



THREE CAPES

LONG WEEKEND



3 Day/2 Night guided walk
along Tasmania's iconic Three Capes Track
and Tasman Peninsula



Welcome to the Three Capes Long Weekend

Join us for three unforgettable days on the Tasman Peninsula – a long weekend designed like no other. You'll begin in downtown Hobart, whisked from the city on our private vessel to the peninsula wilds. In the days to follow, you'll walk out to mighty Cape Raoul and through coastal walks and to stunning views of the Tasman Peninsula and its iconic Three Capes Track. In all, we'll guide you about 28 kilometres across our days together.

Each evening, our knowledgeable guides transition to lodge hosts, preparing chef designed meals brimming with local ingredients. Your only task is to sit back with a Tasmanian sip and enjoy the views from our new secluded standing camp.

Wake to views stretching out to Tasman Island from your door and by day we'll guide you along Tasman's epic coastline. On this peninsula are some of the highest sea cliffs in the southern hemisphere. The flora, unexpected native animal meetings and long table dinners with new and old friends set this long weekend apart. We top it off with a wine tasting and lunch at an award-winning vineyard on the way home.

Come spend the long weekend with us.

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Acknowledgement to traditional owners

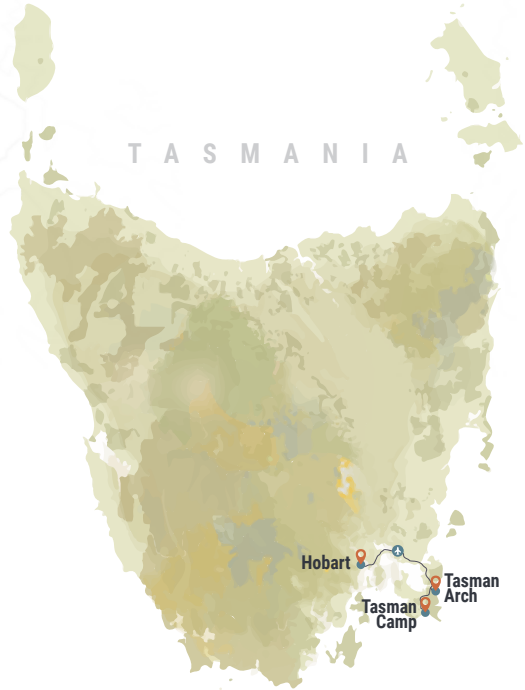
In recognition of the deep history and culture of this land, we acknowledge and pay respects to all Tasmanian Aboriginal people, the past and present custodians of the Land. We are privileged to learn from them in the way we care for and share Tasmania's diverse nature and culture, and we strive to walk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



THREE CAPES

LONG WEEKEND

TASMANIA



Walk at a glance



Trip Duration: 3 days/2 nights



Grade: Easy - Moderate



Accommodation: Off-the-grid beach camping



Activities: Spring/Summer/Autumn coastal and wilderness trekking, with lightweight packs, exclusive accommodation, private boat cruise, swimming (optional) and local vineyard wine tasting.



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 | |
|--------------|---|-------------------|------------------|-------|
| <u>One</u> | Hobart – Remarkable Caves and Mt Brown – Tasman Camp | 7.5km (3-4 hours) | Tasman Camp | -/L/D |
| <u>Two</u> | Cape Raoul | 14kms (5-6 hours) | Tasman Camp | B/L/D |
| <u>Three</u> | Tasman Arch - Waterfall Bluff - vehicle transfer to a vineyard for lunch and then back to Hobart. | 6.3km (2-3hrs) | 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

7.5kms (Easy - Moderate)

Hobart to Tasman Camp

- Walk time 3-4hrs
more in challenging weather
- Distance 7.5km
- Grade Easy - Moderate

Let the adventure begin! We'll meet for a gear check and briefing at our walker base (located at 164 Murray Street, Hobart) at 8:30am before departing at about 9:00am. At base, the guides help out with how best to organise your daypack. A few minutes into the journey we'll arrive at Brooke Street Pier.

Here we have two options, If weather permits, we'll board our private boat. The 90-minute cruise down to Nubeena is packed with spectacular coastal sites and some cracking stories to share en route. For those who are yet to find their sea legs, or in the case of bad weather, we also have the option of travelling to Nubeena by bus. From Nubeena, we will all meet back up and head to the Remarkable Caves trailhead by bus. There's no need to carry anything other than a lightweight day pack for this 3-4 hour walk. Larger packs can stay behind.

As its name suggest, this is a truly remarkable place, with ancient sandstone tunnel carved by the sea. Walking through sand dunes covered in coastal heath, we quickly reach the Maingon Blowhole, here you can see the full might of the ocean through the cliff line. We continue onto Mt Brown where the climb is well worth every step. On a clear day, sweeping views take in Cape Raoul, Cape Pillar and Tasman Island. From here we walk down to Crescent Bay before joining up with our private track and continuing through to Tasman Camp.

Back at camp, enjoy a hot rainwater shower followed by relaxing deck time with a Tasmanian wine or cool drink while the guides get busy preparing your meal. Then settle into our dining room for delicious fare and to celebrate the shared journey of day one. On a clear night, don't forget to look up. The stars here are glorious. Then, rest your head in our comfy private tents.



*PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES



Day 2

14kms (Moderate)

Cape Raoul

Wake to the blissful silence of the Tasmanian wilderness and the aroma of freshly brewed coffee. We enjoy a relaxed morning before lacing our boots for the 5-6 hour Cape Raoul return walk. We'll be transported to the trail head with lunch in our daypacks to begin the walk.

The walk begins with a gentle climb through eucalypt forest. Then gradually, with each step the grand Tasman Sea begins to reveal itself. It feels like the edge of the world! We'll then descend down to Cape Raoul lookout. Listen carefully and you might hear the seals way down below.

On a clear day, we'll settle in for lunch here but if the weather isn't so kind, we have tranquil locations along the track that are sheltered. The return walk is equally special with its varied perspective. There are plenty of chances for photo stops along the way.

A short transfer will return us to camp, where you can enjoy a couple of restful hours taking in the views or pulling out a good book to read in the fresh Tasmanian air. After time on your private deck, we'll gather for another hearty dinner in the dining room to share tall Cape Raoul stories.



Day 3

6.3kms (Easy-Moderate)

Tasman Arch – Waterfall Bluff (Lunch at Bangor Shed)

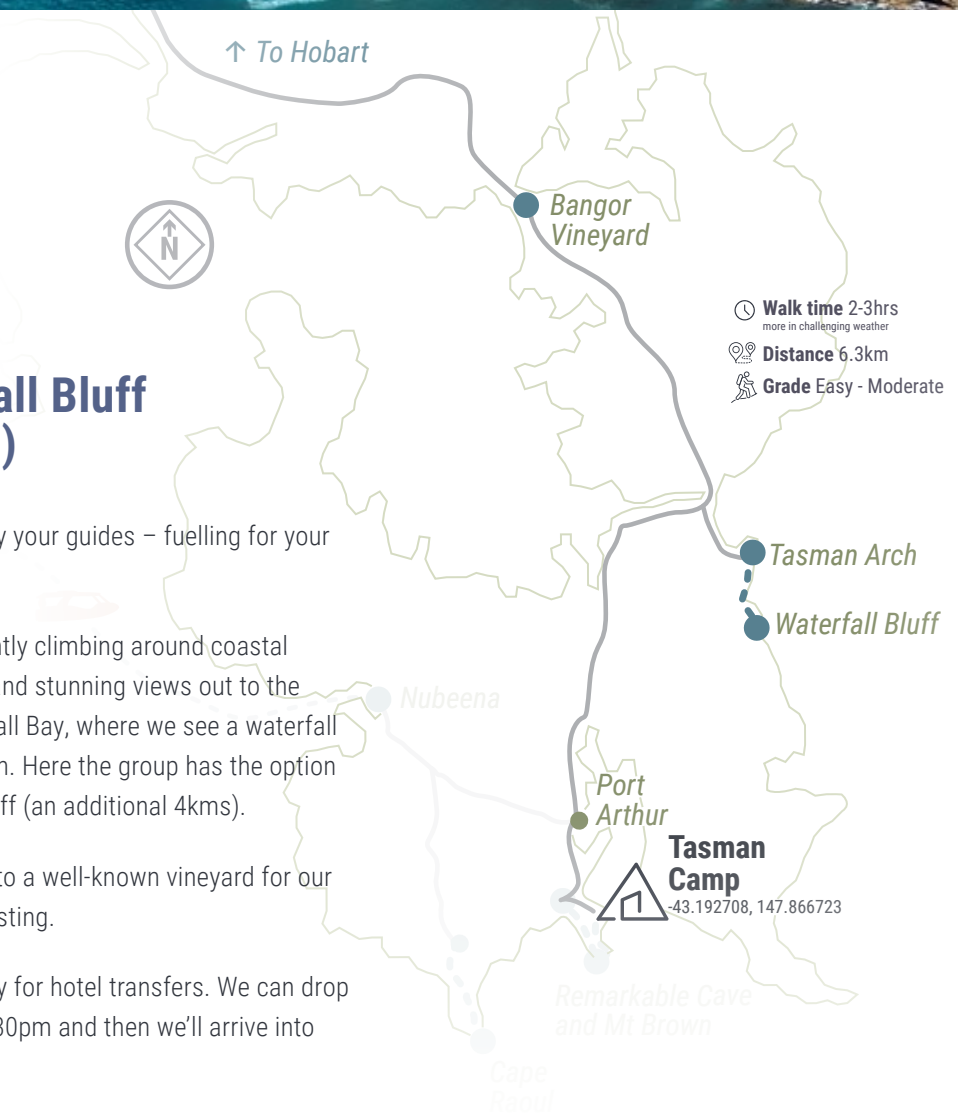
Wake to another hot breakfast prepared by your guides – fuelling for your final day on the Tasman Peninsula.

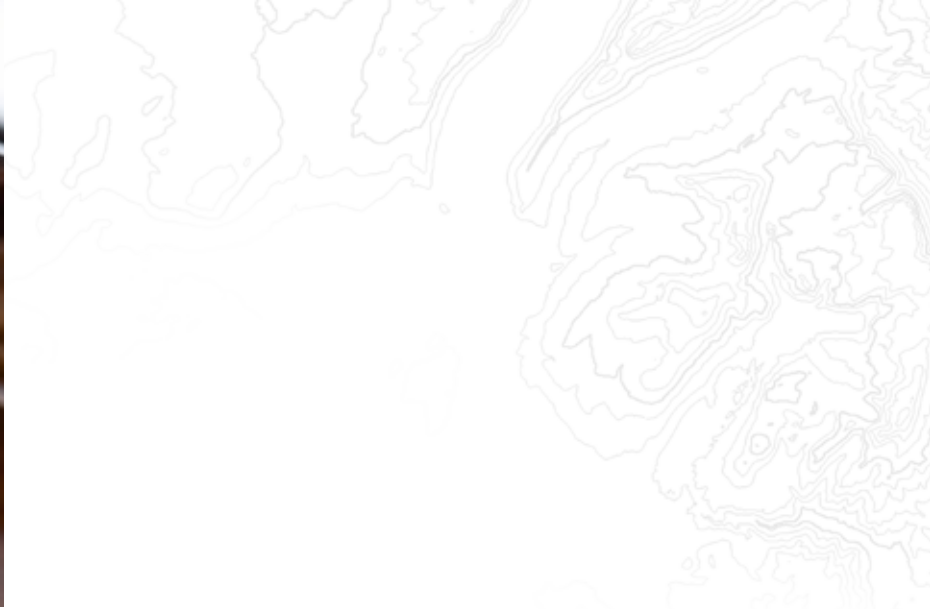
We start today's walk at Tasman Arch, gently climbing around coastal tracks with sedimentary rock formations and stunning views out to the ocean. After 2.3kms, we get to the Waterfall Bay, where we see a waterfall cascading over the seacliffs into the ocean. Here the group has the option to turn around or continue to Waterfall Bluff (an additional 4kms).

By 1pm, we'll be back on the bus heading to a well-known vineyard for our all-inclusive celebratory lunch and wine tasting.

After this, it's an easy drive back to the city for hotel transfers. We can drop guests at the airport between 4:15pm - 4.30pm and then we'll arrive into Hobart at approximately 4:45pm.

Then again, you may enjoy the Three Capes Long Weekend so much you don't hop on the bus back to Hobart! There is plenty more to discover from cosy oceanside stays to 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.
- ✦ All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- ✦ National Park pass
- ✦ Boat transfer Hobart to Nubeena
- ✦ Use of a backpack and Gore-tex jacket for the duration of the walk
- ✦ Quilts, pillows and a comfortable mattress at each hut
- ✦ Two qualified guides for the duration of the walk

Gear List

We provide the following:

- ✦ Day pack (available on the morning of departure)
- ✦ Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure).
- ✦ Lunch container 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)

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

* 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.



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.



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.

- ❖ Polar fleece jacket (preferred) or woollen jumper/pullover
- ❖ Light jumper (warm)
- ❖ Beanie or balaclava
- ❖ Gloves or mittens
- ❖ Thermal base layer (merino or polypropylene long-sleeved top and long johns)
- ❖ Shorts and/or light walking trousers
- ❖ Shirts/t-shirts (merino or polypropylene; 3 recommended)
- ❖ Warm, long pants (evening camp wear)
- ❖ Socks (3 pairs recommended)

- ❖ Underwear
- ❖ Lightweight non-slip indoor footwear (thongs/sports sandals; to wear at the camp)
- ❖ 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 (2-litre total capacity required)
- ❖ Head torch – minimum 300 lumens with spare batteries or USB charging cable
- ❖ Any personal medication, including anti-inflammatories and EpiPens
- ❖ Travel mug for hot drink out on the track.
- ❖ Sunglasses

*** 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-A power cord for camera (there are USB-A charging ports in the communal areas at camp)

Optional Items

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

Tip: Layering

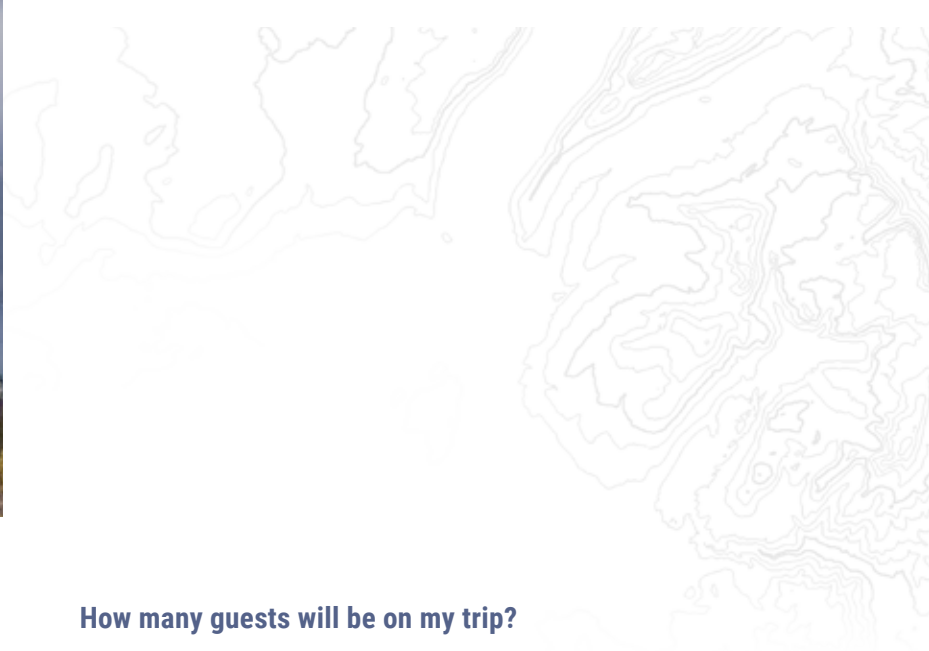
Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

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

- * There are no laundry facilities at Tasman Camp. 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 trips depart regularly from 1 October through to 1 May. Please refer to our booking calendar for dates.

What is the accommodation like?

Tasman Camp is secluded accommodation on private coastal land. 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 including hot showers, which is well appreciated after a long day of walking.

With most of our days spent in wild, powerful, coastal places, our camp is a sanctuary we can return to at the end of day one and two, gathering in the dining room and sharing food and stories from the day. 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 75% of the full fee will apply. This needs to be requested at the time of booking.

How many guests will be on my trip?

Each trip requires a minimum of 7 and a maximum of 14 guests.

How fit do I need to be?

Our walks can be challenging at times, but easy enough to be within most people's ability. We recommend that you be in good health and be moderately fit to undertake the trip. We cover about 14km on the second day, with a shorter walk on the first and last day. As each trip has two guides, we are able to split the group according to ability if necessary, 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.

How much weight do we carry?

One of the great aspects of the Three Capes Long Weekend is that we return to camp both nights so there's no need to carry a heavy pack.

What do we carry?

All you need to carry is a day pack, containing a drink bottle, rain jacket and a camera. The guides carry the rest!

What style of boots should we have?

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



Do we need travel insurance?

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

How many guides are there?

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

How about food?

The guides prepare scrumptious three-course meals each night with ingredients sourced locally wherever possible. We are also quite happy to cater for special dietary requirements, we just need to know in advance. Evening meals are served with a selection of local beer, wine and non-alcoholic options.

What time does the trip commence and conclude?

Our shuttle picks up in front of MACq01 (18 Hunter Street, Hobart) between 8.05am and 8.10am from reception at The Old Woolstore Apartment Hotel (1 Macquarie Street) between 8.10 - 8.15am. **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 8.30am.

P: 03 6392 2211

E: bookings@taswalkingco.com.au

At the conclusion of your walk: the group will arrive back into Hobart at approximately 4.45pm with a Hobart airport drop off approximately 4.15pm - 4.30pm.

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.



↑ To Hobart

Hobart

Bangor Vineyard

Tasman Arch

Waterfall Bluff

Nubeena

Port Arthur

Tasman Camp

-43.192708, 147.866723

Remarkable Cave and Mt Brown

Cape Raoul

T A S M A N I A

Hobart
Tasman Arch
Tasman Camp



**TASMANIAN
WALKING
COMPANY**



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

Leave a review

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

Subscribe to our Newsletter

Don't miss anything. Get news about our walks, special offers, events and behind-the-scenes stories from Tasmanian Walking Company.
www.taswalkingco.com.au/stay-in-touch/

Tasmanian Walking Company Foundation.

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

www.taswalkingcofoundation.com.au/

Walker Benefits

See our valued partner's businesses who provide discounts to our walkers.
www.taswalkingco.com.au/walker-benefits/