

GASTRONOMIC TASMANIAN TREKKING

Feb 20-25th, 2024

PORT ARTHUR TREKKING ADVENTURE
THREE CAPES, HAUY , PILLAR AND RAOUL
WINE GLASS BAY TREKKING ADVENTURE
INCLUDING MOUNT AMOS AND HAZARDS BEACH
ALL DAY HIKING
ALL TASMANIA TRAVEL INCLUDED

5 STAR ACCOMMODATION
PORT ARTHUR PENAL SETTLEMENT
GOURMET RESTAURANT BOOKINGS
BOAT CRUISE AROUND THREE CAPES
GIN AND WHISKEY TASTING AND
MASTERCLASS



➔ Trip Summary

Dates: February 20-25th , 2024

Trip Duration: 6 days, 5 nights

Fitness Grading: Moderate to hard

All transfers

Ex Hobart, twin share

Price \$3490

Based on 6 adventurers



➔ What Included

- 3 days trekking, exploring Tasmania's Southern Peninsula including the best of the Three Capes : Cape Hauy and Cape Raoul
- 2 days trekking Mount Amos and Wine Glass Bay via Hazards beach in the Freycinet National Park
- Mini Bus Travel for entire journey
- 2 night accommodation in Coles Bay
- 3 nights accommodation at Stewarts Bay
- Lunch and Gin tasting at Dunalley Bay Seaside Market
- Lunch and Whiskey Masterclass and McHenry Distillery
- Explore the Tessellated pavement in Eaglehawk Nest
- Award-Winning 3 Hour Wilderness Cruise along the spectacular coastline between Port Arthur and Eaglehawk Neck.
- Port Arthur Historic Site Tour
- Dinner at Award Winning Restaurants, including, The Bay and 1830
- Inhouse BBQ Dinner
- Private Transfers for entire stay in Tasmania
- Daily Breakfast, Lunch and hiking Snacks



Sterling Fitness offers this exclusive trip, designed to explore the beautiful Three Capes walk and Wine Glass Bay as well as enjoy the local delicacies of Tasmania.

We arrive in Hobart and drive to Coles Bay for 2 nights. Here we enjoy the beautiful Freycinet National Park over 2 days of spectacular hiking. Day 3 we depart for Port Arthur, via the picturesque town of Dunalley, which was burnt out in the fires of 2013. We stop for lunch along the way at Dunalley Bay Seaside market. Before arriving in Port Arthur, we will also visit the Tessellated pavement in Eaglehawk Neck.

Our next 3 nights are on the beach of Port Arthur. It's from here we will see and hike the Three Capes as three hikes, Cape Hauy (11km) and Cape Raoul (16km) plus Waterfall bay

We visit the very famous McHenry Distillery, where we will learn about the history of Whiskey and enjoy a Gin Inspired lunch

Our trip also includes a Pennicott cruise to see the third Capes Pillar from its water base , 300M below

➔ TREKFit

Sterling Results Fitness Club wants to see our clients achieve great goals and unleash fear through completing remarkable treks around the world. The principle behind our adventures is the fitter you are, the more easily you will adjust and enjoy yourself. On a trekking trip such as this you need to be in general good health and moderately fit.

It is recommended you join our weekly HIKEFit program.

➔ Day 1:

Our Minibus awaits us at the Hobart Airport for a 10am departure to Coles Bay. (2 hour journey)

After lunch at Devils Corner we start our first hiking adventure to Wine Glass Bay Lookout.

It's only a short hike, but a great way to get us acclimated to hiking in Tasmania's.

We will enjoy an inhouse shared meal tonight

L, D
5 Star Accommodation
Hike Distance 6km



➔ DAY 2:

Today we head out for our full day hike covering 2 hikes in Wine Glass Bay
Our first hike (if conditions permit is Mount Amos.

Mount Amos is part of the range of granite mountains, known as the Hazards, which dominate Coles Bay and Freycinet National Park. The track to the summit is steep and strenuous, but walkers are rewarded with panoramic views.

Our second hike is Hazards Bay to Wine Glass Bay. By going in an anti-clockwise direction you get the pleasure of climbing up and then down 1000 steps towards the end of your hike. whilst enjoying an array of orchids and other local wildflowers

This full day of hiking should be close to 18km. After the hike we relax back in our beautiful accommodation.

Over Dinner we will start to enjoy some of Tasmania's gourmet delicacies at The BAY restaurant i- Freycinet Lodge

B, L, D 5 star Accommodation
Hike Distance : 12km



➔ Day 3:

We will leave mid morning for a 2.5 hour drive to Dunalley Bay, we want to arrive for Lunch at Dunalley Bay Seaside Market . Following lunch we will visit the Tasmania's most instagrammable beach . Hopefully the tide is out and we can experience an amazing tidal phenomenon

Our next stop is at Eaglehawk Neck to view the tessellated pavement and take another postcard photo, this time looking towards Cape Hauy.

Just around the corner is our next hike, Waterfall Bay. Another short hike for the afternoon.

We should arrive at Port Arthur to our private beach accommodation late afternoon.

Tonight dinner is a shared BBQ Dinner at home

B, L, D Beach resort accommodation
Hiking Distance : 7km





➔ Day 4:

After an incredible few days of hiking in Wineglass bay and Eaglehawk, today we are introduced to the Three Capes.

We embark this morning on an award-winning 3 Hour Wilderness Cruise along the spectacular coastline between Port Arthur and Eaglehawk Neck.

The cruise travels beneath the highest vertical sea cliffs in the Southern Hemisphere at Cape Pillar. We will explore waterfalls, rock formations, archways and deep-sea caves. The coastline is part of the Tasman National Park. It is home to a variety of wildlife including hundreds of seals, migrating whales and abundant sea birds in their thousands.

After our cruise and lunch at the Lavender Farm, an afternoon hike to Remarkable cave and Crescent Beach is in store

Tonight, we experience more of Tasmania's spectacular culinary delights at the 1830 restaurant in the Port Arthur heritage site

B, L, D Beach resort accommodation
Hiking Distance : 10km



➔ Day 5:

Today we start our "Three Capes Trekking Adventure" This is what we have been working towards. A 30min drive will take us to Nubeena the start of our hike Cape Raoul

This is often the "left out": capes as it is not on the main Three Capes Track. It's a 16km round trip, through heath and light forest, but we are never far from those jaw-dropping cliffs. The stunning coastal scenery continues all the way out to Cape Raoul. The dolerite cape drops dramatically into the ocean.

After our Hike we will have a light lunch at the Peach Farm before visiting the amazing Port Arthur Historical Site and the memorial to those lost in the Port Arthur Massacre is quite chilling.

We will head back to far side of the Historic Site for Dinner

B, L, D Beach resort accommodation
Hiking Distance : 16km





➔ Day 6:

After a week in Tasmania we have one hike left before departing back to the airport. A 45min drive will take us to Fortescue bay , where we begin our journey to the tip of Cape Hauy.

A stunning out and back hike to some awe-inspiring cliffs. The track, part of the Three Capes Track, first undulates through woodlands and heath containing an abundance of wildflowers. It then drops down a steep set of mostly stone steps, before ascending again towards the cape.

Cape Hauy juts out into the roiling ocean, with views on both sides. The cape itself has spectacular dolerite columns that plunge directly into the sea.

Following this 4 hour hike, we will have lunch at Bangor Estate on the way to Hobart airport for your flight home .

B, L
Hiking Distance : 11km



➔ Trek Training

Our TREKfit program ensures you complete your journey of a lifetime, Healthy, proud and with a lasting sense of accomplishment.

To join a trek with Sterling Results Fitness Club, it is imperative that you agree to the terms of physical training. You will be required to pass a fitness assessment conducted through Sterling Results Fitness Club. If you fail this assessment, you may be refused a place on the adventure/trip.

We encourage you to commit to at least 10 preparation Hikes in the weeks leading up to the Adventure. We will also ensure you are mentally ready for the experience of a lifetime.

➔ Dietary requirements

In preparation for this trek , please advise at the time of your booking any dietary requirements. A meal plan will be shared with the group prior to the trip. If there are specific issues with the suggested meal plan, alternative arrangements can be made. Please ensure you discuss your requirements with us well in advance to determine whether we can cater to your dietary requirements. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage travellers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Food for meals on the Hike will be purchased and prepared for the trip.

➔ Accommodation on the trip

Accommodation may vary for each trip

The pricing is based on twin share. Couples will have a room to themselves, Singles may need to share a twin room. Single supplement maybe available .. please enquire for further details

We source accommodation via STYAZ, Airbnb or Hotel , searching for the best modern facilities ensuring ample bedding, bathroom and communal living arrangements. Previous trips provided the following:

Accommodation at Coles bay is in two cottages, a 2 bedroom and a 3 bedroom. (2 nights)

Accommodation at Stuart Bay, is a luxury beach house sitting right on the water's edge, giving you private access to a pristine white sand beach. it contains the equivalent of 5 bedrooms and 2 bathrooms. Includes BBQ facilities and 2 Kayaks provided (4 nights)



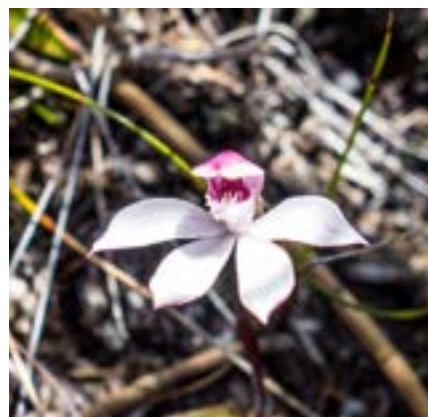
➔ What you Carry

You will be required to carry a daypack suitable to carry wet weather gear, excess clothes, water and Hiking snacks/lunch



➔ What to Bring for Day Hiking

- Backpack (capacity of around 24 litres)
- Backpack liner (to keep everything dry)
- Hiking shoes or boots (water resistant, with sturdy soles)
- CLOTHING : (weather dependent)
- Rain jacket with hood (waterproof, windproof and breathable)
- Overpants (waterproof, windproof and breathable)
- Walking trousers or shorts (quick-dry fabric)
- Walking shirt (long or short-sleeved, quick-dry fabric)
- Socks , Underwear , Beanie , Gloves
- Sun hat , Sunglasses and Sunscreen
- Warm jacket (e.g. down, fleece or woollen/merino)
- TOILETRIES
- Insect repellent
- Ear plugs (snorers can be loud!)
- Personal toiletries (e.g. toothpaste, toothbrush, deodorant, moisturiser etc)
- Water bottle(s) or water bladder (2 litre total capacity)



➔ What's not included

Airfares to and from Tasmania
Travel Insurance (highly recommended)
Additional costs due to any emergency situation
Meals and beverages not mentioned in the itinerary
Personal expenses such as telephone, laundry and alcohol



➔ How to Book

To book this trip, you will need to complete a booking form and pay a non-refundable deposit of \$690. Final Payment is due 45days from Departure (payment terms can be arranged)

*If paying by Credit Card / Paypal Merchant fees will apply

Download (or request) a booking form from the Sterling Results website "Gastronomic Tasmania Trek Booking Form" and return to us by email sonia@sterlingresults.com.au

[Booking Form](#)