



Wulinantikala / Cradle Mountain Walk

4 DAYS | 33 KMS | Track grading: 2-4, Easy to more Difficult

Join us for a curated journey walking the highlights of the spectacular and dramatic Cradle Mountain region. This tour will inspire all your senses as you walk this iconic World Heritage Area.

WHAT TO EXPECT ON THIS WALKING TOUR

Cradle Mountain is one of Tasmania's most desirable walking destinations. A stunning wilderness region located in the heart of the Tasmanian World Heritage Area. On this experience you will enjoy four days of guided walking amongst the beautiful landscapes surrounding Cradle Mountain, including segments of the famous Overland Track. We visit glacially carved lakes, hidden waterfalls, ancient moss-covered rainforests, and seek out some of the park's secret highlights. Discover an array of forever changing landscapes as the Cradle Mountain National Park displays dramatic variation from season to season. With spectacular displays of reds, oranges and yellows across the mountain slopes in spring or as Tasmania's endemic deciduous Fagus turn on the colour. Encounter young joeys and echidnas emerging in crystal-clear smell the fragrance of wildflowers filling the air as you splash in the crystal-clear lakes on a summer's day. This is one of Australia's most iconic areas and a truly inspiring location to visit!

OUR ACCOMMODATION

We spend three nights at Cradle Mountain Discovery Holiday Park in new Deluxe 2-bedroom cabins - surrounded by native bushland. The cabins contain shared bathroom facilities, a comfortable lounge and kitchen, cosy gas log heating and an outdoor sitting area. There are double beds for couples or single beds/bunks for twin shares. You will share the cabin (and bathroom) with other guests. Limited single supplements are available. Your guides stay nearby where they cater all meals.



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

Cradle Valley Boardwalk, Weindorfers Forest & Waldheim

Distance: 7 kms | 4 hrs | Grade: 2-3, Easy

This tour departs Launceston from the Hotel Grand Chancellor. Our initial drive takes us into the Mersey River valley, and along the base of the Great Western Tiers, before we stop after an hour or so for morning tea break at one of the quant towns enroute. From here it's only 1.5 hours to Cradle Mountain village.

We stop at the main visitor centre to pick up our park passes, before lunching on the edge of the park. We then head out on our main walk for the day – the Cradle Valley Boardwalk. This easy walk takes us along the course of the Dove River and features a vast assortment of native flora. In early summer the endemic Tasmanian Waratah flowers are quite magnificent.

Once at Ronny Creek, we search for wombats in the buttongrass plains before looping around to the historic Waldheim Chalet – originally built by the parks founding pioneer Gustav Weindorfer, and the site of Cradle Mountains first tourism venture. Here we enjoy a short walk through an ancient forest of myrtle beech and King Billy Pine, before meeting back up with the bus for afternoon tea. Here your guides will be able to point out some of the parks notable landmarks and discuss our route options for the next few days.

In the afternoon, if energy and time permits, we head back to near the entrance of the park and take part in a series of short walks showcasing old-growth rainforest, waterfalls, and more mature stands of King Billy Pine. These can also be done at your own leisure.

Then it's off to our accommodation to get ourselves checked in and comfortable before dinner. Tonight's dinner is a lovely spread of nibbles and two course meal of dinner and desert prepared by your guides.



DAY TWO

Hansons Peak & Twisted Lakes

Distance: 10 kms | 6 hrs | Grade: 3-4, Mod-Difficult

After breakfast and lunch making, we depart to take on a walk showcasing the park's eastern highlights.

Starting from Dove Lake we take the Lake Rodway track up and over Hansons Peak – which provides a completely different view of Cradle Mountain and the surrounding lakes. The climb to the top of the peak is at times steep and uneven underfoot, and a chain is provided on nearing the summit to assist walkers.

Once over the other side, we pick up our return route via the Twisted Lakes and Lake Hanson – remnants of glacial scouring from previous ice ages are visible. These pools are tranquil and encompassed by endemic pencil pines and fagus. This section is normally very peaceful, a hidden gem, and we find ourselves a nice rocky outcrop to lunch and soak up the views.

If energy and time permits, an hour and a half walk can be made to visit the eastern face of Cradle Mountain, and the reflective waters of Artists Pool.

We loop back to the Lake Rodway Track completing the circuit and reverse our inward journey – returning to Dove Lake to meet the bus.

This is a challenging day with lots of variation in elevation, and at times can be quite rough and wet underfoot. Easier options are available – so please feel free to discuss these options with your guides.

Tonight, we enjoy nibbles, followed by a delicious two course meal prepared by your guides.

DAY THREE

Lake Lilla, Wombat Pool, Marion's Lookout & Crater Falls

Distance: 8 kms | 4hrs | Grade: 3-4, Mod-Difficult

Today's walk takes in some of Australia's most breathtaking alpine scenery. Starting at Dove Lake, we walk past Lake Lilla and Wombat Pools to Marion's Lookout. The ascent to Marion's is an exciting steep and rocky section of track where we use chains to assist our climb to the viewing area. In fine weather, the views from Marion's are magnificent and far reaching – with Cradle Mountain itself dominating the panorama.

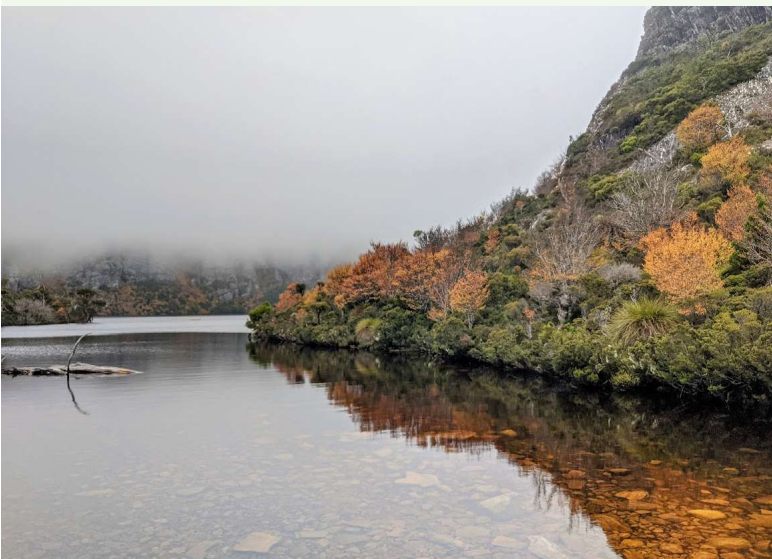
We then descend back towards Wombat Peak and turn onto the world-famous Overland Track towards the glacially formed Crater Lake. This lake features an old boat shed, and during autumn is one of the best locations in the state to see the changing colours of the Myrtle Beech (or fagus) – Australia's only seasonal deciduous native.

Nearing the end of our days journey, we pass the magnificent Crater Falls, a series of 5-10 meter waterfall drops cascading their way through the beautiful rainforest for approximately 100m of our return to Ronny Creek.

Side trip option: If time and safety permit, we may walk on from Marion's to Kitchen Hut at the base of Cradle Mountain. This adds about 1.5hrs walking.

Back at the bus, we return to our accommodation for some free time and pre-dinner nibbles.

Tonight's dinner is a fabulous two course meal prepared by your guides.



DAY FOUR

Dove Lake Circuit

Distance: 6 kms | 2.5 hrs | Grade: 2, Easy

This morning is our last. After breakfast and lunch making, we check out of our lovely accommodation and head out for our final walk - the Dove Lake Circuit. This is one of Tasmania's 60 Great Short Walks and a must-do for anyone visiting the park.

This 6km loop is a lovely way to wind down from your adventure – as it is mostly flat and even underfoot, with only a couple of short hills. It allows you to fully immerse in the looming backdrop of Cradle Mountain and the numerous waterfalls cascading down towards the lake from the surrounding slopes.

We visit the iconic boatshed on the shore of the lake and encounter local species of rainforest plant that only grow in the wettest of conditions – including native plum, sassafras and the aptly named “horizontal.” One section through the “Ballroom Forest” is particularly magical. Part way around, the Honeymoon Islands provide a focal point for visiting kayakers – and for those of us game, a couple of white sandy beaches make top spots for an icy alpine swim! For the saner amongst us, they also provide a nice place for a snack and a rest.

We finish our loop atop the impressive formation of Glacier Rock, which provides us with a final vista across the landscapes we have explored for the past four days.

After lunch, we jump back on the bus and start our return journey back to Launceston. En-route we will stop by the lovely little town of Sheffield – where we have ample time for a break and a wander around the muralled streets of this beautiful little town, backdropped by rugged Mount Roland.

WULINANTIKALA / CRADLE MOUNTAIN WALK, 4-DAY WALKING TOUR

WALK OVERVIEW & MAP

Location: Tasmania

Duration: 4 days / 3 nights.

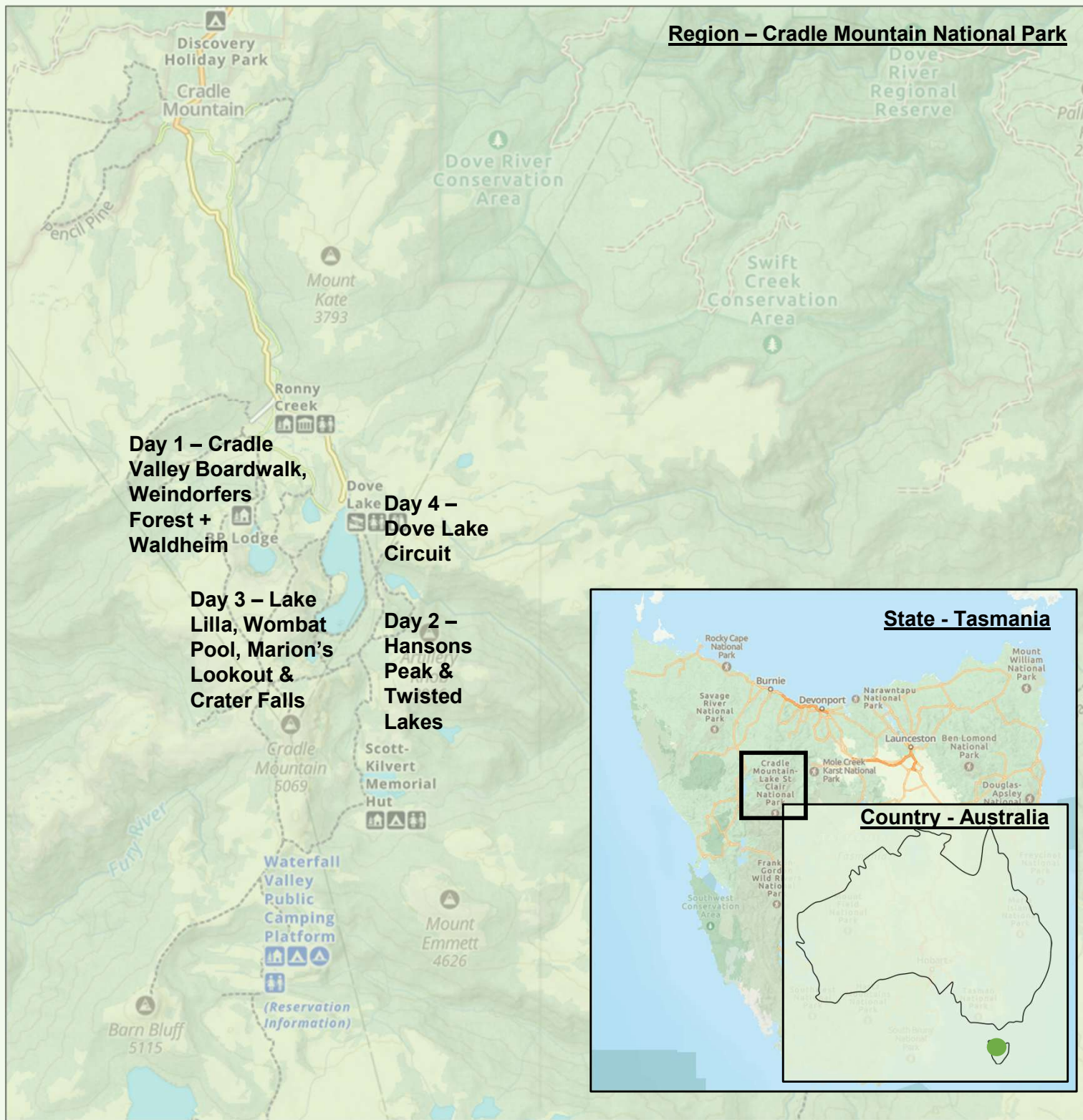
Total distance: 33 kms, typically 5-6 hrs per day.

Typical grade: Generally moderate with some harder sections.

Group size: Maximum of 10 guests and 2 guides.

Accommodation: Typically cabin style accommodation in twin-share configurations.

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

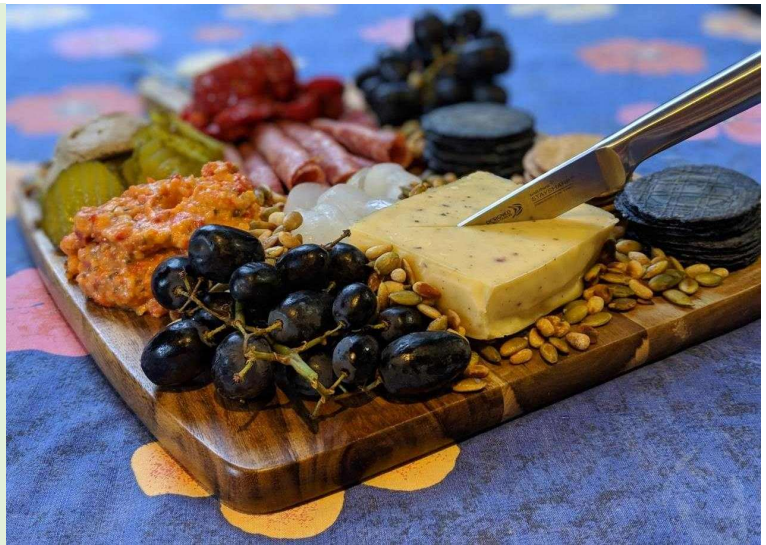
Park Trek strongly recommends travel insurance, please check with your individual provider for more information regarding coverage for unforeseen circumstances, e.g. flight delays, illness or Covid-19. Please see our T&C's on our website for more information.

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 you have worn in, and a good quality rain jacket. *Runners and flat-soled shoes are not recommended except as something you can wear after the day's activities.*

Weather can be quite variable at Cradle Mountain 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 will need to be wearing or have in their day pack:

Essential Items

- Rain jacket *Good quality, seam sealed with a hood
- Fleece jacket
- Extra warm windproof jacket
- Thermal top & bottom
- Wide-brimmed hat for sunny days
- Beanie or woollen hat & gloves for cold days
- Water bladder and water bottle. You will need to have capacity to carry 2 litres of water.
- Electrolytes/hydrolytes
- High factor sunscreen & Lip balm
- Blister pads and / or tape for rubbing and blisters
- Antiseptic hand gel
- Sunglasses
- Tupperware container to pack and 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 bag rather than a hard suitcase to help our guides pack the trailer. Your main bag is transported for you, you only carry your light day pack while walking.

- 2 pairs long and/or short pants - preferably loose fitting, lightweight and quick drying
- 2 x long sleeved shirts light and breathable - for sun protection
- 4 x T-shirts
- Fleece jacket/woollen sweater – something warm
- Swimmers/Bathers and lightweight towel for swimming days
- Walking socks & underwear
- Thermals to keep you warm in the face of blustery conditions
- Waterproof, reusable bag for worn clothing
- Comfortable shoes / clothing for evenings and activities
- Toiletries— shampoo/conditioner, body wash, deodorant, toothpaste, personal items
- PPE - Masks, hand sanitiser and 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, using 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 Hotel in Launceston, meeting at 7.30am for a 7.45am departure.

Drop-off location & time: We return to the Grand Chancellor Hotel in Launceston 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