



Larapuna / Bay of Fires

4 DAYS | 47 KMs | Track grading: 2 – 3 Easy to Moderate

Join us for a curated journey walking the highlights of the stunning Bay of Fires region on the East coast of Tasmania. This tour will immerse you in the wonderful and varied habitats of this iconic Australian region.

WHAT TO EXPECT ON THIS WALKING TOUR

Over four magnificent days you will experience the stunning beauty of the Bay of Fires region on the East Coast of Tasmania. You will trek through a variety of beach, coastal headlands and inland landscapes within the conservation area and Mt William National Park. You will see the iconic orange lichen covered boulders for which the region is famous and have the chance to swim in the crystal-clear waters of this idyllic place.

Throughout, your guides will organise everything, keep you safe, transport you to and from trail heads, guide you on the trail and provide valuable historical and interpretative information about the region, its flora and fauna and cook your nourishing meals.

You'll learn the true origin of the "Bay of Fires" name, and visit the historic lighthouse at Eddystone Point, Anson's Bay and the Bay of Fires Conservation area. Our itineraries have been designed to accommodate weather changes and walkers who might prefer a slightly easier or abbreviated itinerary.

OUR ACCOMMODATION

We stay within a short drive of Mt William National Park in a unique characterful operating farm with self-contained bedrooms and a lovely communal dining area. Each of the Shearer's Quarter has an ensuite, with access to the communal kitchen and recreational area. All towels, blankets and sheets are provided. This property uses local water that contains some tannin, causing a slight color to the water. Our farm stay is committed to sustainable practices in line with our values.



Acknowledgement to Traditional Owners

We acknowledge the Traditional Owners of Country and recognize their continuing connection to land, water, skies and culture. We are privileged to learn from them, and we pay our respects to their Elders past, present and emerging. We support the Uluru Statement from the Heart.

DAY ONE

Cape Naturaliste to Boulder Pt. & Mt William

Distance: 12.5 kms | 4.5 hrs | Grade: 2-3, Easy-Moderate

We depart Launceston's Hotel Grand Chancellor, at around 7:30am. On the way to the north-east coast we pass through Lilydale and the Pipers River wine region, before stopping by at the beach side village of Bridport for a short break.

It's then on to Mt William National Park, and the white sands of Cape Naturaliste – the most northern point of our 4-day trek. Our first few hours are spent entirely on the beach, pleasantly easing into our own natural walking pace and rhythm. On the way, you'll see resident sea birds – including Oystercatchers and Hooded Plovers. Your guides will also be able to decipher any bizarre looking ocean life that has washed ashore with changing tides e.g. cuttlebones, urchins and shark eggs.

Following afternoon tea, we head inland on a one-hour return walk to the summit of wukalina /Mt William. At an elevation of 216 mtrs, this is the highest point in the region, providing walkers with far-reaching panoramic views encompassing our first two days of walking and beyond.

On a good day, the Furneaux Island Group stand proud as lofty remnants of an ancient land bridge that once connected Tasmania with mainland Australia. Returning to the bus, we then head to our accommodation to unpack and settle in. **Your guides may swap the order of the walks around on the day depending on weather and sunset times, if so, you will enjoy your lunch with a lovely view from the summit of Mt William.*

This evening we enjoy pre-dinner nibbles, before a delicious two-course meal prepared by our guides.



DAY TWO

Boulder Point to Deep Creek & Picnic Rocks

Distance: 14 kms | 5-6 hrs | Grade: 3, Moderate

After breakfast and lunch making, we head out on our longest day of walking. Returning to Boulder Point at the far end of Stumpy's Bay we walk south on a lovely coastline featuring successive small coves protected by rocky headlands. This section is notable for its abundant large granite boulders covered in bright orange lichen. This famously contrasting palette is a photographer's paradise. It's easy to lose track of time exploring rock pools and intricacies of such a spectacular landscape.

We soon reach the long sandy stretch of Cod Bay, one of the more remote sections of our walk, before picking up a series of inland tracks which cut across coastal heathland vegetation. These tracks are often ablaze with wildflowers and orchids in early spring. For lunch, we enjoy a lovely secluded nook – with an opportunity for a swim – before continuing around a hidden lagoon encircled by open marsupial lawns. Here we keep an eye out for Wombats, Black Swans, and Tasmanian Native Hens – an endemic ground dwelling bird species.

On arriving at Deep Creek, depending on water levels, it may be necessary to make a shallow wade across a small outlet to reach our designated afternoon tea stop and the completion of our day's walking. Again, in good weather – this is a lovely spot for a quick refreshing dip. If energy and time permit, some may choose to continue on along the next stretch of beach for an additional 20 minutes of idyllic beach walking, to the prominent rock formation of Picnic Rocks. Here the bus will meet the group, before returning to our accommodation.

This evening's dinner will consist of nibbles, followed by an excellent two-course meal prepared by your guides.

DAY THREE

Eddystone Point to Anson's Bay

Distance: 10 kms | 4-5 hrs | Grade: 2-3, Mod.

Today's walk is full of highlights. We start at *Larapuna* / Eddystone Point, which is adorned with its beautifully grand lighthouse, built in 1889 from local granite. This natural promontory is a site of great significance to Aboriginal and European Tasmanians, and we have time to explore the areas wonderful natural and man-made attractions.

Leaving the lighthouse, we walk to an expansive dune swept beach, often teeming with birdlife. Here we may observe albatross, gulls, terns and gannets – or perhaps migratory species like short-tailed shearwaters or ruddy turnstones.

The rest of the day is spent enjoying seemingly endless coves – each worthy of their own picture-perfect postcard. There are numerous shelly beaches to inspect, and lovely small bays for swimming. This area also boasts some of the more interesting rock formations of the trip, awaiting decipherment from a creative types' imagination.

After passing across another dune swept beach, we finish our day at Anson's Bay – wading a narrowing in the lagoon to reach our designated afternoon tea spot before meeting up with the bus.

We return to our accommodation for one final relaxing night – enjoying pre-dinner nibbles and a fabulous two course meal prepared by your guides.

**Your guides may swap days 3 & 4 depending on weather and group dynamic. If so, it is lovely having a coffee in the township of St Helens with time to explore local artisan and produce stores. It is also a nice way to break up the beach walking days.



DAY FOUR

Humbug Point Loop

Distance: 10 kms | 4 hrs | Grade: 2-3, Easy-Mod

This morning we depart slightly earlier for our final day's walk. Today's hike is a diverse mix of interesting landscapes within the Bay of Fires Conservation & Recreation Area. This walk is a hidden gem - a local's secret. Consisting of historic *Xanthorrhoea* grass trees, sclerophyll forest and an array of wildlife, you'll encounter ocean views from a higher vantage point and walk through a dynamic coastal environment above the beach.

Beginning at Moulting Bay, we walk a small stretch of beach around the point towards the Georges Bay inlet, here you will have views of St Helens Oyster farm, Lease 65 and across the bay towards the township of St Helens and St Helens Point Conservation Area.

As we traverse higher we encounter a woodland environment, home to many bird species and providing glimpses of the ocean and coastline through the tall trees. Somewhere along here we will select a suitable shady lunch spot, and maybe take the opportunity for one last refreshing swim.

Passing over a forested hill, it's not much farther until we reach the end of our loop. This is a beautiful place to finish, before slipping back into the "real-world." We wave goodbye to the white sand and orange rocks of the Bay of Fires, before returning to Launceston via beautiful St Helens.

*If your guides decide to swap days 3 & 4, you will return to Launceston from Anson's Bay via Bridport.

LARAPUNA / BAY OF FIRES, 4-DAY WALKING TOUR

WALK OVERVIEW & MAP

Location: North-East Coast of Tasmania

Duration: 4 days / 3 nights.

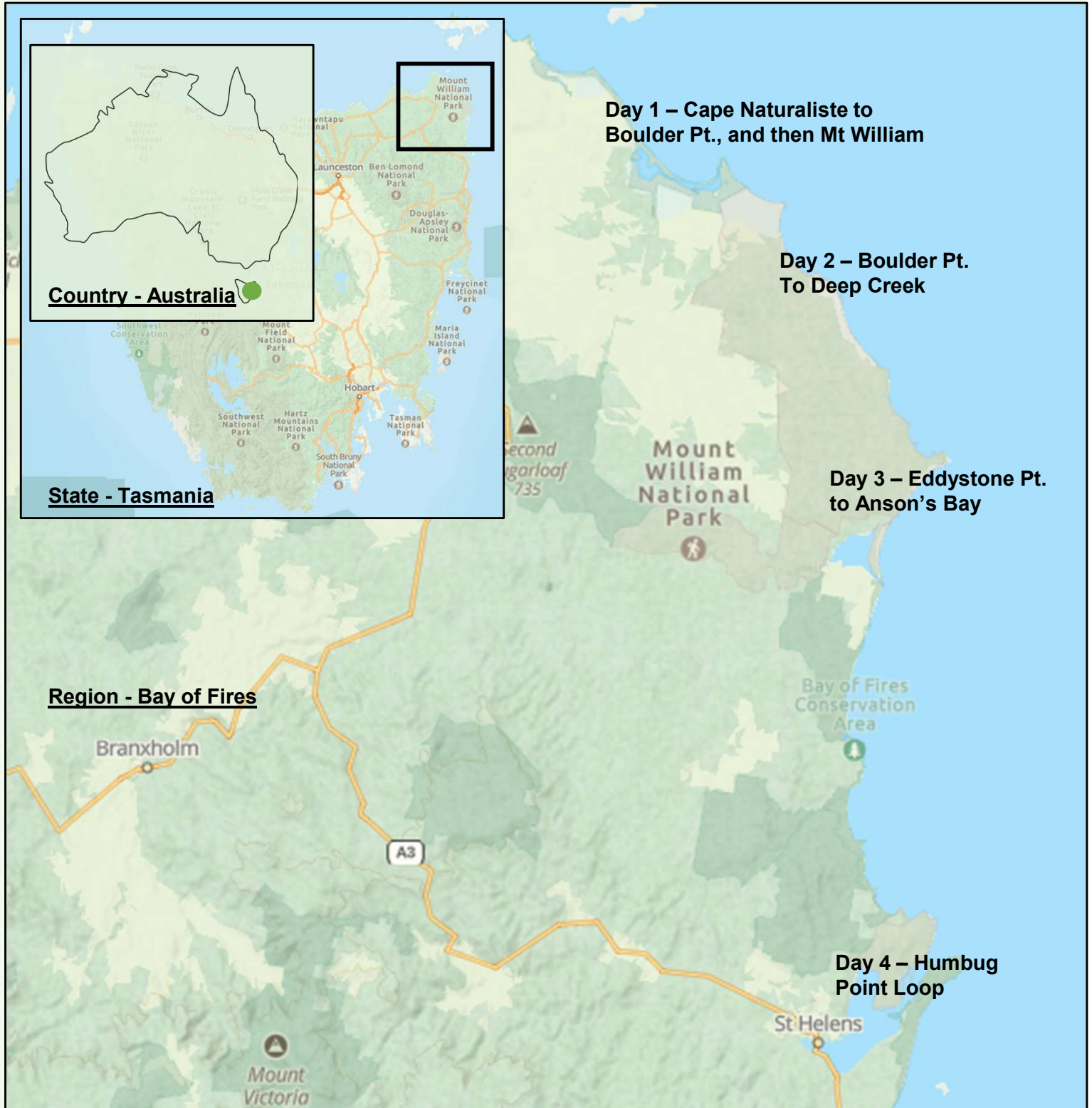
Total distance: 47 kms, typically 5-6 hrs per day.

Typical grade: Generally easy to moderate with some harder sections.

Group size: Maximum of 10 guests and 2 guides.

Accommodation: Farm stay accommodation in renovated shearers quarters, twin share with en-suite.

Nature of activity: Trekking with a day-pack, carrying only your essentials and daily lunch.



OUR COMMITMENTS & OTHER MATTERS

Our commitment to sustainable tourism

We are committed to sustainable travel and 'leave no trace principles', in line with our Ecotourism Australia accreditation among other things. As such we encourage guests recommend that you bring along your own food containers (medium size for lunch, and small for trail mix), beeswax lunch wrap, keep cup etc. if you have them. However, please do not buy any of these items if you don't have them as we can supply containers for lunches.

Our commitment to reconciliation

Park Trek acknowledges the Traditional Owners of Country and recognizes their continuing connection to land, water, skies and culture. We are privileged and proud to walk this beautiful country that has been cared for by Traditional Owners for over 60,000 years. We pay our respects to their Elders past, present and emerging. We support the Uluru Statement from the Heart, and through our Reconciliation Action Plan we are committed to action for reconciliation.

Travel insurance and other matters

Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding coverage for unforeseen circumstances, e.g. flight delays, illness or Covid-19. Please see our T&C's on our website for more information.

The unpredictable forces of nature

All our tours are subject to the occasionally unpredictable forces of nature. Indeed this is the spirit and attraction of adventure. As such our guides may alter our proposed tour itinerary where necessary having regard to Governmental changes, environmental and safety considerations. They will always strive to provide the most scenic and enjoyable walks possible in the environmental circumstances.

Please refer to the [Australian Walking Track Grading System](#) for grading of all walks on this tour.

Our guides hold the experience and knowledge that enables them to adjust our itinerary on any given day in regard to group safety and consideration and hold to right to do so at their discretion.



OUR MEALS ON TOUR

The food served on tour is designed to be healthy, hearty and home style. Our menus seek to showcase regional produce, including local cheeses, yoghurt, fruit, vegetables and meats, and to support local farmers and minimise food miles. Our tours can accommodate most dietary needs, however these should be specified at the time of making your tour booking.

Breakfast is a continental spread of muesli, fruit, yoghurt, toast and spreads. Coffee and tea are always available.

Lunch may vary from day to day, but includes sliced meat, salad, rolls, bread and wraps. Some days might include something different like roasted chicken.

Dinner is a casual two-course meal of main and dessert prepared by your guides. The menu changes to suit available fresh produce but could include a classic roast lamb, curry or similar. Dessert may include things like apple crumble, mini pavlovas or seasonal fruit salad.

Snacks & antipasto are provided throughout and include fresh fruit for the trail, biscuits and/or fruit cake for tea breaks. Each night we offer cheese, dips and crackers as pre-dinner nibbles and self-serve trail mix selection at the start of each day.

Alcohol Our tours do not include alcoholic beverages, however guests are most welcome to bring wine/beer along with them. If you are bringing bottled wine, please pack this well in your main bag to avoid breakages.

...we walk the highlights



REQUIRED GEAR FOR YOUR ADVENTURE

The two most important items to bring with you are a reliable and comfortable pair of walking boots or shoes that are worn in and a good quality rain jacket. *Runners and flat-soled shoes are not recommended except to wear after the day's activities.*

Weather can be quite variable on the coast of Tasmania so your waterproof jacket is an essential item while on tour, regardless of the weather forecast.

Your day pack: We recommend a day pack of at least 20 litre capacity, with a load bearing harness and the ability to carry a water bladder and your required gear.

Here is a suggested list of what walkers should wear or have in their day pack:

Essential Items

- Hooded rain jacket - *Good quality seam sealed with a hood
- Fleece jacket
- Wide-brimmed hat for sunny days
- Beanie or woollen hat & gloves for cold days
- Water bladder and water bottle, 2 litre capacity
- Electrolytes/hydrolytes
- High factor sunscreen and lip balm
- Blister pads and / or tape for rubbing / blisters
- Antiseptic hand gel
- Sunglasses
- Tupperware container to carry your lunch

Optional Extras (optional but recommended)

- Walking poles
- Gaiters – for safety / protection measures
- Camera
- Binoculars
- Spare batteries for all devices/charger
- Keep cup for any café stops
- **Main bag:** Please bring your gear in a soft (rather than hard) bag to help our guides pack the trailer.
Your main bag stays at our accommodation as you only carry your light day pack walking.
- 2 pairs long and/or short pants - preferably loose fitting, lightweight and quick drying
- 2 long sleeve shirts - light, breathable sun cover
- 4 x T-shirts
- Fleece jacket/woollen sweater for warmth
- Swimmers/bathers, lightweight towel for swims
- Walking socks & underwear
- Thermals to keep warm in blustery conditions
- Waterproof, reusable bag for worn clothing
- Comfortable shoes / clothes for evenings
- Toiletries— shampoo/conditioner, deodorant, soap, toothpaste, repellents and personal items
- PPE - Masks, hand sanitiser, rapid antigen tests



LIST OF WHAT WE PROVIDE

Our tours are all-inclusive

- Two guides who are experienced, accredited and safety gear equipped to guide, drive, cook and facilitate your tour experience. Our guides are story tellers, chefs, and legends in the field!
- Return transfers which includes collection from and return to Launceston. We use a comfortable 12-seater minibus with a luggage trailer. We also use the minibus for all drop offs and pick ups throughout the tour.
- 3 night's accommodation on a twin share basis (single supplement available at additional cost, subject to availability).
- Meals and non-alcoholic beverages, including 3 breakfasts, 4 lunches and 3 dinners.
- Snacks throughout, including trail mix, pre-dinner antipasto, fresh fruit, biscuits or cake. On trail thermos tea, coffee or hot chocolate.
- All National Parks fees and passes.

PRE- AND POST TOUR INFORMATION

Pick up location & time: We depart from The Grand Chancellor, Launceston, meeting at 7:30am for a 7:45am departure.

Drop-off location & time: We return to Launceston Grand Chancellor at around 5:00pm on the final day of tour.

If flying out that night, we recommend booking a flight at or after 7pm to be on the safe side.

We look forward to walking with you!