



# TREKKING IN TASMANIA

November 10-20, 2017



*We're going around the world to trek this incredible UNESCO World Heritage site, Cradle Mountain National Park.. We'll hike between huts nestled in the hidden corners of of the park, explore Hobart's Museum of Old and New Art (MONA), and experience the beauty of the Freycinet Peninsula, including the iconic Wineglass Bay. We'll spend ten days learning why the Australians call this place "Tassie" with affection, notwithstanding the Tasmanian devil.*

**November 9** - Depart USA and because we're flying across the International Date Line, we arrive on the 11th in Launceston, Tasmania! We settle in at the luxurious Quamby Estates for the rest of the day and night.

**November 12, 13, 14, 15 -**

We've arrived and are hopefully not too jetlagged! From here, we'll begin our 4-day hut hike through the unbelievably beautiful Cradle Mountain National Park. As always, we'll be well taken care of with hot showers, delicious meals, and soft beds awaiting us after each invigorating day of hiking.



This four-day walk is fully guided, starts at Waldheim in Cradle Valley, proceeds south along the Overland Track, then west along the Innes Track to Arm River, near Lake Rowallan - all located within Cradle Mountain-Lake St. Clair National Park and Tasmania's World Heritage Area.



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Each day will be between 4-6 hours of hiking through the mountains, valleys, near rivers and waterfalls, swimming holes, abandoned mines and peaceful and humbling spots for taking a quiet rest. The trails undulate through a variety of terrains, from ancient plains that once were the home to the glaciers, to mountain passes and peaks. And, we'll have our mountain yoga practices to keep those bodies and minds flexible and centered.



## November 15 & 16-

Our hut hike is over and we're off to Hobart for a short return to city life (sort-of) before another few days in nature. We'll stay in town, enjoy some nice meals, and on the 16th, we'll take a ferry to the Museum of Old and New Art (MONA), a place described as "a subversive Disneyland" that loves to invite controversy - they once displayed a horse on a meat hook.

## November 17, 18, 19 -

We head to the eastern end of Tasmania, back to nature for a completely different type of experience. We'll be hiking for another breathtaking three days and three nights around the Freycinet Peninsula, a magical National Park known for its sugar-white beaches, crystal seas, secluded rocky coves, and granite headlands splashed with flaming orange lichen.



## November 19:

We arrive back in Hobart for our final night - a celebratory last hoorah before our early flight home on the 20th from another life-changing experience.

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*Investment: \$7,800*