



The Three Capes and the Tasman Peninsula are home to some of Australia's most spectacular coastal landscapes, if not the world. Stay in 4-star accommodation and explore this beautiful region. Every day will be a new adventure with wow factors.

DEPARTURE DATES AND PRICE

Please refer to website:
www.peakpotential.net.au

Places are limited

THREE CAPES TRACK



Explore
This Iconic
Coastal Region
on Day Walks Only
With a Light Daypack



ADVENTURE OVERVIEW

Join us on our 4-day Three Capes Track adventure through the beautiful Tasman National Park and the Three Capes region. You'll experience some of the best day walking in Tasmania. You'll only need to carry a daypack for this adventure, which will make the adventure experience and sightseeing much more comfortable and enjoyable. Each day will bring a new adventure as you explore the best sections of the Three Capes Track, such as Cape Raoul, Cape Hauy and Cape Pillar from the sea. After a day of walking, kick back and relax in your 4-star accommodation and enjoy restaurant-quality meals at Stewarts Bay Lodge.

HIGHLIGHTS

- 4 days exploring the Three Capes and Tasman Peninsula
- Carry a light daypack only for a comfortable adventure
- Walk to the coastal outcrops of Cape Raoul and Cape Hauy
- Walk the Tasman Coastal Trail from Waterfall to Fortescue
- Explore Cape Pillar and Tasman Island on a 3-hour cruise
- 4-star accommodation at beautiful Stewarts Bay Lodge
- A-la-carte breakfasts and dinners at On The Bay restaurant
- Dinner at 1830 restaurant in Port Arthur historic site
- Enjoy the company of like-minded trekkers and adventurers
- Because it's day treks only, choose your own adventure level.

INCLUSIONS

- Professional and experienced Australian guides
- Private transport to Port Arthur from Hobart
- Private transport to Hobart from Port Arthur
- 3x nights 4-star accommodation at Stewarts Bay Lodge
- 2x a-la-carte dinners at On The Bay restaurant
- 1x a-la-carte dinner at 1830 restaurant in Port Arthur
- 3x a-la-carte breakfast at On The Bay restaurant
- 3x packed lunches made by On The Bay restaurant
- 3-hour award-winning wilderness cruise (opt extra)
- Emergency remote communications and UHF radios
- Group first aid kit carried by the guides
- All official national park trekking permits
- Pre-training and ongoing fitness advice, if required
- Personalised equipment advice and selection.

EXCLUSIONS

- Domestic flights to Hobart and return home
- Personal expenses like phone calls and alcoholic drinks
- Barista made coffee at breakfast each day
- Meals in Hobart before the adventure
- Meals in Hobart after the adventure
- Lunch on the last day at Doo Lishus fish and chip van
- Travel insurance - highly recommended
- Boots and other basic adventure clothing
- Medical check-up costs and personal medication.

WHY WALK WITH US

Peak Potential Adventures operates small group adventures both in Australia and overseas and was founded by a group of experienced adventurers who have built a solid and well-regarded reputation. Our experience outdoors has been built from the ground up over many years. Adaptability, planning, logistics, transparency and professionalism are our strengths and qualities. Our priorities are meeting your expectations, servicing your needs, keeping you safe, and delivering value-for-money adventure experiences. Taking on an adventure can sometimes seem a bit daunting, so one of our most important qualities is that we are approachable and always available to answer any questions or provide advice - with us, you'll always get a personalised level of service.

PRE-ADVENTURE TRAINING

The Peak Potential Adventures team are qualified personal trainers who are available to guide and assist you in getting adventure fit to meet the physical demands of the Three Capes Track. Having completed many challenging expeditions throughout the world, we will provide expert advice regarding pre-adventure fitness training.



ADVENTURE ITINERARY

DAY 1

This morning, we will start our 4-day adventure by taking our private bus from Hobart to Port Arthur to Stewarts Bay Lodge. Once we are organised at Stewarts Bays Lodge and have grabbed our pre-pack lunches from the restaurant, we will drive to Fortescue Bay to start our day walk out to Cape Hauy. The track out to Cape Hauy is well-groomed and has steep hills sections, but the hills have well-placed and structured steps. The total distance we will walk today will be around 9.4km return. Cape Hauy is a raw and rugged rock formation and is home to spectacular dolerite columns and cliffs that are popular areas for climbing and abseiling. The 'Candlestick' and 'Totem Pole' are some of the famous rock features that rise out of the ocean at the end of Cape Hauy. Also, at the end of Cape Hauy, you will be rewarded with sweeping 360 degrees views of this spectacular coastal region. After our walk, we will head back to Stewarts Bay Lodge to book in, relax, and get ready for dinner at On The Bay restaurant located in Stewarts Bay Lodge.

DAY 2

After a lovely breakfast at On The Bay, Cape Raoul will be our day walk today, home to the famous 'Organ Pipes' dolomite columns that are Jurassic in age, forming some 185 million years ago. This part of Tasmania and Cape Raoul is famous for having some of the most exposed amounts of dolomite columns in the world, as well as some of the world's highest recorded wind speeds. Today we will also take a side trip to Shipsterns Bluff lookout, a world-renowned big-wave surfing location. The walk is around 17.5km return which includes the side trip to Shipstern Bluff. The track is very well-groomed. Not too long after visiting Shipstern Bluff Lookout, we will be rewarded with spectacular views out to the end of Cape Raoul; this is where we will be heading next. From there, we will start to head downhill, passing through the temperate rainforest to a flat section that will take us out to the end of the cape. On the downhill section, there are places to stop to take in the views back towards the coastal section of the cape. Our timing is such that we generally have lunch out at the end of the cape, enjoying the spectacular views from Cape Raoul Viewing Point. We will have a quick visit to Seal Rock Lookout before heading back to the bus. There will be time to relax in your chalet before enjoying a lovely team dinner at the renowned 1830 restaurant situated in the Port Arthur Historic Site.

DAY 3

Today is the longest day of the adventure, so we will head off earlier from breakfast at On The Bay. The Waterfall Bay to Fortescue Bay oneway walk around 18km, but we are on our feet a bit longer today because the terrain is more closed in and not as well-groomed, so the going is slower. This section of the Tasman Coastal Trail is perhaps one of the best walks on the Tasman Peninsula and one overlooked by many walkers. After a quick visit to Waterfall Bluff Lookout, which has spectacular views up the rugged coastline, we make our way up the steepest hill of the walk, Tatnells Hill (548m). The uphill grind is somewhat forgotten as we pass through beautiful Jurassic-looking temperate rainforests and running creeks. We have morning tea at the top of the hill before making our way downhill. After stopping for lunch at Eagles Lookout, we will ultimately pass by beautiful Bivovvac and Canoe Bays before hitting the white sandy beach at Fortescue Bay. Time to head home after a long day and get ready for dinner at On the Bay restaurant.

DAY 4

Leaving the best for last. After breakfast at On The Bay, we will go on the award-winning Pennicott 3-hour wilderness cruise. From the sea, you will gain a whole new perspective of these spectacular towering coastal cliff faces. It will also put into perspective how much of the Tasman Peninsula and the Three Capes you have explored over 4 days. In addition, the ocean in this region is teeming with sea life which adds to the seagoing adventure. After the wilderness cruise, we will head over to Eaglehawks Nest and Doo Town, where we will have lunch at Doo Lishus, which is well known for its delicious fish and chips, before having a walk around the famous landmarks of Tasman Arch and Devils Kitchen. The around these landmarks is short, only around 500m return. After our return to the bus, we will head back to Hobart.

HOW TO REGISTER AND JOIN OUR TEAM

If you would like to join us on our Three CapesTrack adventure or would like more information, please contact us directly using any of the contact details below, or fill out the below application and email it back to our office. For more information, visit our [Peak Potential Adventures website](#) and our [Three Capes Track information page](#)

ADVENTURE:_____ ADVENTURE DATE:_____

FULL NAME:_____ DATE OF BIRTH: / /

MOBILE NUMBER:_____ EMAIL ADDRESS:_____

1. DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES? (Please circle) YES / NO

If you have circled YES, please provide further information about your dietary requirements or allergies?

2. DO YOU HAVE ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF? (Please circle) YES / NO

If you have circled YES, please provide further information about your medical conditions.

3. DO YOU HAVE ANY INJURIES WE SHOULD BE AWARE OF? (Please circle) YES / NO

If you have circled YES, please provide further information about your injuries.

4. HOW WOULD YOU RATE YOUR CURRENT LEVEL OF FITNESS? (Please circle)

POOR AVERAGE GOOD VERY GOOD EXCELLENT

5. HAVE YOU HAD ANY PREVIOUS BUSH WALKING OR TREKKING EXPERIENCE? (Please circle) YES / NO

If you have circled YES, please provide further information about your experience.

6. WHO SHOULD WE CONTACT IN CASE OF AN EMERGENCY AND WHAT IS THEIR RELATIONSHIP TO YOU?

FULL NAME:_____ RELATIONSHIP:_____

7. WHAT IS THE BEST MOBILE NUMBER FOR YOUR EMERGENCY CONTACT?
