



GROUNDED  
RETREATS

## LET'S GET GROUNDED

We look forward to sharing this experience with you.

The Cradle Mountain Overland Track will be a hike over 6 days, taking in all the natural beauties and diversities of the landscapes, wildlife and of course the World Heritage-listed Cradle Mountain - Lake St Clair National Park.


Your are in great hands with our experienced guide Nick whom has hiked many mountains across the world. He will take the lead across this ancient landscape, converting to his ex profession at night cooking up delicious meals in the evening.

The journey begins in Launceston where you then drive toward the iconic Cradle Mountain and stay the night in the iconic 5-star, Peppers Cradle Mountain Lodge before starting your 6 day hike across The Overland Track. On the 6-day walk you make your way south, overnighing at Waterfall Valley Hut, Lake Windermere Hut, Pelion Plains Hut, Kia Ora Hut, Windy Ridge Hut and the last night at Narcissus Hut. The walk on the final day ends at Lake St Clair, Australia's deepest natural lake, before returning to Hobart, Salamanca for our final night, where we will be staying at the luxurious Moss boutique hotel, followed by some wine by the fire at "The Den" to relax and unwind.



# The Overland Track

## PACKAGE INCLUDES

- ✓ Fully guided 6 day hike (3rd to the 8th)
  - ✓ Hut accommodation
  - ✓ Meals (3 Meals a day + snacks)
  - ✓ Airport transfers
  - ✓ National Park and Overland Track passes
  - ✓ Boat transfer across Lake St Clair (on Day 6 only)
  - ✓ Overnight accommodation at Peppers Cradle Mountain Lodge (2nd October)
  - ✓ Overnight accommodation at the Moss Boutique Hotel in Salamanca, Hobart (8th October)
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# Snap Shot Itinerary

	Walk	Distance	Stay	Meals
<b>Day 1- 2nd</b>	Vehicle Transfers - Launceston to Cradle Mountain Lodge	Bus 2hr30 min	Peppers Cradle Mountain Lodge	Dinner
<b>Day 2-3rd</b>	Cradle Mountain Ronny Creek to Waterfall Valley	10.7 km, 4-6 hours	Waterfall Valley Hut	B/L/D + Snacks
<b>Day 3- 4th</b>	Waterfall Valley to Lake Windermere	7.8 km, 2.5-3.5 hours	Lake Windermere Hut	B/L/D+ Snacks
<b>Day 4- 5th</b>	Lake Windermere to Pelion	16.8 km, 5-7 hours	Pelion Hut	B/L/D+ Snacks
<b>Day 5- 6th</b>	Pelion to Kia Ora	8.6 km, 3-4 hours	Kia Ora Hut	B/L/D+ Snacks
<b>Day 6- 7th</b>	Kia Ora to Windy Ridge	9.6 km, 3.5-4.5 hours	Bert Nichols Hut	B/L/D+ Snacks
<b>Day 7-8th</b>	Windy Ridge to Narcissus	9 km, 3-4 hours	Narcissus Hut	B/L/D+ Snacks
<b>Day 8-9th</b>	Narcissus (Lake St Clare) to Hobart, Salamanca	28km Ferry (30 min) Bus 2h30m to Salamanca	The Moss Hotel, Salamanca	Breakfast included

**\* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.**



# Hike in a Snap Shot

## Day 1

Ronny Creek to  
Waterfall Valley

## Day 2

Waterfall Valley to  
Lake Windermere

## Day 3

Lake Windermere to  
Pelion

## Day 4

Pelion Hut to Kia Ora Hut

## Day 5

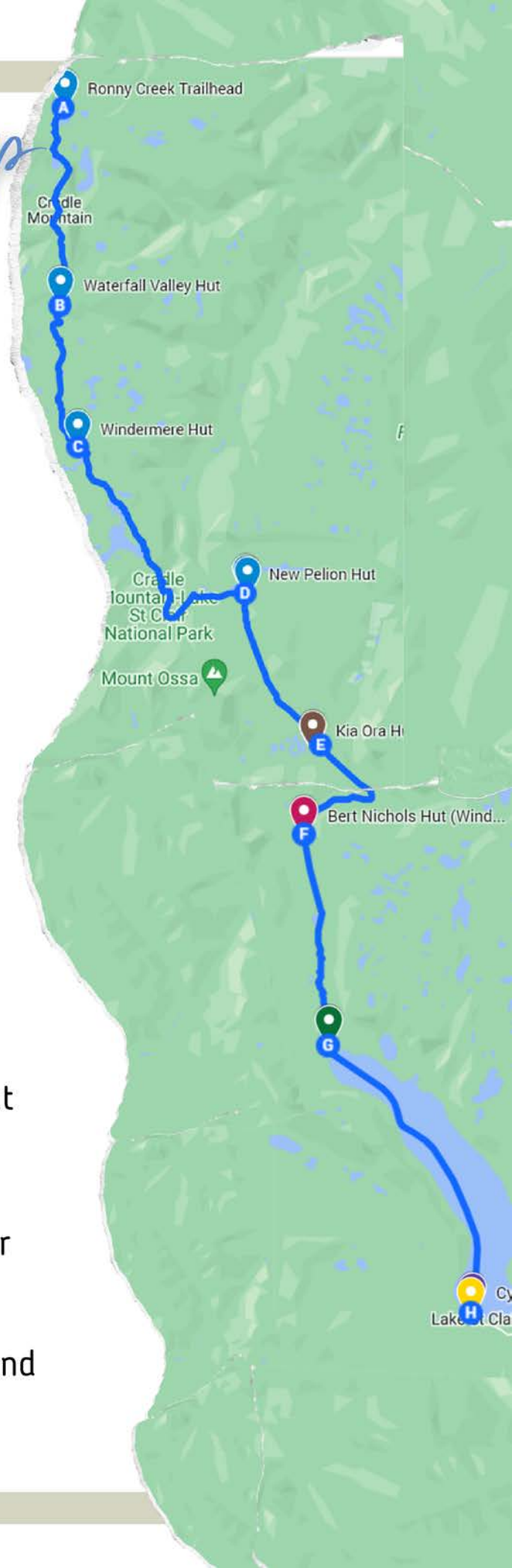
Kia Ora Hut to Windy Ridge Hut

## Day 6

Windy Ridge Hut to Lake St Clair

## Day 7

Lake St Clair to Hobart- Relax and  
Recovery



# Day 1- Ronny Creek to Waterfall Valley

10.7 km, 4-6 hours

Before we start, we will check in at the Cradle Mountain Visitor Centre to confirm our booking, collect our Overland Track pass and check the latest weather forecast. Most of the day is exposed alpine plateau walking. We may need to consider delaying departure if the weather is forecast as very severe.

The ascent to Crater Lake is gradual, followed by a very steep, short ascent to Marions Lookout. Undulating across the alpine plains and a final gradual descent to Waterfall Valley.



Image: Waterfall Valley Hut

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# Day 2 - Waterfall Valley to Lake Windermere

7.8 km, 2.5-3.5 hours

Waterfall Valley to Lake Windermere is a less strenuous stretch over alpine heathlands, lakes and tarns. This section is exposed and above 1000 metres in elevation. Camping is not permitted around Lake Windemere however, the overnight hut we will be sleeping in is just 500 metres from its shore.

\*Side trip

Lake Will - 3 km, 1 hour return from track junction. This relaxed walk takes visitors to an alpine lake, popular as a lunch stop.



Image: Lake Windermere Hut

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# Day 3- Lake Windermere to Pelion

16.8 km, 5-7 hours

A long walking day, encircled by distant mountains; Pelion East, Ossa, Thetis, Achilles and Pelion West and the Du Cane Range. We will hike across buttongrass plains and journey through myrtle-beech rainforest and eucalypt forest. We will then stay the night at Pelion Hut.

\*Side trip

Old Pelion Hut - 1 km, 0.5 hour return from track junction.

Pelion Hut is a charming 1917 historic hut, once built for miners and now a day-use area. There is an excellent swimming hole for a summer-time refresh.



Image: Pelion Hut

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# Day 4- Pelion to Kia Ora

8.6 km, 3-4 hours

Day four experiences are full of rainforests and mountain summits. Alongside Douglas Creek, we will ascend to Pelion Gap, the valley between Mount Ossa and Pelion East.

There is a gradual descent across buttongrass plains and eucalypt forest to Kia Ora. Pelion Gap is an exposed alpine plateau. In inclement weather, we will take our breaks in the shelter of the forest before Pelion Gap. Where we will be spending the night at Kia Ora hut.



Image: Kia Ora Hut

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# Day 5 - Kia Ora to Windy Ridge

9.6 km, 3.5-4.5 hours

From Kia Ora Creek, the track continues through rainforest to the historic Du Cane Hut. Built in 1910, the hut provides a great location for lunch but should only be used as an overnight location in an emergency.

We will then spend another half hour walking through King Billy pine, sassafras and myrtle forest, before reaching the junction to D'Alton and Fergusson Falls - a great side trip. Another 20 minutes up the path walkers will reach the side trip to Harnett Falls.

After a final journey through wet sclerophyll forest, walkers reach Bert Nichols Hut, situated at the top of the Narcissus Valley with the dramatic Du Cane Range as its backdrop. We will stay the night at Bert Nichols Hut which also has a large, enclosed dining area.



Image: Bert Nichols Hut

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# Day 6- Windy Ridge to Narcissus

9 km, 3-4 hours

It is a gradual, easy descent beside Narcissus Valley through eucalypt forest and across buttongrass plains. Narcissus Hut is on the banks of the Narcissus River at the head of Lake St Clair.

We will cross the river via a suspension bridge before reaching the overnight site and ferry jetty another 15 minutes down the track.

We will be staying the night at the Narcissus hut before waking up the next morning to take the ferry from Narcissus Jetty across Lake St Clair to Cynthia Bay.



Image: Narcissus Hut

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# Day 7 - Narcissus to Cynthia Bay - To Hobart, Salamanca

Narcissus Bay to Cynthia Bay takes approximately 30-45 minutes via our ferry transfer. Here we will be picked up via our private bus transport. We will drive approximately 2 half hrs through to Hobart, Salamanca.

Here we will unwind, relax and rejuvenate at the Boutique Moss Hotel.

Check in, have a long hot shower.

Relax.

We will then meet for some celebratory drinks and reminisce on our 6 day hike at the beautifully architectural sandstone filled restaurant, The Den in Salamanca.

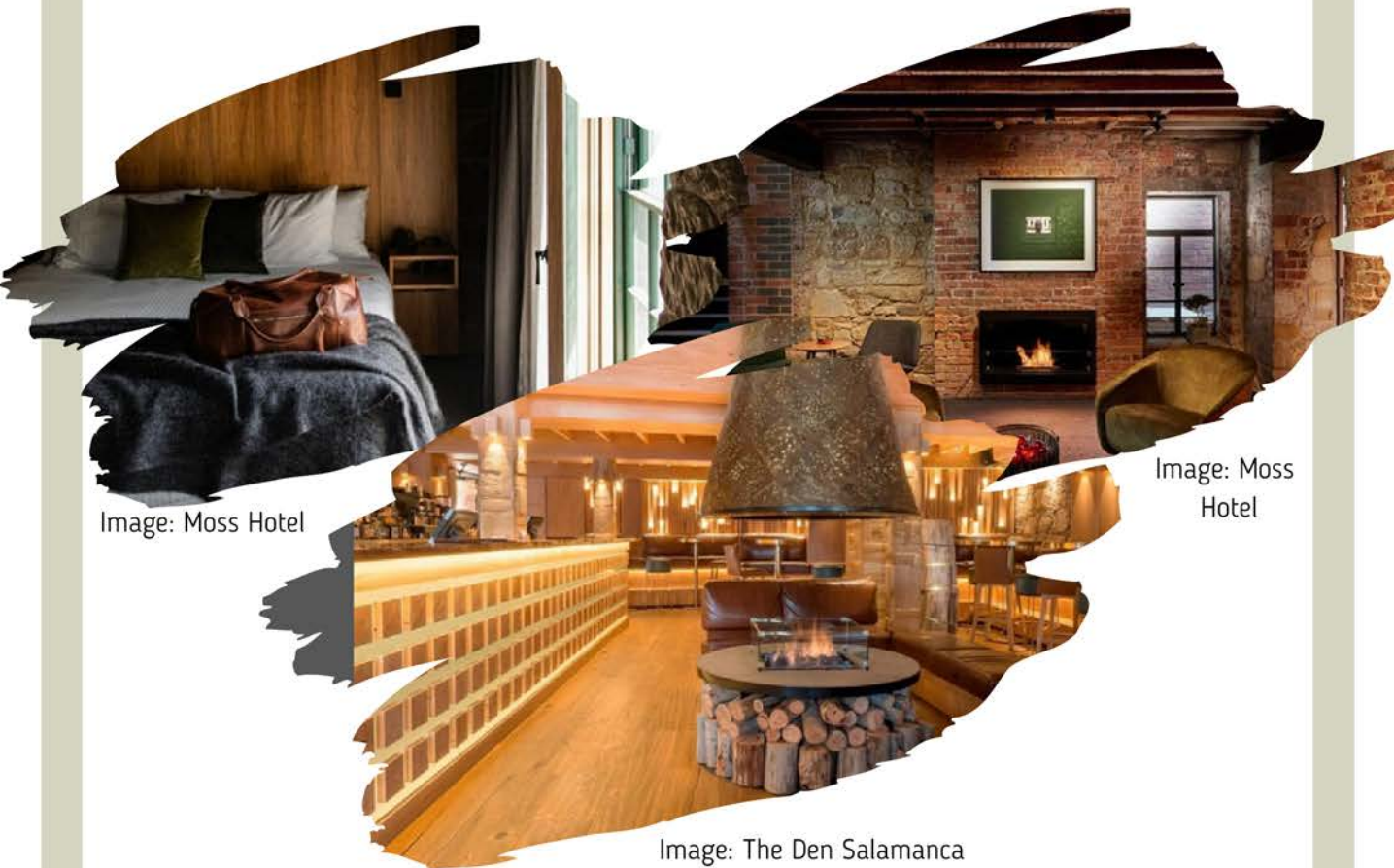


Image: Moss Hotel

Image: Moss Hotel

Image: The Den Salamanca

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# What to Pack

- ✓ Lace-up hiking boots that cover the ankle and have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended).
- ✓ Polar fleece jacket (preferred) or woollen jumper/pullover
- ✓ Waterproof over-pants (nylon, PVC or Gore-tex)
- ✓ Gloves or mittens
- ✓ Light jumper (warm)
- ✓ Beanie or balaclava
- ✓ Gaiters (long gaiters, reaching just below the knee; for protection against mud and rough vegetation)
- ✓ Warm, long pants (evening hut wear)
- ✓ Shirts/t-shirts (merino or polypropylene; 3 recommended)
- ✓ Shorts and/or light walking trousers
- ✓ 2 sets: merino or polypropylene long-sleeved top and long johns
- ✓ Socks and underwear
- ✓ Lightweight indoor footwear (thongs/sports sandals; for hut use)
- ✓ 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)
- ✓ Travel mug for hot drinks out on track
- ✓ Head torch - minimum 300 lumens with spare batteries or USB charging cable
- ✓ Any personal medication, including anti-inflammatories and EpiPens
- ✓ Rubbish Bag- Take it with you!

We can not over-emphasise the importance of appropriate footwear. Lower-profile hiking shoes, walking shoes, running shoes, approach shoes, sand shoes, elasticised boots and similar are not acceptable. Boots must be worn in to minimise the risk of blisters. The Overland Track is quite unique in the nature of its terrain. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details. We are more than happy to discuss footwear with you.



# Bag Essentials

- ✓ 70-litre canvas pack
- ✓ Lightweight Camping Tent
- ✓ Pack cover and pack liner
- ✓ Blow up pillow
- ✓ Rain jacket (3-layer membrane; weatherproof and breathable)
- ✓ Lunch container and cutlery
- ✓ Hiking sleeping mat
- ✓ Sleeping bag
- ✓ Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at each hut)
- ✓ Biodegradable liquid soap

# What to expect in the huts:

Here's what you can expect at the huts:

- Wooden bunks for sleeping. (There are no mattresses or bedding so bring your own.)
- Tables and benches for eating
- Metal-topped bench-tops (countertops) for cooking.
- A rainwater barrel for (untreated) drinking water with a drain underneath for dumping your dirty dishwater.
- Coal or gas heater for use in temperatures less than 10C.
- Composting toilets. No toilet paper is provided.
- Walkers log book. Sign in at every hut for safety.
- Information sign with a trail map and walk information.
- Covered porch or drying room (not all huts have this)
- Helipad for emergencies (Tip: usually you get a good view by walking out to the helipad.)

