



THREE CAPES AND TASMAN PENINSULA - TREK NOTES

TREK OVERVIEW

Journey through the rugged south-east coast of Tasmania on this fully supported and professionally guided four-day trek with [Peak Potential Adventures](#). Discovering parts of the pristine and wild Tasman National Park, you'll encounter a new and different adventure each day.

Witness the towering cliff faces of the Tasman Peninsula, home to the awe-inspiring Three Capes. Made up of Cape Raoul, Cape Hauy and Cape Pillar, Three Capes is considered by many to be the most unique coastal landmark in Australia - if not the world.

Your adventure will take you to the summit of Mount Brown, providing breathtaking panoramic views of Crescent Bay, Cape Raoul and Cape Pillar. You'll also trek the coastline from Waterfall Bay to Fortescue Bay. The longest trek of your four-day itinerary, this stretch is one of the most stunning in Tasmania with its impressive vistas and ever-changing rainforest landscape.

On the final day, you'll head to the water for a three-hour wilderness cruise of Tasman Island, Cape Pillar and the coastline up to Eaglehawk Neck with award-winning [Pennicott Wilderness Journeys](#). Get even closer to the local sea life who call this exquisite and untouched region home (*optional extra cost of \$135 when booking to accommodate those who may be prone to seasickness*).

Learn about the infamous history of the [Port Arthur](#) convict settlement during a delicious team dinner at the highly acclaimed restaurant 1830, set within the gates of Port Arthur and overlooking the world-renowned historic site.

You'll get to experience the best of what the Three Capes and Tasman Peninsula has to offer each day and then head back to your four-star accommodation at [Stewarts Bay Lodge](#) in Port Arthur to refresh, dine on seasonal meals made from local produce, and prepare for your next day's exploration. Stewarts Bay Lodge is nestled between the beach and the forest, where you will sleep to the sound of the calming ocean, amongst the world heritage national park.

Please note: (*This trek is not associated with the self-guided trek of The Three Capes operated by the Tasmanian Parks & Wildlife Service*).

Highlights

- Four days of trekking exploring the most iconic locations of the Three Capes and Tasman Peninsula
- Daypack carry only for a comfortable and casual adventure experience
- Trek to Cape Raoul, Cape Hauy and Fortescue Bay from Waterfall Bay, and climb Mount Brown with a side trek to Crescent Bay
- A three-hour wilderness cruise with Pennicott Wilderness Journeys (*optional extra when booking*)
- Close encounters with abundant sea life around Tasman Island and Cape Pillar (*optional extra when booking*)
- Witness local Tasmanian flora and fauna on your daily treks
- Four-star accommodation at Stewarts Bay Lodge
- A-la-carte breakfasts and dinners at Gabriel's on the Bay

- One of the night's dinners at renowned restaurant 1830, situated in Port Arthur's historic site
- Professionally catered pre-packed lunches and snacks prepared for your trekking day
- Enjoy the company of like-minded trekkers and adventurers
- Disconnect from daily life and take in the pristine Tasmanian scenery
- After a day trekking, relax and unwind or take a stroll along Stewarts Bay or Port Arthur

Please note: *In case of people suffering from seasickness, the wilderness cruise is offered as an optional extra when booking at a cost of \$135. A helicopter tour may be an alternative for the afternoon depending on availability. Bookings must be made directly with [Osbourne Heli Tours](#). If you don't want to do the wilderness cruise or the helicopter tour, transfer back to Hobart after the trek to Cape Hauy or a tour of the Port Arthur historic settlement can be arranged.*

TREK ITINERARY

DAY 1 - TRANSFER HOBART TO STEWARTS BAY LODGE PORT ARTHUR - MOUNT BROWN AND CRESCENT BAY

Meet in the foyer of the Hotel Grand Chancellor in Hobart at 7:30 AM. Our private bus will drive the team to the Tasman Peninsula. Your accommodation for the four days will be at the Stewarts Bay Lodge, situated on Stewarts Bay next to Port Arthur.

Mid-Morning Trek - Mount Brown and Crescent Bay

Trekking Time: 4 hours (will vary depending on team speed, breaks, etc.)

Distance: 9km (return)

Meals Included: a-la-carte breakfast at Gabriel's on the Bay, morning tea & pre-packed lunch & trail snacks prepared by the chef, a-la-carte dinner at Gabriel's on the Bay

We will meet in the foyer of the [Hotel Grand Chancellor](#) in Hobart at 7:30 AM for our transfer to the Tasman Peninsula. As a suggestion, we recommend staying there as it makes for an easy meeting place and transfer for you, but if not, we highly recommend staying in a nearby hotel.

The bus ride to Port Arthur is approximately 90 minutes. When you arrive at Stewarts Bay Lodge, it will be too early to check in. We will store our luggage and start preparing for the first leg of the adventure - a trek to the Mount Brown summit following on to Crescent Bay. We suggest having your daypacks ready when you leave Hobart.

When you arrive at the hotel at around 9:00 AM, you'll be provided with a packed lunch freshly prepared by the hotel, along with trail snacks. We also recommend bringing some of your favourite snacks for the day treks, as well as a small thermos (750ml -1,000ml) that can either hold pre-made coffee, soup or hot water to make coffee or tea whilst trekking. You'll head off from your hotel for the Mount Brown trek at around 10:00 AM on a 10-minute bus ride to the departure point.

The walk to Mount Brown is moderately easy. The hardest part is the uphill section leading to the summit. The summit has sweeping panoramic views of the spectacular Tasman Island, Arthurs Peak and Port Arthur's Carnarvon Bay. You will also be rewarded with distant panoramic views further south to Cape Raoul and Bruny Island, as well as Crescent Bay, which is regarded as the most beautiful beach on the Tasman Peninsula.

The path to Mount Brown begins at the Remarkable Caves car park. For much of the way, you'll traverse undulating sand dunes with healthy vegetation. On your travels, you also visit the large rock cavity Maingon Blowhole. With plenty of photos and videos taken on the summit of Mount Brown, we'll head down to re-join the Crescent Bay track and follow that north until we hit the sand dunes that reveal the beautiful Crescent Bay beach.

After our visit to Crescent Bay beach, we will return to the bus for the 10-minute ride back to our hotel to check in. We would expect to have you back at your hotel to check in by about 3:00 PM or earlier. After settling into your room, dinner will commence at 6:30 PM, where you'll enjoy a beautifully cooked restaurant dinner at the

lodge made from local produce. This will be a great opportunity to simply relax and kick back with your fellow trekkers over a local wine or two.

DAY 2 - CAPE RAOUL

Cape Raoul Trek

Trekking Time: 5 hours (will vary depending on team speed, breaks, etc.)

Distance: 14km (return)

Meals Included: a-la-carte breakfast at Gabriel's on the Bay, morning tea & pre-packed lunch & trail snacks prepared by the chef, dinner at 1830 Bar & Grill

Today is a trek to Cape Raoul, offering spectacular coastal lookouts of the Tasman Peninsula. A moderately easy path, there are only a few short steep sections. The return journey takes approximately five hours to complete, allowing us plenty of time to relax, enjoy lunch prepared by the restaurant, and take in the vistas of the surrounding Tasman Peninsula.

Heading off after breakfast at 8:30 AM, the bus ride to the start of the track is 25 minutes. You won't have to go too far before you are rewarded with a view of the famous and incredible dolerite cliffs. This area has recorded some of the strongest wind speeds in the world, so fasten your hats!

Along the plateau, on the way to the tip of Cape Raoul, the sweeping views will continue to open up revealing the towering cliffs along rugged coastline. You will see as far north to Cape Pillar and south to the ever-popular holiday destination of Bruny Island. Cape Raoul is famous for its dolerite organ pipes, and you won't be disappointed when you see them up-close, towering into the sky from the ocean.

At the tip of Cape Raoul, you will take in the majestic views and enjoy lunch before we head back to the bus, where we expect to return to the lodge by 3:00 PM. You will have time to rest up and get ready for a special night ahead. Tonight, we will be having a team dinner at the highly acclaimed restaurant 1830 that overlooks the Port Arthur Historic Site. Made from fresh Tasmanian local produce, you will have the choice of entree and main, or a main and dessert. Take it a little easy on the famous Tasmanian wine though, as tomorrow is the longest leg of your adventure.

DAY 3 - WATERFALL BAY TO FORTESCUE BAY

Waterfall Bay to Fortescue Bay Trek

Trekking Time: 8-9 hours (will vary depending on team speed, breaks, etc.)

Distance: 18km (one-way trek)

Meals Included: a-la-carte breakfast at Gabriel's on the Bay, morning tea & pre-packed lunch & trail snacks prepared by the chef, a-la-carte dinner at Gabriel's on the Bay

Today is the longest trek of your 4-day itinerary, and it is highly regarded as one of the most fascinating on the Tasman Peninsula with its amazing views and ever-changing rainforest scenery. At around 18km long, it will take 8-9 hours to complete. We still classify it as moderately easy-going and well worth the effort.

There are some steep sections heading up to Tatnells Hill, but nothing a basic level of fitness won't be able to knock over. The big advantage is, it's a one-way trek from end-to-end, making the distance not as noticeable because you'll be constantly encountering different, beautiful and unique scenery along the way - making the kilometres tick over with ease.

After breakfast, we will head off a little earlier than the past days due to the distance we need to cover. Leaving at 7:30 AM from the lodge, the bus ride is a short 25-minute journey to the starting spot at Waterfall Bay. The beauty of this trip is that you'll have stunning views back to Pirate's Bay and Eaglehawk Nest at the start of the day, and then a taste of what's to come tomorrow as you skirt the coastline and get stunning glimpses of Cape Hauy and Tasman Island. Depending on where we are, we will stop for lunch and have plenty of time to soak up the remarkable views along the way.

Arriving at Fortescue, we will either take a pre-arranged taxi-bus back to our private bus at Waterfall Bay, or our private bus will be there waiting to take us back to the lodge. This arrangement will depend on the number of guides, etc. We aim to be back at the hotel between 4:00 PM and 5:00 PM, so you have time to prepare for dinner at the lodge.

DAY 4 - CAPE HAUY - AFTERNOON WILDERNESS CRUISE (OPTIONAL) - RETURN HOBART

Morning Trek to Cape Hauy - Afternoon Wilderness Cruise (Optional) - Return back to Hobart

Trekking Time: 4 hours (will vary depending on team speed, breaks, etc.)

Distance: 8km (return)

Wilderness Cruise Time: 3 hours - departs at 2:00 PM (*Optional extra if prone to seasickness - refer below for other activity options*)

Meals Included: a-la-carte breakfast at Gabriel's on the Bay, morning tea & pre-packed lunch & trail snacks prepared by the chef (option for lunch in Port Arthur prior to the wilderness cruise)

Leaving the best till last, today is a trek to Cape Hauy in the morning and then a three-hour wilderness cruise with the award-winning Pennicott Wilderness Journeys exploring the sea cliffs up close and personal around Tasman Island and Cape Pillar. The way to Cape Hauy is moderately easy with some short steep uphill sections with well-built stairs as well as downhill sections, which are easily managed. It will take around four hours to complete.

The three-hour wilderness cruise is an added extra in our adventure itinerary when making the booking because we know some people suffer from severe seasickness. We have provided alternative options instead of the wilderness cruise further below.

After breakfast, we will head off at around 7.30 AM from the lodge for a 25-minute bus ride to the start of the trek. We will store our main luggage at the lodge reception ready to collect in the afternoon for the return trip back to Hobart.

The first part of the walk is through sclerophyll forest before the track starts to head down into Cape Hauy where the forest opens up to breath-taking coastal views. Cape Hauy is home to the famous Candlestick and Totem Pole rock features, which are large columns of dolerite rock protruding from the ocean and are popular climbing and abseiling features. At the edge of Cape Hauy, you'll also see the Hippolytes, which are large formations of rock that sit severed from the mainland. After taking in the amazing views and rock features, we will head back to the bus and into Port Arthur - a 40-minute bus ride.

The wilderness cruise departs at 2:00 PM, but the team must be booked in by 1:30 PM at the latest for departure. There may be time for a quick stop in Port Arthur to grab a coffee, soft drink, or some food, but it will be subject to time.

The Pennicott Wilderness Journeys' departure facility is close to Port Arthur, so we will manage any extra time accordingly to make sure we are there by 1:30 PM. The three-hour wilderness cruise operates in the water from Port Arthur to Eaglehawk Neck, and you will get up-close and personal with the towering sea cliffs, dolomites, and the abundant and diverse sea life around Tasman Island and Cape Pillar. Pennicott Wilderness Journeys is an award-winning cruise operator in Tasmania. You can read more about them and the wilderness cruise on their website: <https://www.pennicottjourneys.com.au/>

For those who may choose not to do the wilderness cruise, you have the option of the following activities in the afternoon after the morning Cape Hauy trek:

1. A tour of the Port Arthur historic settlement and just relax around the Port Arthur area
2. a helicopter tour with Osbourne Heli Tours which will vary in time and cost depending on the flight package. This option would be subject to availability and you would need to pay for the heli tour directly. Please refer to the Osbourne Heli Tours website for more information: <https://www.osbornehelitours.com/>
3. An early transfer back to Hobart.

After your wilderness cruise or alternative activity, the team will rejoin and you will be transferred back to Hobart for either your late flight or to the Hotel Grand Chancellor, which is our drop off point. Those who have flights will be dropped off first. The bus ride back to Hobart is around 90 minutes, so we would have you at Hobart Airport at 7:00 PM at the latest. From the airport, we arrive back at the Hotel Grand Chancellor by around 7:30 PM. We recommend staying at the Hotel Grand Chancellor, or at a hotel in close proximity.

TREK INCLUSIONS & OPTIONAL EXTRAS

- Local Australian professional guides with extensive outdoor and adventure experience
- Transport to your accommodation at Stewarts Bay Lodge, all transport to and from treks and activities and return transport back to Hobart
- 3 nights twin share accommodation in a two bedroom two bathroom deluxe chalet at the four-star Stewarts Bay Lodge (*an optional extra single supplement upgrade is available at the time of booking for \$300*)
- 2 dinners at Gabriel's on the Bay restaurant
- 3 a-la-carte breakfasts at Gabriel's on the Bay restaurant
- 4 pre-packed lunches, morning tea and trail snacks prepared by the chefs at Gabriel's on the Bay
- 1 dinner at the '1830' Bar & Grill restaurant in Port Arthur historic site
- Three-hour wilderness cruise with Pennicott Wilderness Journey (*optional extra when booking*)
- Personal support and leadership on the trek
- Emergency remote communications and group first aid kit
- All National Park passes
- No booking fees or credit card fees.

TREK EXCLUSIONS

- Return flights to and from Hobart
- Accommodation at Hobart before and after the trek
- Alcoholic drinks and beverages at the restaurant dinners
- Alcoholic drinks and beverages at the '1830' Bar & Grill restaurant outside of the one provided with the meal
- Additional resort room charges.