

# The Centre for Women & Co

## Three Capes Track 2019

THE  
CENTRE  
FOR WOMEN  
& CO.

SPECIALIST  
DOMESTIC VIOLENCE  
& WOMEN'S WELLBEING  
SERVICES

**Departing:** 1 November to 5 November 2019

8 minimum, 10 participants maximum.

**Price:** \$3,260pp



**AURORA**  
ADVENTURES

## SPECIALIST DOMESTIC VIOLENCE AND WOMEN'S WELLBEING SERVICES

**The aim of this challenge is to support the Centre for Women and Co to help provide much needed specialist domestic violence and women's wellbeing services.**

The Three Capes area in the Tasman National Park is a stunning addition to the Tasmanian 'must-do' list. On this three day active tour you will experience the best of the Peninsula: coastal walks, convict history and a wildlife cruise, all complimented by delicious meals and local knowledge provided by your experienced wilderness guides. This day-pack only trek will allow you to step outside your comfort zone to be part of something bigger.



## Three Capes Track 2019



**Departing:** 1-5 November 2019

10 participants maximum.

**Price:** \$3,260pp

\*based on shared accommodation.

### Inclusions

#### Your trek cost includes:

- 4 star accommodation in Hobart at the start and end of your adventure, accommodation on track and meals per itinerary
- Transfer from hotel to airport at the conclusion of your adventure
- National Park fees
- Professional licensed wilderness guides
- 8 weeks of supervised adventure training (2 sessions per week)
- Personal travel insurance up to \$110 per person
- Trek shirt and cap
- Port Arthur Historic Site Entry
- Tasman Island 3 hour cruise
- Emergency communications & group first aid kit

### Exclusions

#### Your trek cost excludes:

- Personal expenses such as phone call costs and alcoholic beverages at the hotel
- Boots and a small amount of personal trek clothing
- Personal Medications
- Flights to Hobart and return

## Itinerary

### Day 1

#### Transfer from Hobart to Port Arthur, walk to Cape Hauy

Our adventure begins from your Hobart accommodation between 7:30-8am after your hotel stay organized by Aurora the evening before. Our scenic drive south-east to the Tasman Peninsula is the perfect opportunity for your guides to introduce this beautiful area to you. Our first stop is Fortescue Bay, a pristine white-sandy beach with turquoise waters often frequented by dolphins. Here, overlooking the bay, your guides will conduct an exciting trip-briefing before we head out on our first bushwalk to Cape Hauy. This walk takes us through a diverse range of vegetation types and ends with exhilarating coastal views from the spectacular, huge cliffs. This well-graded track is also the last day's walk of this spectacular coastal trail. After a delicious picnic lunch we journey to the Port Arthur historic site for a cruise and tour. In the late afternoon we arrive at our comfortable accommodation where you can kick back with a drink while your guides cook up a BBQ feast.

**Walking Time: 4-5 hours | Walking Distance: 9km  
meals: L,D**

### Day 2

#### Walk to Cape Raoul

Today we walk to the massive and magnificent Cape Raoul. The track is challenging – undulating through wind-blasted coastal scrub – yet supremely rewarding. Keep a look out for Pademelons and Bennets wallabies on the track, and the endangered Wedge-tailed Eagle swooping overhead. We come across huge sea cliffs which are home to the infamous Shipsterns Bluff, one of Australia's biggest and most gnarly surf-breaks. Here there is an abundance of bird life and expansive views across the Tasman sea and to Cape Pillar. If the time of year is right, we may even be lucky enough to see whales migrating along the coast! After a great picnic lunch in the bush we head back to our accommodation to freshen up before going out to dinner at one of the area's lovely restaurants.

**Walking Time: 5-6 hours | Walking Distance: 14 km  
meals: B,L,D**

### Day 3

#### Wildlife and Cape Pillar sea cruise, transfer to Hobart

After a scrumptious breakfast we head off on the award-winning Tasman Island Wildlife Cruise. This world class eco-adventure cruise travels along the spectacular coastline of the Tasman National Park between Port Arthur and Eaglehawk Neck, beneath the tallest sea-cliffs in the Southern Hemisphere, with spectacular views of the remote Cape Pillar from our vessel. One of the highlights of the cruise is boating beneath Tasman Island, a great landmark of the Southern Ocean. The island's slender white lighthouse is still a beacon for seafarers entering Storm Bay including during the famous annual Sydney to Hobart Yacht Race. We also see fur-seals and albatross, and have a chance of seeing dolphins, whales, and a huge amount of other spectacular and rare sea and birdlife. After a last lunch prepared by your guides, we transfer back to the beautiful waterfront city of Hobart. We will drop you at your Hobart accommodation at approximately 4pm.

**Wildlife Cruise: 3 hours | Driving Time: 1.5 hours  
meals: B,L.**

### Day 4

We will hit up to 10kms today with lots of ups and downs for our last day on the Three Capes Track. We walk through forest and coastal heath to Cape Huay where we will view spectacular off-shore sea stacks known as Totem Pole, The Candlestick and The Lanterns. We will head back to Hobart tonight to reflect on our experience together and enjoy a meal and some stories. *(Medium grade)*

### Day 5

Today we head home after having the opportunity to spend some time in the morning exploring some of Hobart.