



# WINEGLASS BAY

*sail walk*

## Welcome to the 4-Day Wineglass Bay Sail Walk

4 Day/3 Night  
guided walk on  
Tasmania's East  
Coast staying on  
our luxury ketch  
Lady Eugenie

This amazing walk, the only one of its kind in Tasmania, takes in the spectacular beaches, peninsulas and island trails found in national parks along the east coast.

Share with us the wonders of Maria Island, Freycinet Peninsula and Schouten Island. This walk is supported by the spectacular Lady Eugenie, a beautiful 23-metre (75-ft) classic ketch. Superb 3-course dinners are served aboard Lady Eugenie after indulging in oysters and sparkling on the beach.

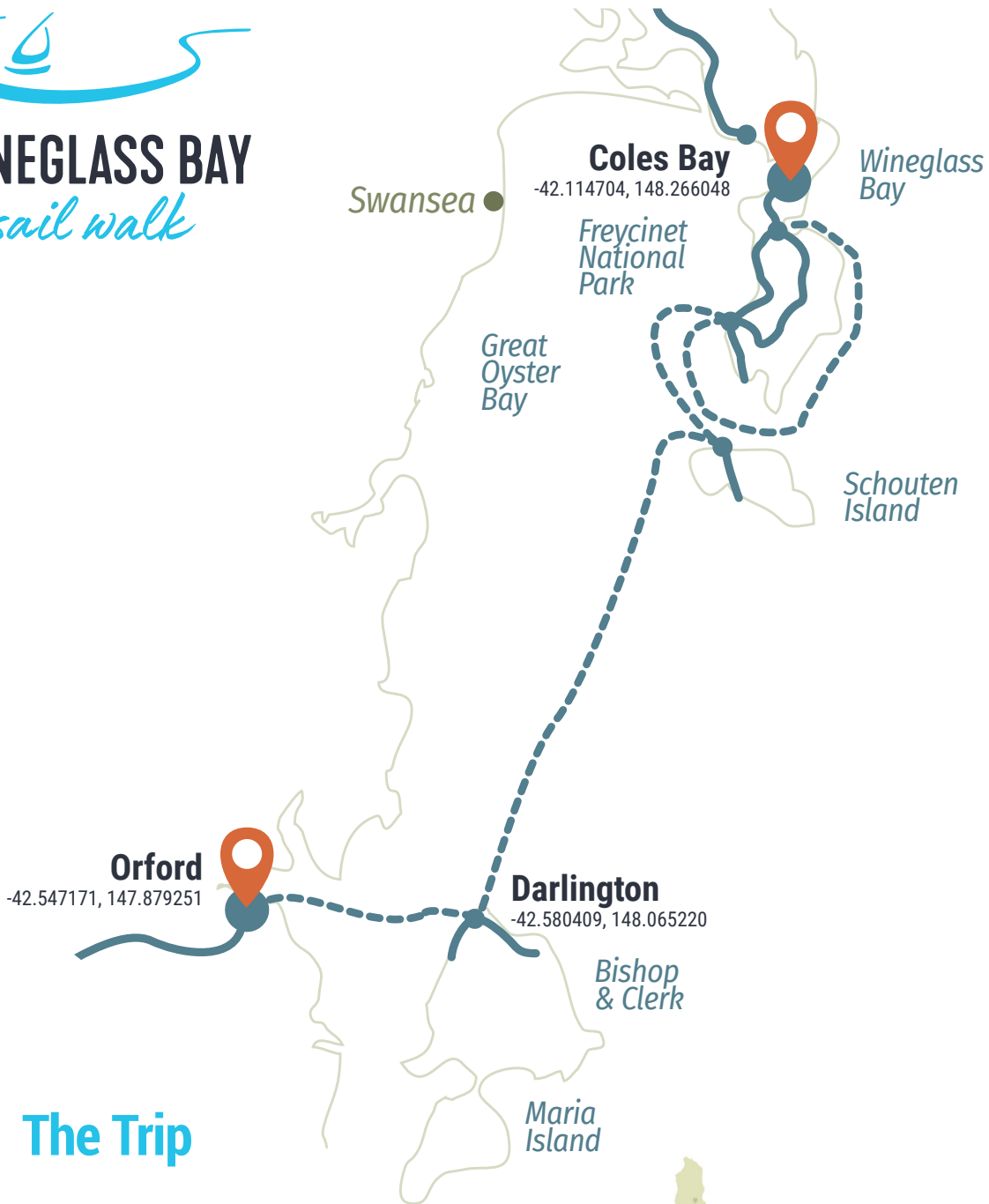
At times the itinerary will need to be changed due to sailing conditions. If alterations are made your guide and crew will keep you well informed.

Here you will find everything you need to prepare and get excited about your adventure, all in one document. From pick-up times to gear lists, daily distances to accommodation details, this is your Wineglass Bay Sail Walk go-to-guide.



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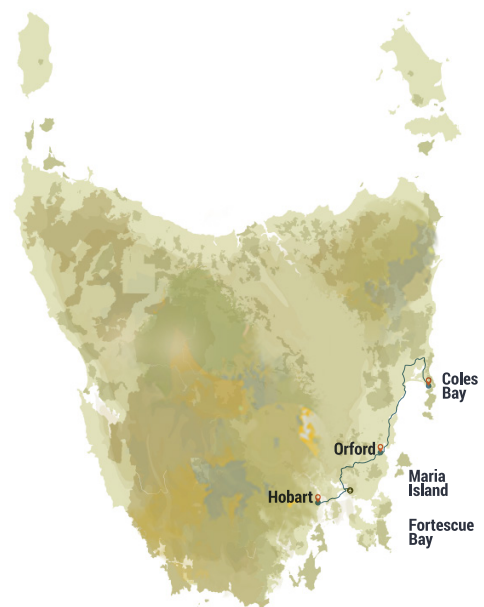
## The Trip

### Trip Summary

**Trip Duration:** 4 days/3 nights

**Grade:** Moderate

**Activities:** Spring/Summer/Autumn walking some of the most spectacular trails on the East Coast of Tasmania with only a daypack. Using our beautiful ketch Lady Eugenie to connect the trails and for accommodation at night.





## Why walk with us?

It's very important to us that you spend time reconnecting with friends and family or simply giving yourself some space, so we make sure the small things are taken care of. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

We were the first operator entrusted by the Tasmanian Parks & Wildlife Service to build and operate accommodation within its National Parks and Wilderness World Heritage Area; and more than 30 years later that key relationship and trust remains.

Our groups have exclusive use of Lady Eugenie - whilst travelling with us she becomes your home. Lady Eugenie is a beautiful, 23-metre (75-ft) ketch rigged yacht. She is five metres wide, which makes her stable, safe and comfortable for both novices and sailing enthusiasts. During the evening, you can relax in the delightful and spacious saloon with dining table and comfortable lounge. Your accommodation should be enjoyed not endured!

We believe that food and wine should be part of the experience, never an afterthought. We have our own in-house chef to design all meals and train guides in their preparation to ensure they are both healthy and delicious. Lady Eugenie has a professionally equipped galley for the crew to prepare delicious meals made from local produce.

Our guides are our most outstanding asset. They are passionate outdoor enthusiasts, educated interpreters and fantastic hosts all rolled into one. Through your guides' interpretation, you can learn about the flora, fauna and local history of Tasmania's awe-inspiring wilderness. Our guides are trained in accident prevention, incident management and remote area first aid. They carry appropriate communications equipment to ensure that, should it be required, help is only a call away. At times the itinerary will need to be changed due to sailing conditions. If alterations are made your guide and crew will keep you well informed.

Over the years Tasmanian Walking Company has been the proud recipient of many awards. Call and talk to us on 03 6392 2211 and find out why we are the most awarded walking company in Tasmania.



## Itinerary

### At a glance

DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	Hobart – Maria Island	12km (4-5hrs)	Lady Eugenie	-/L/D
Two	Maria Island – Schouten Island	6km (3-4hrs)	Lady Eugenie	B/L/D
Three	Schouten Island – Wineglass Bay	9km (5-7hrs)	Lady Eugenie	B/L/D
Four	Wineglass Bay – Hobart	7km (3hrs)	Return to Hobart	B/L/-

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

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on 03 6392 2211 or email [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au).



# Day 1



## Hobart to Maria Island (including Bishop & Clerk)

Today you will meet your guides at our walkers base (164 Murray Street, Hobart) at 7:30am. After a brief gear check and introductions, we then board our bus and travel to Orford.

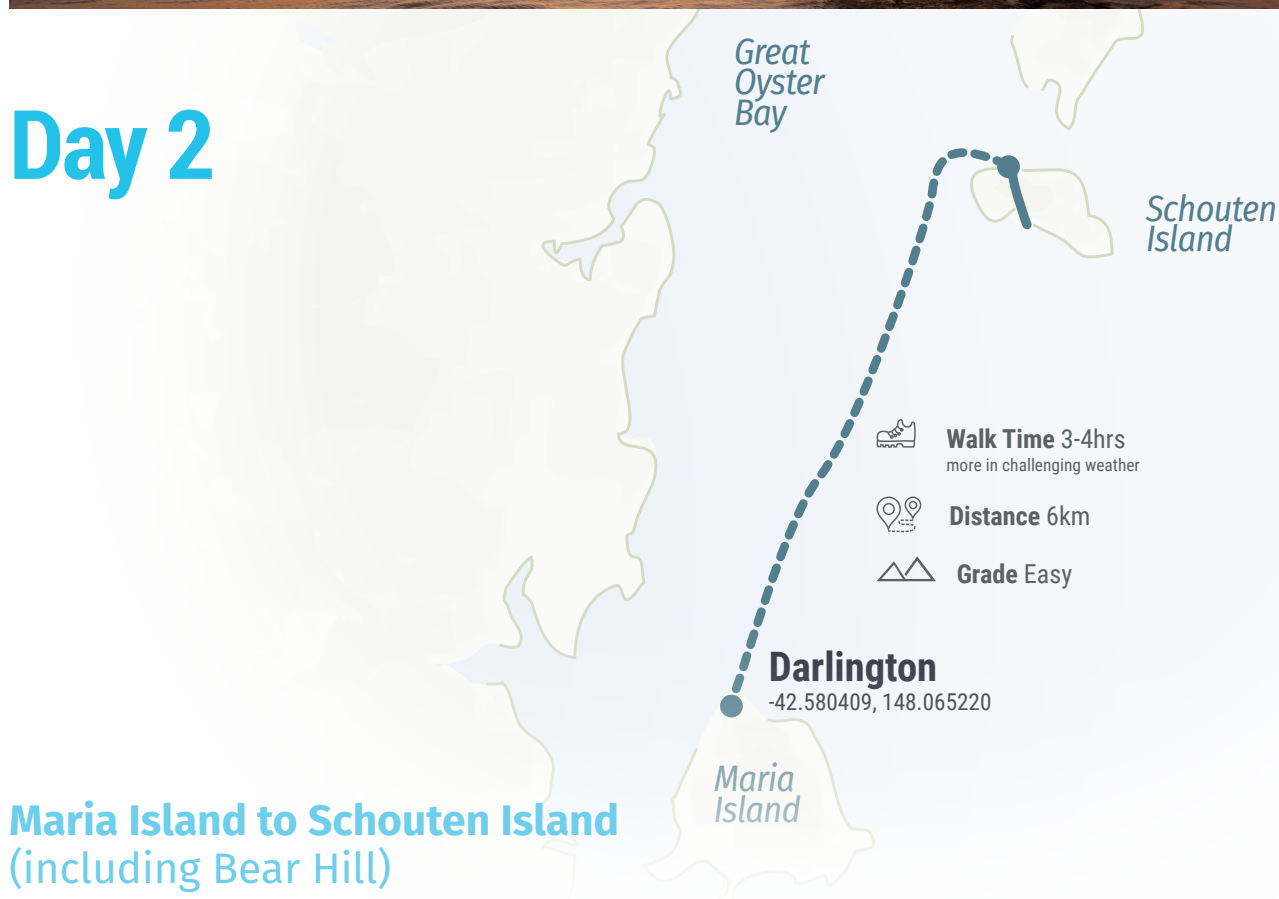
Not many walks begin this way. Arrive at Orford where our 23-metre (75-ft) ketch, Lady Eugenie is waiting. We hop aboard our tender from the beach, before setting sail across the Mercury Passage for Maria Island. This short morning sail brings us to the World Heritage listed convict site of Darlington. Once populated with prisoners, it is now home to an array of architectural relics and abundant wildlife.

Today we venture 630m above sea level to the pinnacle of Bishop & Clerk, our highest climb. As we traverse the high cliff edge of Fossil Bay, we are afforded sweeping views toward Schouten Island and Freycinet Peninsula, a glimpse of the magnificent journey to come. Perched high atop the dolerite columns of the summit, we enjoy lunch, with time to ponder the beauty and isolation of this landscape. In the late afternoon, we retire to the comfort of our luxury yacht for pre-dinner nibbles and a delicious meal prepared by your guides.

For those wanting a more relaxed adventure on day one, we visit the beautiful sandstone patterns and structures of the Painted Cliffs. We can also learn more about the island's unique Aboriginal, convict and industrial histories whilst rambling around the Darlington precinct.



## Day 2



Following a leisurely breakfast on board Lady Eugenie we set sail, leaving Maria Island and heading north on a 4-hour journey toward the spectacular Schouten Passage. Sailing past the large sedimentary deposits of Fossil Bay and the towering dolerite columns of Bishop & Clerk, we head towards a geological beauty – the pink granite boulders and mountains of the Freycinet Peninsula. Along the way, we get an up-close view of an Australian fur seal colony that makes its home on the rocky outcrop of Isle du Phoques.

After dropping anchor, we disembark on the secluded Schouten Island for a scenic 3-hour walk, climbing to the top of Bear Hill. We can also opt for a more leisurely afternoon relaxing on-board or at the beach, with opportunities for snorkelling and swimming.

Tonight, after a day island hopping and exploring Schouten Island by foot, enjoy canapes and Tasmanian sparkling along secluded shores. Ever finished a bushwalk to have a linen-topped table waiting with oysters and Tasmanian sparkling?



## Day 3



### Schouten Island to Wineglass Bay (via Cooks Beach and either Hazards Beach or Mt Graham)

Over breakfast we decide whether we ascend Mt Graham and take the high route to Wineglass Bay or opt for the less challenging but equally stunning coastal section of the Freycinet Peninsula circuit track. The former sees us head inland from the shores of Cooks Beach and ascend through tall Tasmanian Blue Gum forests before traversing the button grass fields of the East Freycinet Saddle, dotted with seasonal wildflowers. The trail descending from Mt Graham and Mt Freycinet takes in spectacular coastal views including iconic Wineglass Bay.

The coastal track heads north from Cooks Beach following the shores of enticingly-named Promise Bay while The Hazards mountain range gradually reveal to dominate the northern vistas over the peninsula's isthmus. An hour's walk along Hazards Beach will bring us to the Isthmus Track where we'll enjoy a close up view of wildlife at the lagoon before setting foot on the white sands of Wineglass Bay. After our day of walking, there's time for a refreshing swim before boarding Lady Eugenie.



## Day 4



### Wineglass Bay to Hobart

Our final day begins with breakfast on board Lady Eugenie. We can observe the busy shorebirds and towering forms of The Hazards mountain range above. We ascend gently between pink granite boulders until we overlook the white sands and turquoise waters of Wineglass Bay below.

A steep descent on a well-constructed track brings us back to the start of the Wineglass Bay Lookout Track. We continue for another two kilometres, winding through coastal heath and woodland habitats, until Honeymoon Bay. It is a beautiful cove, ideal for a picturesque lunch and a final swim.

We meet our bus there, ready to take us to Hobart. Our return trip travels down Tasmania's east coast. The journey is not over yet, though. We visit a boutique vineyard for wine and canapés, easing us back into life off the track and the comforts of Lady Eugenie.

We can then drop you at Hobart airport at approximately 5.00pm before returning to Hobart with hotel transfers between 5.15pm and 5.30pm.





## What is included

- / Return transfers between Hobart and the start and finish of the walk
- / Accommodation each evening on our beautiful ketch Lady Eugenie; there are two cabins with one double bed each and two with two single beds each (1 x bunk each)
- / All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- / National Park passes
- / Use of a daypack and rain jacket for the duration of the walk
- / All bedding and linen
- / A qualified guide for the duration of the walk



## Gear List

The items listed below will be packed into a duffel bag which we provide and will be stowed on Lady Eugenie. You will only need to carry a day pack with your personal belongings, lunch and water for each days walk.

We provide the following:

- / Duffel bag (available on the morning of departure)
- / Rain jacket (3-layer membrane; waterproof and breathable available on the morning of departure)
- / Day pack
- / All bedding and linen
- / Lunch container and cutlery
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available on board Lady Eugenie)
- / Small reference library offering a range of books and games (including field guides and maps)

\* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

\* You're welcome to bring your own daypack and rain jacket if you would prefer.

## Essential Gear List

When you arrive at the pre departure point, it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

## Essential Items

- / Lightweight, lace-up walking boots with ankle support and treaded sole (preferred) or walking shoes with treaded sole (acceptable). Sandshoes, elastic-sided boots, street shoes and similar are not acceptable
- / Waterproof overpants (September/October & April/May)
- / Clear soled shoes suitable for the yacht (Dunlop Volleys or similar)
- / Polar fleece jacket (preferred) or woollen jumper
- / Light jumper (warm)
- / Beanie
- / Shorts and/or light trousers for walking
- / Polypropylene thermal underwear (long-sleeved top and long johns; essential in summer and winter)
- / Warm long pants (for evenings on the boat)
- / Shirts/t-shirts (merino or polypropylene; 3 recommended)
- / Socks (merino recommended; 3 pairs recommended)
- / Underwear
- / Sun hat and sunscreen
- / Travel towel or body chamois (body size for swimming; light and quick to dry)
- / Water bottle(s) (at least 1.5 litres total capacity)
- / Travel mug for hot drinks out on track
- / Any personal medication, including anti-inflammatories and EpiPens
- / Face masks - enough for the duration of your walk, keeping in mind we don't provide laundry facilities. Masks with filter preferable. For public health advice on masks click [here](#).

\* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE



## Recommended Items

- / Camera (with spare batteries or charger – limited charging capacity available on Lady Eugenie)
- / Waterproof overpants (November, December, January, February, March)
- / Swimming costume
- / Binoculars
- / Drawing or painting supplies
- / Notebook and pen/pencil
- / Walking poles

## Gear hire

Three Capes Gear and Gourmet, has walking poles, over-pants and headlamps available for hire. They will conveniently deliver to our walkers base for the start of your walk.

To organise hire gear please visit <https://twc.3capesgearandgourmet.com.au>

## Frequently Asked Questions

**How often do trips depart?** Our trips depart regularly from September through until early May each year (please check on our on-line calendar or contact our office for departure dates).

**What is the itinerary?** Please note that on occasion our itinerary may need to change due to weather conditions. We do try to keep changes to a minimum and your guide and skipper will keep you up to date with any planned changes whilst on your trip.

**What is the accommodation like?** We have four guest rooms aboard the Lady Eugenie. Two rooms have one double bed, and two have two single beds (as a bunk). We will do our best to accommodate your room request; however, due to space limitations we cannot guarantee a specific room type will be available.

**How many guests will be on my trip?** Each trip requires a minimum of four and a maximum of eight guests. If booking as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.





**How fit do I need to be?** As long as you exercise regularly and have moderate fitness, you should enjoy this walking holiday. You need to be capable of walking between 9 and 14km each day, including walking along beaches, some hill climbs and some uneven terrain. There is plenty of time to explore, as well as sit and rest, each day. There are also alternative options, should you wish to stay on the boat or choose a more relaxed walking alternative.

**How much weight do we carry?** We provide a duffel bag and a 25-litre day pack on the morning of your departure. You will pack all the gear you need for the duration of your trip into the duffel bag. Your gear will be stowed on board Lady Eugenie, so you will only require a day pack for all walks (provided by us). If you follow the gear list, your day pack should weigh approximately 5kg.

**What style of boots/walking shoes do I need? And what about boating shoes?** You will need lightweight, lace-up boots (preferred) or walking shoes (acceptable). Boots/shoes must be worn in to minimise the risk of blisters. Sandshoes, elastic-sided boots and similar are not acceptable.

Whilst on the boat, we ask that you wear clear soled shoes to limit damage to the deck. There are many styles of boat shoe available, but if you are looking for a good option that isn't too expensive, Dunlop Volleys or similar are perfectly fine.

**Do we need travel insurance?** We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our Booking Terms & Conditions for details and contact us if you have any questions.

**How many guides are there?** Every trip has an experienced guide, skipper and crew.



**What is Lady Eugenie like? Do I need to help sail the yacht?** Lady Eugenie is a beautiful, 23-metre (75-ft) ketch rigged yacht. She is five metres wide which makes her stable, safe and comfortable for both novices and sailing enthusiasts.

Her clipper bow, complete with a bowsprit you can walk on, is perfect for watching dolphins and other marine life. With beautifully maintained teak decks and classically varnished hand rails, Lady Eugenie's spacious decks are the perfect setting for relaxing and taking in the scenery. The central cockpit provides plenty of comfortable seating, with a picturesque alfresco dining setting: a magical place to take in the sunset.

There are four comfortable cabins on board, all with air conditioning, bathrooms and showers. During the evening you can relax in the delightful and spacious saloon with dining table and comfortable lounge.

Lady Eugenie is your home whilst you are on board. You don't need to assist with sailing, but if you are keen to learn more about sailing please speak with our skipper.

**How about food?** All meals are provided, including scrumptious three course dinners using fresh produce. Meals are prepared by our gourmet cooks/guides. We are happy to cater for special dietary requirements, we just need to know in advance. Evening meals are served with a carefully selected range of Tasmanian wines.

**What time does the trip commence and conclude?** Please have your breakfast before joining us at our walkers base (164 Murray Street Hobart) where you will meet your guide.

We will pick up in front of MACq01 (18 Hunter Street, Hobart) between 7.00 - 7.10am and the Old Woolstore Apartment Hotel between 7.05 - 7.15am. If you would prefer to make your own way to our walkers base please be there by 7.30am sharp. Here you will meet your guides and other group members, as well as receive a briefing and gear check.

We then board our bus for a 1-hour drive to Orford.

Your trip will return to Hobart via the airport, stopping at a boutique vineyard with time for you to repack your bags and enjoy some canapés and Tasmanian sparkling wine before we say farewell. We have an airport drop off at approximately 5.00pm followed by a drop off at your accommodation in the Hobart CBD between 5.15pm - 5.30pm.

### **What pre- and post-trip accommodation options do we have in Hobart?**

See our **Walker Benefits Program** for recommendations and discounts: <https://www.taswalkingco.com.au/walker-benefits/>

#### **The Old Woolstore Apartment Hotel** 1 Macquarie Street, Hobart

This multi-award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly. To book visit [oldwoolstore.com.au](http://oldwoolstore.com.au)

- / Enter your check in and check out dates, number of rooms and guests
- / Hit 'Book Now'
- / Once the booking page loads, select the 'Add Code' tab and change the discount code to 'Rate Access/Corporate Code'
- / Type in the code TWC and click 'Add' to receive your exclusive offer

#### **The Henry Jones Art Hotel** 25 Hunter Street, Hobart

A hotel where art and history collide. Hobart's oldest waterfront warehouse has been transformed into Australia's first dedicated art hotel with views capturing the bustling wharf. Close to galleries, restaurants, bars and cafés.

The Henry Jones offers luxury boutique accommodation with warm friendly service. To book please email [reservations@thehenryjones.com](mailto:reservations@thehenryjones.com) and quote "Tas Walking Co" to receive your 10% discount.



**MACq01** 18 Hunter Street, Hobart

MACq 01 lives on Hunter Street on the old Hunter Island, one of the earliest sites of European settlement in Tasmania. Surrounded by yachts, docks, convict-built sandstone warehouses and a huge expanse of open water, the hotel boasts gorgeous views alongside supreme convenience.

MACq 01 is the perfect place to start telling your own Tasmanian story. Accommodation is available in a variety of luxurious suites and rooms. Each of the hotel's 114 rooms are linked to a real character central to the story of Tasmania - heroes, villains, explorers, inventors, convicts, bushrangers, first people, industrial giants, political mavericks and much more.

To book please email [reservations@macq01.com.au](mailto:reservations@macq01.com.au) and quote "Tas Walking Co" to receive your 10% discount.

**If you are staying anywhere else in Hobart please make your way to our walkers base (164 Murray Street, Hobart) by 7.30am.**

**Are there age restrictions?** The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.





## Fitness Training

Training will prepare your body so you can enjoy the hike more and focus on the landscape and the experience. The Wineglass Bay Sail Walk requires both hiking strength and personal stability as you move around on the Lady Eugenie while at sea. You will have the opportunity to climb mountains and hills, so training on dirt trails, rocky shores, headlands and soft sand will prepare you for the walk.

Each day you will be bringing a day pack, with 1.5-litres of water, weather-proof jacket, lunch, snacks and camera. The day-pack will weigh approximately 5kg, so it is ideal to train with a small day-pack of similar weight. Remember all walks start at sea level and can reach an elevation of 620m.

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### 3-6 months before your walk

If you have limited experience with long-distance walking, ideally you will get started with your training as possible. Begin on the terrain you are comfortable walking on, to loosen up your joints and muscles. Bring a light pack with you, and begin hiking in the boots, socks and other gear that you will be hiking in on your trip.

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the Tasmanian wilderness!

#### IDEAS:

- / Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work.
- / Short bush walks or coastal strolls on the weekend.
- / Walking in the soft sand is more challenging than you might expect, so be sure to get out on your local beach for some walks prior to your trip.

## 2-3 months before your walk

As you become more conditioned begin longer walks and more pack training. The Bishop and Clark walk on the Wineglass Bay Sail Walk is approximately a 3-5 hour walk depending on pace. There are some steeper sections so begin adding elevation training to your walks. If you are feeling unbalanced on the trails during your hiking preparation try out some walking poles as they provide more support to your knees, ankles and upper body while ascending and descending mountains.

Your training walks should be around 7-9km in length to walk comfortably on your trip. Now is also a good time to add more strength based exercises.

### IDEAS:

- / Do you or a friend have a boat? Go out and see if you get motion sickness. Start getting your sea legs!
  - / Agility and stability are key on the Lady Eugenie which has stairs into the saloon. It's more comfortable moving around and dolphin sighting from the bow if you feel balanced when the ketch is making way. Yoga, balance and/or pilates based exercises should be added to your training.
  - / Choose something you enjoy; cycling, rowing, running, Stairmaster, treadmill and swimming are all good choices.
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## 1-2 months before your walk

The walking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. Map out a 12km hike for a weekend prior to your walk consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and daypack).

### IDEAS:

- / Walking on the beach, headlands, trail wading and trails with elevation.
- / Carry the weight in your pack that you think you will have with you during the walks.
- / If possible, have your short walk the day after the long weekend walk (so you can become conditioned to multi-day walking).
- / Walk in all weather conditions, as Tasmania can experience many seasons in one day. The most common unpleasant weather you may experience on your walk is windy beach walking.