

3 CAPES

PACK FREE WALK





THE THREE CAPES

PACK FREE WALK

In the far South-East corner of Tasmania lies the spectacular Tasman National Park with its awe-inspiring views. In the heart of the park are Three dramatic Capes which form part of a trail created originally by the Hobart Bushwalking Club in the '70s.

Life's An Adventure's Three Capes guided Pack Free walking tour explores the natural beauty of the Tasman Peninsula in the far south-east corner of Tasmania, a region famous for its three spectacular capes which comprise of the highest vertical seas cliffs in Australia and a dramatic coastline of sea caves and towering sea stacks.

On this 3 day experience we walk to the first cape, the spectacular and must-do 'Cape Raoul' with its dramatic cliffs. Walk to stunning 'Cape Hauy' and view the famous 'Candlestick' and "Totem Pole' sea stacks. We enjoy a bonus walk from Waterfall Bay to Fortescue Bay through the Tasman peninsula's most stunning rainforest trail. And finish our journey with your choice of a Cape Pillar helicopter flight or Cape Pillar wilderness cruise for a unique way to see this Cape, which normally takes 3 days to hike across with a heavy pack. All of this creates a unique Three Capes Pack Free walking experience of the Three Capes.

THE WOW FACTOR

TO MAKE YOUR JOURNEY TRULY INSPIRATIONAL



We carefully design our walking experience to add 'Wow' factors to every tour. These additional activities will enrich your tour and provide a walking experience that you couldn't create on your own, allowing you to reach remote areas that you normally couldn't reach in a day.

On the Three Capes Pack Free walk, you'll have the opportunity to choose one of the following experiences...

CAPE PILLAR HELICOPTER

Take to the air in a helicopter for a 20 minute bird's eye view of Cape Pillar and Tasman Island. Fly over the historic Port Arthur site and head towards the remote Tasman Island. See the dramatic sea cliffs from the air and over Cape Pillar you may even spot walkers looking more like soldier ants. Afterwards enjoy lunch at the charming Lavender Farm.

CAPE PILLAR CRUISE

Whilst the cruise allows to see the giant sea cliffs of Cape Pillar from their base to get a true indication of their grandeur. This 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. At any time of year you may be able to see a pod of playful dolphins surfing the bow wave of the boat.





TASMANIAN WINES

AND LOCAL PRODUCE

During your walk you will indulge in sensational high quality produce that makes this region unique. We pride ourselves on supporting local businesses and producers and your evenings will be spent savouring delicious cuisine in local restaurants, perfectly matched with local wines. You can expect to taste fresh seafoods, local meats and handcrafted cheeses.

1830S RESTAURANT

On night one we dine at the superb 1830's restaurant overlooking the Historic Port Arthur Site. With sweeping views of the Penitentiary, gardens and grounds, the 1830 restaurant is a perfect place to enjoy a wonderful dinner. Menu uses fresh seasonal produce sourced from local growers and producers as well as a range of fine Tasmanian wines.

GABRIELS RESTAURANT

Night two we will dine at Gabriel's on the Bay Restaurant at Stewarts Bay Lodge, situated on the waterfront. Its delicious cuisine includes fresh local seafood complemented by a specially selected Tasmanian wine list.

Hot Breakfasts are enjoyed in the mornings at Gabriel's, featuring creative breakfast choices.





DINNER MENUS

A LA CARTE DINING

Enjoy two course a la carte dinners at our two special restaurants. Below you will find typical menus provided by the restaurants we dine in on tour. All dinners are accompanied by fine Tasmanian wine. Menus are subject to seasonal changes by the chef. Special dietary requirements can be catered for.

1830S RESTAURANT

ENTREES

Soup of the day with homemade bread (Gluten Free)

Oysters Natural or Kilpatrick Half Dozen (Gluten Free)

Salt & pepper crusted Rannoch Farm quail with pickled vegetables (Gluten Free)

Fried local calamari with wasabi lime aioli

Parmesan pastry tart with gorgonzola, artichoke & apple salad

MAINS

Wild Clover lamb rump with white bean Skordalia, salsa verde & green beans with dukkah (Gluten Free)

Crispy skinned Huon salmon on cauliflower colcannon with chive beurre blanc

Crumbed Marion Bay chicken with apple & cabbage slaw, Paris mash & gravy

Lasagne of Cygnet mushrooms with tomato coulis & fried sage

GABRIELS RESTAURANT

MAINS

Pan Fried Market Fish, Spinach, Red Onion & Fetta Risotto Croquet, Slow Roasted Tomato, Wild Rocket, Salsa Verde & Red Pepper Pesto

Beetroot & Hellfire Vodka Cured & Oven Baked Ocean Trout, Green Olive, Caper, Semi Dried Tomato & Potato Smash, Sautéed Kale & Sumac Yoghurt

Harissa Marinated Chicken Breast, Israeli Couscous & Chickpea Salad, Lime & Saffron Yoghurt, Zhoag Dressing Or Substitute Chicken for Haloumi or Grilled Honey Brown Mushrooms

Tasmanian Grass Fed 250g Eye Fillet, Seasonal Vegetables, Sweet Potato Mash, Potato Fondant, Red Wine Jus

Beer Battered Local Fish & Chips served with Salad & Tartare

Tasmanian Seafood Platter for 2 Natural Oysters, Octopus, Scallops, Fish, Salt & Chilli Squid, Mussels & Smoked Salmon served with Condiments, Chips & Fresh Green Salad

DESSERTS

Vanilla Bean Panna Cotta, Berry Gel, Quinoa Granola, Fresh Berries & Chocolate Tuille

Lemon & Lime Brulee Tart, Crème Fraiche, Crystallised Pistachio Crumble

Affogatto, Hazelnut Biscotti

Belgian Chocolate Tart, House Made Peppermint Ice Cream



ACCOMMODATION

SET AMONGST THE FOREST

Nestled in the forest is your accommodation in Deluxe Spa Chalets at Stewart Bay Lodge. This accommodation provides a perfect base, with short transfers to the walking trails. The main lounge area features a bar where you can relax and enjoy a few drinks before enjoying a superb dinner in the restaurant.

All Deluxe Spa Chalets at Stewart Bay Lodge are two bedroom and feature a lounge, kitchen and laundry facilities. The main bedroom has a large king bed and ensuite. The second room is smaller and has two twin beds or can be set up with a king bed, with a bathroom next to the bedroom's entrance.

Guests have the option to upgrade to a One bedroom waterview chalet. Which allows you to have the chalet to yourself. (They will lock off the second bedroom- so it is not used). This upgrade is based on twin share.

Singles have the option to pay a single supplement to have their own bedroom in the two bedroom chalet. Note this means you will still share the chalet, but have your own room.





OUR CEOS

CHIEF EXPERIENCE OFFICERS

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Talented and Passionate Guides

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We refer to our guides as CEOs - "Chief Experience Officers" and it's their job to deliver you a world class walk.

We pride ourselves on employing a talented team of passionate CEOs with an enthusiasm for their homeland.

They are committed to your safety and have a genuine desire to provide an enriching and memorable walking experience.

Two guides will be there to accompany you on your walk, allowing us to provide two levels of walking to cater for a range of fitness levels.



THE ITINERARY

EXPLORE ALL THREE CAPE



DAY ONE - CAPE RAOUL

ITINERARY: Main walking itinerary: Choice of meeting the tour group in Hobart at the Hotel Grand Chancellor on the waterfront alternatively you can meet the group at our Life's An Adventure Premises at Stewarts Bay Lodge at Port Arthur at 9.15am. The Hotel Grand Chancellor in Hobart is our starting point for the Three Capes Pack Free walk. We depart at 7.30am and travel to Tasman National Park, located on the geographically isolated Tasman Peninsula. This area boasts over one third of Tasmania's recorded plant species including more than 60 that are threatened. We walk through tall eucalypt forest, sheoak woodland and coastal heath to reach the dramatic sea cliffs of Cape Raoul. The trail provides spectacular views of remote Tasman Island and Cape Pillar as well as vast views across Storm Bay to Bruny Island. From atop towering cliffs, you will see a colony of Australian fur seals nestled at the base of Cape Raoul and if your timing is right you may even witness the big-wave surf break of Shipstern's Bluff. The Shorter option: When we have a total of 8 or more people on tour, we have two guides. This allows us to split our group and offer a shorter day walk. On today's shorter option, we walk with the group to our lunch stop, enjoying amazing views of the dolerite sea cliffs on the Raoul Plateau. Enjoy free time to take in the scenery while the rest of the group continues on, before they rejoin you on their return. After our walk we head to Stewarts Bay Lodge for the next two night's accommodation. Tonight, enjoy a two-course dinner at the nearby stylish 1830 Restaurant featuring local produce and wine and overlooking Port Arthur Historic Site. Note: When there are 8 or more passengers on tour, we have two guides offering a choice of two walking options – our main walk and a shorter walking option. Tours with 7 or fewer people will only have 1 guide and therefore the shorter option will not be available. Please feel free to check with our office when booking.



MAIN WALK INFORMATION

DISTANCE: 14KMS
CLIMB: 1036M
HOURS: 6.5 hours (shorter 4 hours)
FITNESS: GOOD

WALKING OPTIONS: Main Walk: 14kms. Some uphill and downhill sections; Good level of fitness required. 6- 6.5 hours walking with breaks. Grade: Medium

Shorter walk Option: 8kms. Good level of fitness required. 4 hours walking with breaks. Some uphill and downhill sections. Grade: Medium

TERRAIN: This walk climbs gently to a lookout atop high cliffs. The trail stays high and behind the sea cliffs before descending 200m in elevation in a series of switchbacks. There are some well-formed rock steps. The track then flattens and continues to the tip of Cape Raoul. There are some unfenced sheer sea cliffs. The trail is a firm gravel surface with short sections of boardwalk. This walk is out and back on the same trail.





DAY ONE - WATERFALL BAY TO FORTESCUE BAY

ITINERARY: Main walking itinerary: After breakfast we head to picturesque Waterfall Bay to walk one the peninsula's most impressive tracks. The Tasman Coastal Track is nothing short of amazing. Although this is a challenging walk it is worth the effort, with most guests saying this was the highlight of their trip. We begin at Waterfall Bay where a 100-metre waterfall plunges into the ocean. The track then gently climbs through tall stringybark forest before entering lush and beautiful rainforest. For the next 45-60 minutes we climb steeply to Tatnells Hill, the highest point of the day at 548 metres. From here the climbing subsides and the trail winds downhill before undulating along the coastal escarpment. The frequent views of dramatic towering sea cliffs never fail to impress. The variety of habitats seen on this walk also provide for a great diversity of wildlife. Keep an eye out for echidnas, wombats, potoroos, pademelons and Tasmania's endemic birdlife including the rare and endangered swift parrot. A colony of little penguins also call Fortescue Bay their home and can sometimes be seen at dusk returning to their burrows. Shorter walking option: When we have a total of 8 or more people on tour, we have two guides. This allows us to split our group and offer a shorter day walk. On today's shorter walk, we will follow the group through the rainforest before returning to enjoy a short sidetrip to Waterfall Bluff Lookout. We then walk north along beautiful sea cliffs via Patterson's Arch and Devils Kitchen to the impressive Tasman Arch. After lunch, free time is available to visit Port Arthur Historic Site or relax at the lodge. Afterwards, we return to Stewarts Bay Lodge for a relaxing night. Dinner tonight is at Gabriel's Restaurant at the lodge. Enjoy a wonderful a la carte meal served with wine overlooking the bay.



MAIN WALK INFORMATION

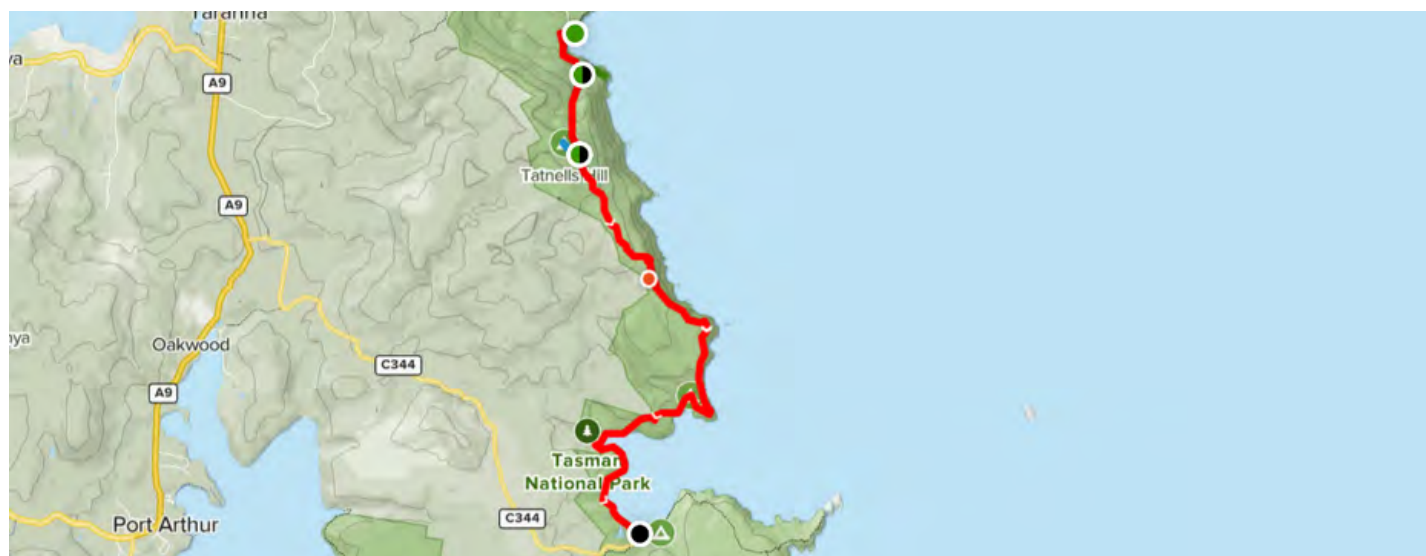
DISTANCE: 17.5KMS
CLIMB: 942M
HOURS: 9 Hours (shorter 3-4hrs)
FITNESS: GOOD

WALKING OPTIONS:

Main walk: 17.5km. Starts with a 2 hours ascent through rainforest then descend for next 1.5 hours. Track then undulates. Good level of fitness required. 9 hours walking with breaks.

Shorter walk option: 6kms. Moderate Level of fitness required. 3-4 hours walking with breaks. Grade: Medium.

TERRAIN: This track is a narrow, natural trail with some exposed roots, rocks, logs, and some overhanging vegetation. The track begins with a steep climb with five small creek crossings. The track then descends before undulating through coastal forest. There are unfenced sheer sea cliffs.





DAY 3: CAPE PILLAR HELI OR CRUISE AND CAPE HAUY WALK

This morning we have a relaxed hot breakfast and give our legs a break before our afternoon walk. Choose from seeing Cape Pillar by either helicopter or cruise. For those who join the helicopter experience, you have 1 to 2 hours free time in the morning to relax. Alternatively, our guides will take you to see other local attractions such as Remarkable Cave. The highlight of the day is the helicopter flight which takes you for a bird's eye view of the magnificent towering sea cliffs of Cape Pillar and remote Tasman Island with its exposed lighthouse. Subject to minimum numbers of 4 guests.

Afterwards, we visit the local Lavendar Farm where you will enjoy a sit down lunch and time to wander amongst the lavender fields. Alternatively, guests can enjoy a three-hour wilderness cruise around Cape Pillar. This exhilarating journey provides spectacular views of the Three Capes with their sheer dolerite, 'organ-pipe' cliffs and sea stacks. There is also the chance to spot albatross, seals, whales and dolphins. Be met at the boat after your cruise with your takeaway lunch from the Lavendar Farm before driving to the start of your last walk, Cape Hauy. The walk to Cape Hauy begins at Fortescue Bay and winds through coastal forest with an abundance of wildflowers. There are many steps on this walk, as it winds its way out to the exposed sea cliffs of Cape Hauy where a lookout platform gives unrivalled views of the off-shore sea stacks known as Totem Pole, The Candlestick and The Lanterns. For those wanting a shorter option, there is a wonderful viewing area at the halfway point and the vista is just as spectacular. A fabulous end to your Three Capes Adventure. After our walk, we make the return journey to Hobart.



MAIN WALK INFORMATION

DISTANCE: 9KMS
CLIMB: 257M
HOURS: 4.5ours (shorter 3 hrs)
FITNESS: GOOD

MAIN WALK GRADE: 9km. Undulating walk, lots of up and downs with steps. Good level of fitness required. 4.5 hours walking with breaks. Medium grade.

EASIER OPTION: 6kms. A shorter version of the same walk. Good level of fitness required. 3 hours walking with breaks.

TERRAIN: This track has short, steep hill sections. The trail is a firm gravel surface with many well-formed, evenly spaced rock steps. There are short sections of boardwalk. There are some unfenced sheer sea cliffs. This walk is out and back on the same trail.





COMPARE OUR WALK

WITH THE THREE CAPES TRACK WALK

So you probably would have heard of the 46km Three Capes Track, this is the official path built by the Tasmanian Government to encourage tourists to explore the Tasman Peninsula and National Park by foot. This multi-million dollar project included construction of three large spacious public huts, slated steps, viewing platforms and paved paths. This walk has proved incredibly popular and you have to book months in advance to do it.

On that walk you have to carry a full pack with your food and clothing and bedding, and the walk is unguided. The huts have limited amenities and you sleep in bunks. The Three Capes Track can only be walked in one direction, with bookings for only 48 people per day and this quota fills fast.

The official walk misses the first Cape being Cape Raoul. It begins with a boat ride out of Port Arthur onto Denmans Cove, to the start of the Three Capes Track. From here it's a four day walk with three days spent traversing just Cape Pillar and the fourth day passing Cape Hauy before walkers exit at Fortescue Bay.

OUR THREE CAPES GUIDED WALK IS QUITE A DIFFERENT PRODUCT

First it's pack free so you only have to carry a daypack with basic essentials – water, jacket and lunch. It is fully guided. Our exceptional guides will make the landscape come to life. The guides are great story tellers who know the perfect balance of imparting fascinating stories to keep our guests entertained as well enjoying a walk of discovery. Safety is front of mind and you will have piece of mind you will be in good hands.

Accommodation is at the nearby Stewart Bay Lodge in Deluxe Spa Chalets and you'll indulge in nightly fine dining experience in the restaurants, enjoying a la carte meals featuring local produce perfectly matched with sensational Tasmanian wines.

Our three-day trip starts with a walk to Cape Raoul, which our guests rate as their favourite Cape, the views from the end of the Cape are simply spectacular. Our guest also walk to Cape Hauy famous for the Totem Pole and Candlestick sea stack formations. Another highlight is our walk from Waterfall Bay to Fortescue Bay part of the original Three Capes Track designed by the Hobart Bushwalking Club in the 60's. This section of the walk has one of the finest rainforest areas on the peninsula.

Whilst our walk does not walk to Cape Pillar. Guests have the choice of seeing Cape Pillar by helicopter or boat cruise. If you choose the helicopter option on day three of your Three Capes walk, you get to see the Three Capes Track from the air and you may even spot walkers looking more like a soldier ants. Whilst the cruise allows to see the giant sea cliffs from their base to get a true indication of their grandeur. You won't be disappointed which ever option you choose!





GENUINELY ALL-INCLUSIVE

NOTHING MORE TO PAY

On a Life's An Adventure walk, we provide a genuinely all-inclusive experience. When you travel with us you won't need to keep putting your hand in your pocket for additional items such as meals, wine and activities. Everything is included, you won't even need to pay additional credit card fees!

DEPARTURE DATES

SEPTEMBER TO MAY SEASON

Our Three Capes Pack walking season runs from September to May each year. We have generally two departures a week during this time. Real time availability can be checked on our website at <http://www.lifesanadventure.com.au/tours/three-capes-walk> or call our office on (02) 9975 4553.

PRIVATE GROUPS

Groups of 10 or more can select a departure date of their choice. We advise booking as early as possible as dates fill up quickly.

PRICING

SEPTEMBER TO MAY SEASON

For up to date pricing and specials please visit our website at <http://www.lifesanadventure.com.au/tours/three-capes-walk> or call our office on (02) 9975 4553.

PRIVATE GROUPS

Groups of 10 or more can take advantage of special group pricing. See our website for details.





FOR BOOKINGS OR MORE INFORMATION

CALL (02) 9975 4553

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