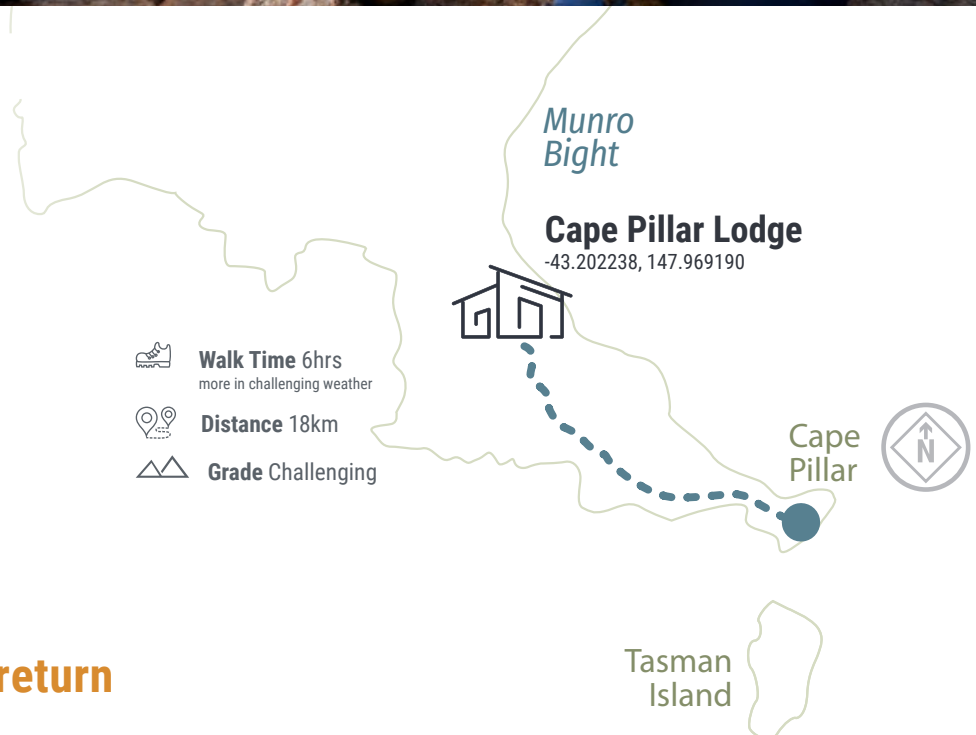
Wake to the silence of Crescent Lodge and wander down to the stunning dining room for a hearty breakfast to start the day. From here, head due south with views across Safety Cove and Maingon Bay to Bruny Island. Climbing Arthurs Peak, 300 metres above sea level, is worth the oceanic vista. In these parts, White Bellied Sea Eagles soar in the thermal currents, so be sure to look skyward. Lunch isn't far away, an easy downhill descent to south-facing cliffs where pelagic seabirds are plenty - albatross, petrels and gannets. Here, there's nothing between you and Antarctica.

Following lunch, skirt the edge of Tornado Ridge before heading south toward Cape Pillar Lodge, your base for the next two nights. Your pace might quicken in the knowledge there is a massage or facial on offer at Cape Pillar Lodge.



Day 4

18km (Challenging)



Cape Pillar Lodge return

Today, on the most adventurous day of your journey, we visit the second 'Cape' of the Three Capes Walk, Cape Pillar. You'll walk through silver gum forest (*Eucalyptus Tenuiramis*), a species endemic to the area, out to the highest sea cliffs in the Southern Hemisphere. For those brave enough, we climb the infamous 'Blade' which gives us dramatic views of Tasman Island.

We stop for lunch at Chasm Lookout with a view out to Tasman Island's lighthouse where the crisp sea breeze gives us a quick refresh before our return walk to Cape Pillar Lodge. The challenge in today's walk is the fatigue that comes from a fourth day of continuous walking. Rest sore muscles back at the lodge by unwinding with a book, indulging in a massage at the Relaxation Pavilion, or simply sharing a cup of tea with new friends before our last three-course dinner nestled into the wilderness on the Three Capes Track.

Those with a penchant for pampering can treat themselves to a massage or facial upon returning to Cape Pillar Lodge. What better way to ease tired muscles and settle in for our final, blissful night.



Day 5

18km (Challenging)

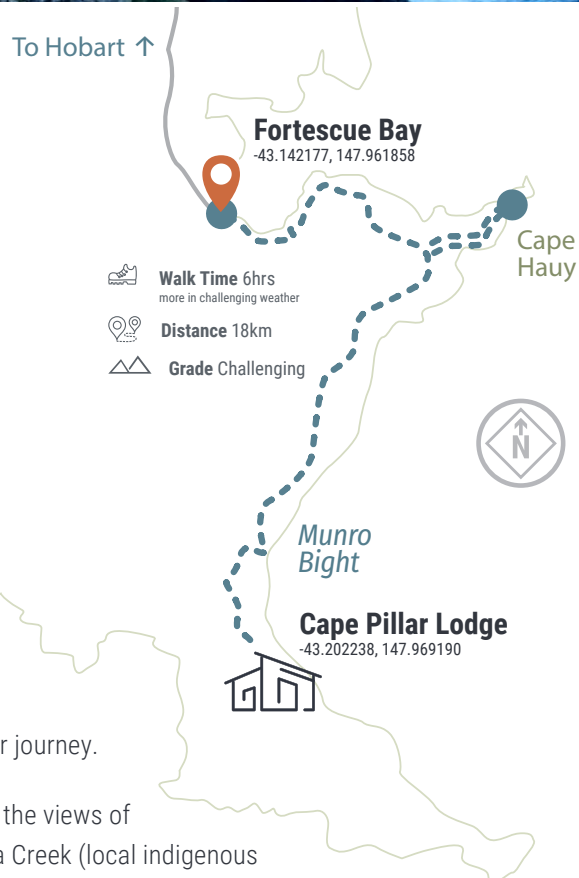
Cape Pillar Lodge to Fortescue Bay

Time to farewell Cape Pillar's safe forest haven for the hardest part of our journey.

On our last-day we set out to climb 490 metres above sea level, and onto the views of the final third cape, Cape Hauy. We start the day with crossing Retakunna Creek (local indigenous dialect for creaking trees) en route to a patch of rainforest. Breathe it in – lush mosses, ferns and vibrant greens. Next mission is the peninsula's highest peak, Mount Fortescue. Enjoy lunch with leafy-framed ocean views overlooking The Monument.

If time permits, take the side trip and enjoy the majesty of Cape Hauy (an extra 4km) - or simply remain with the group for a final cliff-walk descent onto the cool white sands of Fortescue Bay. Fatigue quickly floats away with a chance to drop the pack and sink your toes in pristine sands and have a quick dip before we head back to Hobart via the airport. We can drop guests at the airport between 5.15pm - 5.30pm and then we arrive into Hobart at approximately 5.45pm for a glass of bubbles before hotel transfers.

Alternately, stay and discover the Tasman Peninsula's local produce, wines, whiskies, lavender, uncrowded beaches and more.





What is included

- 🌿 Return transfers between Hobart and the start & finish of the walk
- 🌿 Accommodation (twin share) each evening in one of our private camps or lodges.
- 🌿 All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- 🌿 National Park pass
- 🌿 Boat transfer from Safety Cove to Denman's Cove
- 🌿 Use of a backpack and Gore-tex jacket for the duration of the walk
- 🌿 Quilts, pillows and a comfortable mattress at each lodge.
- 🌿 Sleeping sheet and pillowcase to carry with you
- 🌿 Two 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, daypack 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.

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 44-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
- 🌿 Lightweight travel quilt cover and fitted sheet (our quilts are specifically designed for us and provided in the Lodges)
- 🌿 A day pack for Cape Raoul, Mt Brown and Cape Pillar
- 🌿 Lunch container and cutlery
- 🌿 Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at each lodge)
- 🌿 Biodegradable liquid soap (also suitable as a shampoo; available at each lodge- we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- 🌿 Lodge libraries offering a range of books and games (including field guides; some titles are available in every lodge along the track)



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. This will make the packing process run more smoothly.

Please wear shorts or have some shorts at the top of your pack on day two. The landing at Denmans Cove will require you to wade a short distance to shore.

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. We are more than happy to discuss footwear with you.
- 🌿 Polar fleece jacket (preferred), woollen jumper/pullover or thin lightweight down or synthetic jacket.
- 🌿 Light jumper/sweater (warm)
- 🌿 Beanie or balaclava
- 🌿 Gloves or mittens
- 🌿 Thermal base layer (merino or polypropylene long-sleeved top and long johns)
- 🌿 Lightweight non-slip footwear (thongs/sports sandals; for lodge use)

- 🌿 Socks (3 pairs recommended)
- 🌿 Underwear
- 🌿 Sun hat & sunscreen (small bottle for use during the day)
- 🌿 Travel towel or body chamois (for showering; light and quick-drying)
- 🌿 Water bottle(s) or water bladder (3-litre total capacity required; our packs can fit a water bladder - just ask your guides)
- 🌿 Travel mug for hot drinks out on track
- 🌿 Shorts and/or light walking trousers
- 🌿 Shirts/t-shirts (merino or polypropylene; 2 recommended)
- 🌿 Sunglasses
- 🌿 Long-sleeve shirt for sun protection while walking
- 🌿 Warm, long pants (evening lodge wear)
- 🌿 Head torch – minimum 300 lumens with spare batteries or USB charging cable
- 🌿 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)
- 🌿 Water-proof overpants (highly recommended – particularly in winter months)
- 🌿 Camera
- 🌿 Spare batteries or USB power cord for charging. If the power outlet end of your phone cable is not USB Type A, please bring a USB wall charger as well as the cable. To conserve power at the lodges we ask you to please unplug your phone once it has charged.

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.

Hire Gear

Three Capes Gear and Gourmet, has walking poles, over-pants and headlamps available for hire. They will conveniently deliver to our walkers base for the start of your walk.

To organise hire gear please visit twc.3capesgearandgourmet.com.au

* Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.

* While the lodges 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?

This walk departs on select dates from October to April. Please refer to our booking calendar for dates.

What is the accommodation like?

The first night at Tasman Camp is secluded accommodation on private coastal land, our camp represents the perfect place to retreat with a comfortable communal lounge, dining space and deck overlooking Cape Pillar and Tasman Island. Guests sleep in spacious canvas tents which can be configured with king bed or two singles. On the remaining nights, guests have exclusive use of the only private lodge accommodation along the track. Crescent Lodge and Cape Pillar Lodge are architecturally designed to sit lightly within the environment with stunning views. The lodges are fitted out with everything you need for a very comfortable stay in the middle of the Tasmanian wilderness, including hot shower, comfortable beds, and communal lounges. At Cape Pillar Lodge, guests can choose to visit our relaxation pavillion, where we offer massage treatments as well the opportunity for guests to soak sore muscles in our plunge tank.

How many guests will be on my trip?

Each trip requires a minimum of 7 and a maximum of 14 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?

Our Three Capes Adventure Walk is the only guided walk that offers visits all of the 'Three Capes' which presents a sustained challenge. Over five days you will be covering between 75-79 kilometres. A high level of fitness is therefore required. If you exercise regularly and are capable of walking between 14-18km for five consecutive days across varied terrain, you'll be fine! If you feel this might be beyond your current level of fitness, you may prefer our Signature Walk.

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

What style of boots should we have?

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

What do we carry?

Each person must carry their lunch, wet weather gear, spare clothes for the lodge, thermals, and warm clothing, plus any extras, such as a camera. For detail please refer to the gear list.

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 7kg and 9.5kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 6.5kg.

The pack and weather proof jacket that we provide have a combined weight of 2.5kg, leaving 4.5–6.5kg for your personal items.

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?

The guides and lodge host prepare scrumptious three-course meals each night. We are quite happy to cater for select dietary requirements, we just need to know in advance. We use fresh

Tasmanian produce and evening meals are served with a selection of Tasmanian wines.

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.

What time does the trip commence and conclude?

Our shuttle picks up in front of MACq01 (18 Hunter Street, Hobart) between 6.30 - 6.35am and from reception at The Old Woolstore Apartment Hotel, 1 Macquarie Street between 6.40- 6.45am. **You must advise us if you need collection otherwise the bus will not stop.** If you would like to make your way directly to our walkers base at 164 Murray Street, Hobart, please arrive no later than 7.00am.

For anyone staying on the Tasman Peninsula prior to the walk, please contact us to make arrangements regarding gear check and meeting time.

P: 03 6392 2211

E: bookings@taswalkingco.com.au

At the conclusion of your walk: the group will arrive back into Hobart at approximately 5.45pm with a Hobart airport drop off at approximately 5.15pm - 5.30pm. We will welcome you back to the Hobart office with bubbles and nibbles, dropping you back at your hotel between 7-7:30pm.



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 reimaged 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.

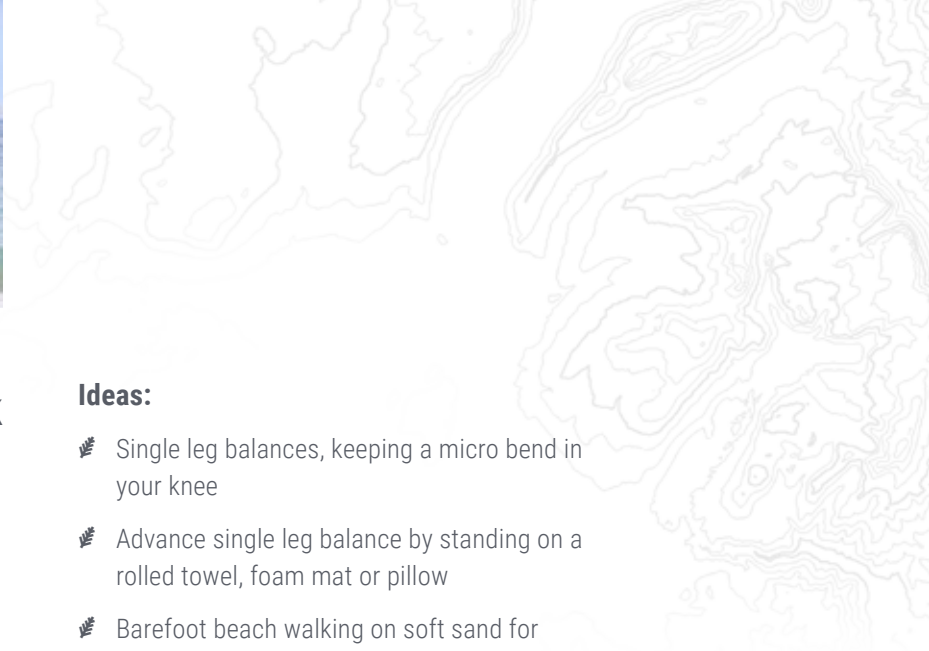
Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the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



**TASMANIAN
WALKING
COMPANY**



THREE CAPES
ADVENTURE 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.
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/