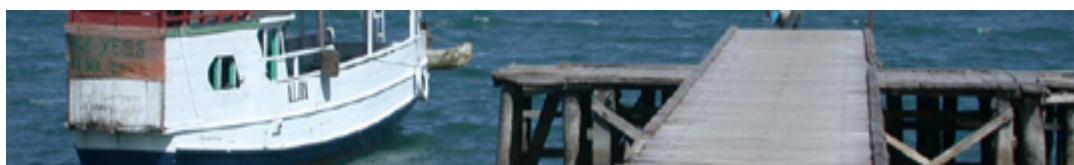


EXPEDITION DOSSIER

TARKINE COASTAL TREK -
AUSTRALIA
CODE XPD305
7 DAYS
GRADE - MODERATE

ITINERARY – COSTS – INCLUSIONS



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EXPEDITION OVERVIEW

The Tarkine Coast is one of Tasmania's best-kept secrets. The Pieman River and its rainforest flanked shoulders, provide a spectacular entrance to the rugged coastline. Expansive ocean beaches and huge surf create a powerful backdrop to the walk. The coastline is dotted with rocky headlands, sheltered pools and giant sand dunes. This land has been home to the Tasmanian Aboriginals for many thousands of years before the arrival of Europeans.

The remains of their occupation in the form of shell middens, hut depressions and carvings surround the many headlands. The Australian Heritage Commission assessed the Tarkine Coast as one of the most important cultural heritage regions in the world. The Tarkiner people, after whom the Tarkine is named, resided at Sandy Cape, living off the abundance of seafood and animal life found in the region. The hinterland is a mosaic of sand dunes and coastal planes covered in native grasses and heath. The walk is completed in full respect and acknowledgment of the Aboriginal people of Tasmania. All care is taken to ensure their relics and cultural history are respected and maintained in the way that they wish.

EXPEDITION GRADE

We consider this expedition to be Moderate. You will need to have an average level of fitness as we walk approximately 10km over some steep and rocky terrain. There are sections that we walk on exposed beaches. This is an excellent training walk for all those planning longer expeditions overseas.

ITINERARY

Day 1 Arrive in Hobart, Launceston, Devonport or Burnie.

Today you will arrive in Tasmania. Transfer to hotel. For those want as little road transport to and from the Tarkine, we suggest you stay in Burnie, Devonport, Launceston and Hobart in that order.

Day 2 Enter the Tarkine. Scenic drive along the North West coast into the heart of the Tarkine, historic mining village of Corinna, boat cruise down the Pieman River, ancient huon pines and the mighty Southern Ocean.

From Launceston we drive through Devonport and Burnie until we eventually turn south along the Murchisson Highway heading toward Corinna. The drive takes us through the heart of the Tarkine, allowing us to experience the diversity of landscapes including rainforests, mountain ranges, button grass plains and tall eucalypt forests. As we approach Corinna, the road winds into the rainforests that cloak the Pieman River. These forests of myrtle, sassafras and giant tree ferns are remnants of the forest that once covered the ancient continent of Gondwana.



For the past 60 million years these forests have evolved, surviving vast changes in climatic conditions. The Tarkine is one of the worlds last strongholds of this remnant temperate rainforest, hence its international conservation value. We arrive at Corinna at approximately 2:30pm.

The boat journey is an hour and a half long cruise down the rainforest flanked Pieman River in the historic Arcadia 2. The last of the commercial Huon Pine river cruisers, the Arcadia was built in the 1930s. The Arcadia has a rich history and our Ferryman gives us a detailed account of its life and travels. After departing Corinna, we cruise through the Pieman Gorge, passing the mouth of the Savage River and Donaldson River. These rivers have their origins in the heart of Australia's largest temperate rainforest and are flanked by ancient Huon Pines.

Arriving at the Tarkine Coast, we disembark and walk to our first campsite located 2.5km north of the Pieman River. Camp is situated on a grassy headland, looking out at the rolling ocean.

After setting up camp, you can explore sheltered bays or walk inland for panoramic views of the coast. For the adventurous, a refreshing swim in the nearby sheltered cove is highly recommended. It's here that you can spot the abundance of abalone, crayfish and marine life that inhabits the waters of the Tarkine coast.

Dinner is served with a glass of wine by the camp fire whilst we sit back and watch the sun set over the Southern Ocean.

Day 3 Walking the Coast. Walking to the Interview River, coastal rock formations, pristine creek crossings, huge sand dunes, Aboriginal cultural heritage sites and expansive beaches.

Today we walk for 8 kilometers along the Tarkine coast, crossing numerous small creeks and rivers, passing twisted rock formations and breathing in the fresh air of the Southern Ocean. We experience the remoteness and solitude of this wild area and begin to comprehend the Tasmanian Aboriginal history of the region. At times, the rocky headlands require us to walk inland. Behind sand dunes lie swathes of marsupial grazing lawns surrounded by wind-hardened coastal Banksia, Acacia and Tea Tree.

We keep our eyes peeled for grazing marsupials including Wallabies, Pademelons, Wombats and, if we are lucky, the shy Tasmanian Devil. This morning we encounter the first of the many giant shell middens that abound along the walk. The sheer size of the midden demonstrates the many thousands of years that the Tasmanian Aboriginals inhabited the region.

Lunch and a hot drink are served on a remote, grassy headland. Sit back and soak up the expansive views, massive breakers, wide beaches and fresh air. After lunch, keep your eyes peeled for the endangered Hooded Plover. Families of this cute coastal bird inhabit the high tide line of the Tarkine beaches.



After crossing several headlands, we arrive at camp. The campsite is located on the southern side of the Interview River providing great views south along the coast. Five minutes walk north of the camp is the Interview River. The Interview River has carved a deep gorge through the surrounding landscape before emptying into a large lagoon directly behind the beach. This shallow lagoon is always warmer than the ocean and is the perfect place for a refreshing swim.

There are a multitude of Aboriginal heritage sites located close to the river. Again, dinner is served around a warm camp fire overlooking a west coast ocean sunset.

Day 4 Interview River to Lagoon River. Interview River crossing, coastal wilderness views from giant sand dunes, rock formations, coastal wildlife, Aboriginal cultural heritage sites including giant shell middens and hut depressions.

Upon reaching the Interview River, we find a safe crossing point. To the north, the deep blue ocean rolls up against an expansive beach bordered by huge wind-swept sand dunes. The huge swells that relentlessly pound the Tarkine coast are generated thousands of kilometers away deep in the southern ocean. The dominant westerly winds, the Roaring Foursies, circle the globe driving the swell all the way from South America, sweeping underneath South Africa before thundering into the Tarkine Coast. The elemental power of this region is unsurpassed.

Along the base of the dunes are countless Aboriginal midden sites. The opportunities for photography abound in this stunning environment. There is ample time to explore the landscape surrounding the Interview River. The views attained by walking to the top of the giant sand dunes are breathtaking.

In the distance lies the headland flanking the Lagoon River. A couple of hundred meters north of the Interview River, we come across vertebrae of a small whale that has been deposited on one of the rocky platforms on the beach. The size and weight of the bones provides an insight into the magnitude and size of these amazing creatures. From here we walk north along the hard packed sandy beach following the high tide mark.

We encounter numerous midden sites throughout the day. The middens comprise the discarded shells of abalone, sea snails, bones of wallabies, seals and other prey. They represent thousands of years of inhabitation. According to the Australian Heritage Commission, the region is one of the world's most significant archeological regions providing tangible connection to the original inhabitants of the country. Keep your eyes peeled for sightings of the Tasmanian Wedge-tailed Eagle or the Sea Eagle flying along the coast in search of prey. We have also seen juvenile Tasmanian Devils searching the beach for food.

Our camp is located just to the north of the Lagoon River. The rocky headland surrounding the Lagoon River is dotted with Aboriginal shell middens and hut depressions. The coastline is laden with small rocky gulches creating sheltered waters ideal for swimming and observing the myriad of sea life found along the



coast. We often have see wombats, echidnas, wallabies and pademelons feeding at dusk on the native grasses surrounding camp.

Again, dinner is served around the campfire overlooking a west coast ocean sunset.

Day 5 : Lagoon River to Sandy Cape Highlights: Secluded bays, huge middens, gentle rivers flowing across wide beaches and headlands, rock formations, remote and wild coastline.

Camp is packed up and we head north to Sandy Cape. On route we cross a number of headlands and pristine rivers including the Italian River. The headlands provide spectacular views up and down the coast. The day's walk includes more encounters with midden sites and other examples of the Tarkine Coast's cultural heritage. The size of the larger middens is simply breathtaking and represent thousands of years of occupation of this land. There is ample time to sit and absorb the history of the region. The area is a photographer's haven with shell middens surrounded by a background of deep blue ocean and rocky headlands.

As we approach Sandy Cape, the beaches become punctuated by a number of headlands. These rocky headlands are surrounded by native grasslands inhabited by an abundance of local animal residents. Sitting high on the headlands are a number of hut depression sites marking the location of where the Tarkiner people established their elaborate shelters.

Although the beaches become shorter, the sand can become soft underfoot, making the walking more tiring. The smaller beaches provide shelter from the ocean swell creating calmer water as we approach our destination. Sandy Cape has a long Aboriginal and European cultural history. Until recently, cattle were agisted at Sandy Cape over winter. The closer we walk to the cape, the more we recognize the signs of this fascinating history.

On arrival at Sandy Cape, we encounter a rocky headland comprised of large granite boulders defiantly resisting the powerful Southern Ocean swell. The first bay we pass is Native Well Bay, a compact and protected bay strewn with giant bull kelp and orange lichen covered granite boulders. After walking along the bay we head inland and establish our camp. There are three fisherman's huts located at Sandy Cape.

We camp further inland behind the shelter of the acacia covered sand dunes. After establishing camp there is time to explore the numerous sheltered bays located on the southern side of Sandy Cape, or simply sit back and soak up the elements. If the sun is shining, a refreshing swim provides an invigorating lead up to dinner.

Once again dinner is served around the camp fire providing an opportunity to sit back and contemplate the wonders of the Tarkine Coast.



Day 6 : Sandy Cape to home. Sandy Cape lighthouse, sheltered coves, huge sand dunes, rock formations, sweeping beaches, 4wd pick up and drive up the coast.

After breakfast we explore the sheltered bays and lighthouse of Sandy Cape. Take a dive into the pristine waters of the Southern Ocean and see if you can spot an abalone. These unique creatures literally line the rocky boulders that form a large part of the sea floor. Numerous species of kelp, shellfish, starfish and other colourful marine creatures make for fascinating swimming and diving possibilities. Lunch is served on the northern side of the headland with views of Sandy Cape beach sweeping up the coast and inland to the Norfolk Range. You can

experience the vast scale of the Tarkine as valley after valley of button grass, coastal heath and Eucalypt forest extend out to the mountainous horizon.

After lunch, we meet our four wheel drive pick up at Sandy Cape. On route northwards we encounter some challenging four wheel driving. Our expert drivers safely negotiate the beach and inland obstacles. There are numerous spectacular viewing spots and more giant middens including Green's Point and Ordinance Point. After approximately 90 minutes driving we arrive at Arthur River where we meet our two wheel drive vehicle for the return trip home.

Day 7 Return home or on another Tasmanian adventure.

General Points on the Tarkine Coastal Trek

- The trail is located in a very remote and wild area.
- The trails follows the coast line for the entire trip, regularly heading inland and back to the coast again.
- The track consists of old 4wd routes that skirt the rocky headlands and ocean beach walks.
- The beach walks are up to 8 kms long, walking on hard sand for approximately 85% of the time.
- On day two there are several small hill climbs.
- There are sections of mud and these sections are no deeper than a walking boot.
- There are many small creek crossings, some of which require sandals to ensure you do not get wet boots.
- These creeks provide plenty of clean, fresh drinking water.
- The coast is exposed to wind and we recommend sun glasses and a tight fitting wide brim hat are worn.





Joining Point

There are 4 places you can be picked up from on this expedition. They are Burnie, Devonport, Launceston and Hobart.

Pick up and drop off times are as follows.

Pick up

- Hobart 0500 to 0530
- Launceston 0800 to 0830
- Devonport 0930 to 1000
- Burnie 1030 to 1100

Drop off

- Burnie: 1630 - 1700
- Devonport: 1730 - 1800
- Launceston: 1830 - 1900
- Hobart: 2200 - 2230

How to get there

Jetstar, Qantas and Virgin service all these towns and cities. Please contact them via the internet or by phone to arrange your flights.



INCLUSIONS

- Electrolyte supplements such as Gatorade on expedition
- 2 nights accommodation in Your choice of town (Burnie, Devonport, Launceston or Hobart)
- All food on expedition component. Lunch on Day 2 to Lunch on Day 6.
- Park fees and Park insurance
- An experienced Guide
- Cooked breakfast and cereals
- If you are being picked up in Hobart please bring money for breakfast on Day 2 and dinner on Day 6.
- All boat and ferry fees
- High quality camping equipment, cooking utensils and eating utensils.

EXCLUSIONS

- Dinner the night before and after the expedition
- Other drinks and beverages
- Flights to and from Tasmania

EXPEDITION DATES

For the most up to date departures please check our website at www.noroads.com.au.

This expedition is run with a minimum of 6 per trip.

PRICE

AUD\$1950Tasmania

GROUP SIZE

Maximum 15

PRIVATE EXPEDITIONS

We are able to organize private expeditions for those that want familiar people to join them or our scheduled departures don't suit. We are also able to organize personalized itineraries. We can have up to 20 people on a Private Expedition.

NOTE

1. Please note that this is Tasmania which is famous for its ever changing and unpredictable weather conditions ('four seasons in one day'). Please ensure you are prepared with the right clothing. Warm jacket, thermals, woollen hat is advisable year round. A hat and sunscreen is essential from October to April due to high UV radiation.



2. In extreme heat conditions we will shorten the walks.
3. Please notify us in advance of any special meal requirements.

What To Bring

Please read the list carefully. You need to bring **all** the equipment listed below unless advised by a member of our staff. It is vital that all gear is of **good quality** and condition. Cheap gear can adversely affect the quality and enjoyment of your trip. Any extra gear is not advised as it will increase your pack weight.

Items in bold can be hired from us at \$25/ item/ trip, except gaiters and walking poles at \$10 /trip. If you wish to hire gear, please advise on booking form.

Gear Description

- Pack**.....At least 65 litres, internal frame, worn in and in good repair
- Sleeping bag**At least 3 seasons (-5 C) and lightweight
- Sleeping mat**Self inflating or foam – lightweight
- Head torch**Head torches are recommended
- Waterproof coat with hood** ...Must be goretex or japara, and of high quality (not a drizabone)
- Waterproof pants**Plastic or goretex is acceptable
- Gaiters Leg protectors** ..For protection from mud and unlikely event of snake bite
- Walking Poles**Optional but highly recommended
- Pack linerStrong/ water proof (to keep clothes dry in heavy rain/river crossings)
- Boots.....Worn in bushwalking boots, waterproof, properly sealed
- Warm jacket or jumper x 2 Must be either polar fleece or woolen, cotton jumpers are not acceptable
- Thermal top x 2 Polypropylene, chlorofibre or woolen
- Thermal Long Johns x 2 Polypropylene, chlorofibre or woolen
- T shirts/ short sleeved shirts x 1 or 2 For walking in and evening wear
- ShortsLoose fitting for walking
- Long sleeved shirt x 1
- Long pants x 1 Wool/synthetic is best, these are optional for those who feel the cold
- Denim jeans are not acceptable
- Socks x 3 pairs Minimum - 3
- Underwear
- Sun hatWide brimmed / ideally with a sun protector for your neck
- Sun Glasses.....Ideally wrap around to protect you eyes for glare
- BeanieWoolen hat
- GlovesWoolen / synthetic
- Scarf
- SandalsSandshoes Lightweight for wearing during river crossings and at camp
- BathersOptional
- Small towelLightweight eg. chamois (optional)
- Water bottle 1 litreStrong plastic / aluminum
- Personal hygiene items



Sunscreen

Four spare plastic bags .Shopping bags are fine - very handy when it's wet

Note : If you are using this trip as a training program for a longer expedition, we recommend you wear the shoes and carry the pack you will be using on that expedition. This is a great opportunity to break in your equipment.

Gear check

Gear checks are conducted primarily for safety and risk management. It is important that we know that you have all the equipment required for the walk. Gear checks will be completed once all clients have been collected on the morning of departure. We will be near shops if any extra gear is required to be purchased.

Pack Weight

Clients packs weigh between 15 kg to 20 kg at the beginning of the walk. This includes: Half a double person tent each or a full single tent weighing approximately 1.8 kg. A Food bag and snacks weighing between 2 kg to 3 kg. Snacks, muesli bars, chocolate and scroggin weighing 1 kg. Your personal gear, see gear list .

Daily Routine

Each morning we wake at around 7:00 am. After breakfast, your guides will give you an opportunity to gather around the maps and identify your position and destination. We generally stop for lunch at around 12:30pm. We aim to be at camp by no later than 5.00pm each day, allowing us to have plenty of daylight hours for camp set up and dinner preparation.

Evening meals are a selection of delicious and wholesome dishes that are designed to satisfy your taste buds as well as your daily dietary requirements.

Spending Money

You will need to buy dinner the day before the expedition starts. There really is nothing to spend your money on while on expedition. Please note those coming from Hobart will need money for breakfast on Day 2 and dinner Day 6.

Local Dress

Australia has relaxed attitudes towards standards of dress; however the extreme sunshine can cause sunburn - particularly in the summer. We recommend that you bring loose, cool, cotton clothing to protect yourself from the harsh sunrays. A sunhat and sunglasses are a must.

Safety

Dehydration is the biggest risk when undertaking a physical activity. It is so important to be aware of your fluid intake and to constantly drink water throughout the day (even when you do not feel thirsty).



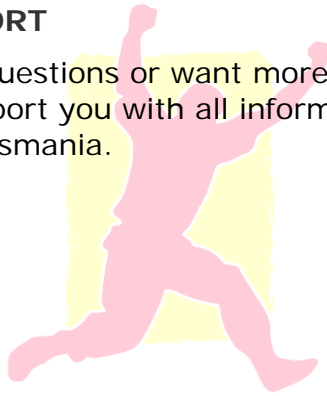
We will also be in constant contact with our team via radio and phone along the track. If there are an emergencies, help is not far away.

Your Fellow Walkers

As you will travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. We ask you to be understanding of the various needs and preferences of your group. We will operate the walks as a sweep system with a leader in the front and also at the back. We will have regular stops to regroup with photo opportunities (which are around every corner!). In this way we can cater for a variety of walking speeds.

INFORMATION AND SUPPORT

If you have any comments, questions or want more information, please let us know. We are here to support you with all information to help you prepare for your travels in Tasmania.



NO ROADS

EXPEDITIONS



EXPEDITION GRADE (EXPEDITION DIFFICULTY)

GRADE 1 - EASY

Very little walking involved and when there is, it is usually for a short distance.

GRADE 2 - MODERATE

Moderate trekking 900m/3,000ft. and 2,000m/10,000ft. but possibly involving side trips to higher elevations.

GRADE 3 - DIFFICULT

Reasonably demanding trekking at altitudes up to 4,000m/13,000ft. Some expeditions included here will, in part, be well away from villages on ill- defined mountain trails.

GRADE 4 - STRENUOUS

Expeditions of a demanding nature, requiring all participants to be fit and in excellent health, often in remote alpine areas and sometimes reaching altitudes in excess of 5000m/18,000ft.

ALPINE

Extremely demanding treks sometimes in very remote areas on rough terrain and perhaps including (in Nepal) one or more of the so called 'trekking peaks' - maximum altitude, Mt. Mera at 6,461m/21,192ft. Participants should have at least a basic knowledge of use of crampons and ice axes, though first time climbers may be accepted on some of the so called 'easy' routes on these peaks. Medical certificates are required prior to acceptance on any climbing treks.

BOOKINGS

If you would like to discuss this or any other matter with us please feel free to call us on **(03) 9598 8581** or email us at info@noroads.com.au

