

The Overland Track with Tamar Valkenier



trip highlights

Explore Australia's best multi day trek with
Fulltime Adventurer: Tamar Valkenier

Complete the internationally famous Overland Track

Discover rich bio-diversity; sublime rainforests, beautiful
sub-alpine plateaus and spectacular highland landscapes

End each day at scenic campsites in the remote wilderness

Summit Tasmania's highest peak, Mt Ossa (weather dependent)

Enjoy close encounters with native animals,
birds and stunning endemic plants



Trip Duration	6 days	Trip Code: SOG10135
Grade	Moderate	
Activities	Trekking with a full pack	
Summary	6 days trekking with a full pack (14-18kgs), 5 nights camping	

welcome to World Expeditions

Thank you for your interest in our The Overland Track with Tamar Valkenier trip. Tasmanian Expeditions has been in continuous operation for over 30 years. We offer economical, reliable, environmentally friendly, small group, fully inclusive adventure holidays to some of the most beautiful and pristine parts of Tasmania. Our trips cater to people from many walks of life, age groups and motivations. Tasmanian Expeditions offers more than 25 tailored itineraries that incorporate trekking, walking, cycling, paddling and climbing throughout Tasmania and some of its offshore islands.

why travel with World Expeditions?

When it comes to experiencing the very best of the Tasmanian wilderness it makes sense to travel with Tasmanian Expeditions:

- 30 + years experience
- The most experienced operator on The Overland Track
- Experienced and professional guides
- An unblemished safety record
- 24 hour backup
- A commitment to sustainable travel practices
- Quality equipment
- Delicious and nourishing meals sourced from Tasmanian produce

Each and every trip will provide you with a high quality experience that represents unsurpassed value for money. We look forward to helping you explore our amazing wilderness - the right way.

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the trip

The Overland Track holds legendary status as the finest alpine walk in Australia.

Walking from north to south, the Overland Track covers the highest area of Tasmania, from the base of Wullinantikala/Cradle Mountain to the rainforest-clad shores of the deepest natural lake in the Southern Hemisphere, Iiyawulina/Lake St Clair. The World Heritage listed landscape is truly breathtaking and will leave you enchanted, inspired and feeling completely connected. With each day and every step, the scenery on the trail varies dramatically taking you through ancient Myrtle forest, glaciated dolerite landscapes, past plateaus covered in sparkling tarns and lakes and to Tasmania's highest peak Mt Ossa. You will have up close encounters with the unique and endemic animals that call the Overland Track area home.

The Overland Track trek is suitable for first time bushwalkers who are able to trek with a fully loaded pack. We'll keep you well fed along the trail thanks to the inclusion of food drops, which will also help keep your pack as light as possible.

Then there's your Overland Track guides – the best in the business. Your professional guides will ensure your adventure is immensely memorable and enjoyable, providing support and care, creating delicious meals, and bringing the track to life with their local knowledge and enthusiasm for the Tasmanian wilderness.

about your leader/escort

Tamar has spent more than a decade leading adventurous journeys through some of the world's wildest landscapes, from Arctic tundra and remote deserts to mountain ranges and the vast steppes of Mongolia. Since moving to Tasmania in 2022, she has fallen in love with the island's rugged wilderness and now shares that passion with others on multi-day walks and expeditions.

Known for her enthusiasm, storytelling and ability to create a supportive group atmosphere, Tamar combines a genuine love of the outdoors with extensive expedition experience. She has extensive training in Wilderness First Aid and is fluent in English, Dutch, and German."

trip cost

Joining Launceston from: \$3445

All prices are per person

options & supplements

Trek Pack Hire - backpack, sleeping bag, sleeping mat & gaiters: \$100

at a glance

A COMPULSORY PRE-TOUR BRIEFING IS HELD IN LAUNCESTON THE DAY BEFORE THE TRIP COMMENCES. PLEASE SEE ITINERARY BELOW FOR FURTHER DETAILS.

DAY 1	LAUNCESTON TO CRADLE MOUNTAIN NATIONAL PARK, WALK WALDHEIM TO WATERFALL VALLEY
DAY 2	WATERFALL VALLEY TO LAKE WINDERMERE
DAY 3	LAKE WINDERMERE TO PELION PLAINS
DAY 4	PELION PLAINS TO KIA ORA
DAY 5	KIA ORA TO BERT NICHOLS
DAY 6	BERT NICHOLS TO LAKE ST CLAIR AND RETURN TO LAUNCESTON

what's included

- 2 professional wilderness guides
- 5 nights camping in traditional wilderness tents
- 5 breakfasts, 6 lunches, 5 dinners snacks and hot drinks
- Transport by private minibus between from/to Launceston
- Lake St. Clair ferry passage
- National Park fees
- Overland Track Permit
- Emergency communications & group first aid kit

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trip dates

2027 28 Feb - 05 Mar

fast facts

Countries Visited:
Australia

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

what's not included

- Travel to and from Launceston
- Accommodation before or after the trip
- Trek Pack Hire: inflatable sleeping mat, 70-90L backpack, sleeping bag, inner sheet and gaiters
- Items of a personal nature - alcoholic beverages, car parking etc
- Travel insurance

detailed itinerary

The Overland Track trip commences with a **COMPULSORY** pre-tour briefing at Tasmanian Expeditions Offices: 3/33 Churchill Park Drive, Invermay at 2pm on the day before departure. It is **ESSENTIAL** that you make your travel arrangements to enable you to attend this briefing and that you bring along with you all of the gear and clothing required for your expedition.

The briefing will be approximately 2 hours in duration and will include:

- Opportunity to meet your fellow group members over a complimentary hot beverage
- Overview of the itinerary and objectives of the tour
- Cross-check of required gear and clothing
- Distribution and packing of all hire gear requested and/or included in the tour price
- Explanation of what is expected from the group and individual participants
- Outline of inherent risks of the trip and our emergency procedures
- Explanation of conservation strategies and Leave No Trace principles
- Forecast weather conditions
- Confirmation of pick up times and locations for the following morning's departure
- Opportunity to pack your backpack and leave it with your guides, ready for the following morning

DAY 1 Launceston to Cradle Mountain National Park, walk Waldheim to Waterfall Valley

We pick you up early this morning in Launceston, from one of our two pick up locations. Our first pick up point is at 6:45am from the Grand Chancellor and our second pick up point is at 7:00am at the Penny Royal. We then drive 2.5 hours to Waldheim, 'forest home', where our Overland Track trek begins. The morning is spent walking up past lakes and tarns to the top of the Cradle Plateau where we are rewarded with views of Dove Lake and an endless horizon of impressive mountain ranges. The views of the iconic Cradle mountain will be uninterrupted for hours as we trek across the plateau before making our way to Waterfall Valley for our first night under the stars.

Walking Distance: 10.7km | Walking Time: 6 hours.

*You will need to arrive in Launceston the day before your trip, ensuring that you arrive in time to attend the 2:00pm pre-trip briefing.

meals: L,D

DAY 2 Waterfall Valley to Lake Windermere

After breakfast at our campsite we continue south to Lake Windermere. A leisurely day that offers time for a side trip to Lake Will – named after a coal prospector in the 1800s. There is opportunity to have a relaxing lunch and swim from the sandy shores of Lake Will. Returning to our packs we head back across the rolling

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thoughtful travel

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage area. Our passion for the Tasmanian wilderness is at the core of our values; we are informed and guided by this, ensuring that everything we do is carefully managed for sustainability. We have an exceptional record of successfully utilising minimum impact procedures to ensure that the wilderness values that inspire us are undiminished by our activities. We invite you to experience the Tasmanian wilderness with us, so that you can experience the transformation that nature can bring, yet be assured that you will not be transforming nature. Our environmental policies together with your help and co-operation will ensure that we can safeguard the pristine wilderness areas in which we operate.

Visit our website to learn more about our Leave No Trace policy.

trip grading Moderate

This trip involves trekking for up to six or seven hours a day. The terrain is rugged and remote. Tracks may be long, rough and steep. Over the trip you will walk along boardwalks, up and down steps, through overgrown forests, over tree roots and through muddy sections. This trek should not be underestimated as it can be tough and challenging. You will need a good level of fitness and must be in good health.

Suggested preparation: We recommend one hour of strenuous exercise 3-4 times per week (this can be cycling, jogging or walking) interspersed with relatively demanding bushwalks carrying a full pack weight (between 14-18kg). At least once a week, you should walk with a weighted day pack (5-7kg) for several hours for leg strengthening and aerobic fitness. The best

buttongrass plains to our stunning campsite. We spend the afternoon kicking back with a hot drink taking in the fabulous views from camp, and perhaps having another refreshing swim.

Walking Distance: 7.8km + side trips | Walking Time: 3 hours + side trips
meals: B,L,D

DAY 3 Lake Windermere to Pelion Plains

Today is a wild day of moorlands and mountain views. We don our packs and walk across Pine Forest Moor with spectacular views across the massive Forth River Valley to the lofty heights of Mt Oakleigh and to today's destination at its base. We descend around Mount Pelion West to a popular lunch spot at Frog Flats. After lunch we walk up through tall, lush forest onto the great expanse of Pelion Plains. We have the option of a short side trip to Old Pelion Hut to gain a deeper appreciation of the park's rich history.

Walking Distance: 16.8km | Walking Time: 7 hours
meals: B,L,D

DAY 4 Pelion Plains to Kia Ora

From camp we continue walking south through Myrtle forest, past tufted Pandani trees, then up to the saddle (1113m) between Mount Pelion East and Mount Ossa. This is the perfect place for a well deserved rest. In fine weather climbing Mount Ossa – Tasmania's highest peak at 1617m – is without a doubt one of the highlights of the Overland Track. With magnificent views in all directions we continue south into Pinestone Valley to our creek-side campsite overlooking the grand spires of Cathedral Mountain.

Walking Distance: 8.6km + side trips | Walking Time: 5 hours + side trips
meals: B,L,D

DAY 5 Kia Ora to Bert Nichols

Today we walk through towering rainforests of Leatherwood and Sassafras trees, heading towards three of Tasmania's largest and most spectacular waterfalls. The first we visit is Fergusson Falls, named after a former ranger at Lake St Clair, followed by Dalton Falls. The third of these enchanting falls is the spectacular Hartnett Falls, named after Paddy Hartnett, an eccentric Irish bushman who was rarely seen without his bowler hat. We walk up through Du Cane Gap then descend to our campsite at Bert Nichols.

Walking Distance: 9.6km + side trips | Walking Time: 4 hours + side trips
meals: B,L,D

DAY 6 Bert Nichols to Lake St Clair and return to Launceston

Today we pack our backpacks for the final day on the track, which takes us through mixed eucalyptus and stands of temperate rainforest to the shore of Lake St Clair, the deepest natural lake in the Southern Hemisphere. As we near Lake St Clair we

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exercise is multi day bushwalking involving relatively steep ascents and descents and in variable weather conditions.

Please note: In adverse weather or outside daylight savings months (April to May), the grading of this trip may increase to Moderate to Challenging due to reduced daylight hours and more demanding conditions.

adventure travel

By its very nature adventure travel involves an element of the unexpected. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

important note

The above itinerary is to be taken as a guide only. Inclement weather, group fitness and a number of other factors may influence our planned itinerary causing delays and variations. The Tasmanian Expeditions group leader reserves the right to make modifications and or alterations to the trip's itinerary in the best interests of all involved.

can gaze up to the peaks of Mt Ida and majestic Mount Olympus. We catch a 30 minute ferry across the lake, providing spectacular views back upon the mountains we've walked past, and a wonderful conclusion to our Overland Track trek.

After time to explore the visitor centre and a celebratory lunch, we board the bus for our return drive across the Central Plateau to Launceston. We return to Launceston at approximately 5pm, our two drop-off points in Launceston are the Grand Chancellor and the Penny Royal.

Walking Distance: 9km | Walking Time: 4 hours

meals: B,L

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

making your way to the briefing rooms

You will need to make your own way to the Tasmanian Expeditions offices for your pre-departure briefing at 2pm.

Please refer to the following options:

WALKING:

We suggest walking along the Esk River Walkway, watching out for the Tasmanian Expeditions sign as you approach the end. Depending on where you start walking it will take between 15-30 minutes, a good warm up for the walks you will experience on your tour.

TAXI:

Please take a taxi to 3/33 Churchill Park Drive, Invermay. Your taxi fare should be approximately \$10 from the city centre.

am i suitable for this trip?

Physical and mental preparation for your trip cannot be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety.

climate

The cool temperate climate offers four distinct seasons which can interchange on any given day of the year. Summer inland temperatures average 24 degrees with nights averaging a relatively cool 8 degrees.

The Overland Track area can experience heavy rain and temperatures below zero degrees even in summer. For group safety and comfort having adequate gear and equipment for the local conditions ensures your wilderness experience is enjoyable. Tasmanian Expeditions has a specialist gear list available that details what is required for The Overland Track.

a typical day

Each day, each group, each guide influences itinerary details but the following gives you an idea of daily timing:

Mornings start with a hot drink call from your guides. They then prepare a nourishing breakfast whilst you pack up your equipment and prepare for the day. After breakfast and complete pack-down of camp we set off for the day's walk.

The morning walk is usually 3-4 hours with numerous breaks along the way. A leisurely picnic lunch is served on the trail which provides the chance to take off your pack, put your feet up and enjoy the magnificent scenery.

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The afternoon walk is usually shorter than the morning walk, getting us to camp with time for setting up our tents, exploring, or just relaxing with a hot drink and a chat. Over a scrumptious, hearty dinner your guides will give a briefing on the following day's activities and tell a few stories before heading off for the night's rest.

meals during the trek

Tasmanian Expeditions aims to provide quality wilderness meals to meet the satisfaction of all our guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality, nutritional levels and their ability to cater to a wide range of dietary requirements. Each guide is able to select their own menu for the destination. Depending on the length of the expedition, some meals will use dehydrated product to lighten loads carried by the group. You will be given your own personal bag of snacks to consume at your leisure throughout the trip so you always have a source of energy ready at hand. Please feel free to bring along your own favourite snack to complement the ample food provided.

- Breakfasts - ranges from cereals to delicious porridge accompanied by a steaming hot pot of 'bush' coffee.
- Lunches - variation each day, wraps, rice cakes or fresh salad rolls with an assortment of cold meats.
- Dinners- varies from trip to trip, 2-3 courses, fresh Tasmanian foods where possible. There will be some nights on most camping trips when an entree or dessert won't be cooked (may be cheese and dips for entree, or biscuits for dessert).

dietary requirements

Provided we are advised in advance we are able to cater for vegetarian diets, and can assist with food intolerances. Please ensure you discuss your requirements with us at least a month prior to your trip to determine whether we can cater for your dietary needs. Please note that options are likely to be limited in remote locations or alternatives can be more expensive or unavailable and there may be times when those with special requirements need to provide their own food. As we are unable to guarantee a nut-free or allergen-free trip we strongly encourage travelers with severe or life-threatening allergies to take all necessary medical precautions. Guests must travel with all necessary medications for allergies and be capable of self-administration.

accommodation on the trip

The 5 nights of the tour will be spent camping along the track at designated commercial campsite areas. These areas have timber platforms for our tents to be pitched on and nearby rainwater tanks and composting toilet facilities. Tasmanian Expeditions provides strong, 1 person and 2 person bushwalking tents, which provide each occupant with a personal access door and vestibule for individual use. Our tents weigh approx 1.5kg - 3kg and this weight is shared equally by each occupant. We use a range of high quality 3-4 season tents which have been trialled and tested to withstand all weather conditions that may be encountered on our adventures.

what you carry

For your expedition you will need to carry all of your own equipment and clothing in a full trekking backpack that is 65-80litres in capacity. Depending on the quantity of personal gear and toiletries the average pack weight will be between 14-18kg.

equipment required

Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures. The gear list is specific to the type of tour you will be joining us on and it provides a clear description of what is included in

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the tour cost, what items are available for hire and what you will need to bring with you. Brand recommendations and the individual weight of the gear provided is also included.

visas

Most visitors to Australia require a visa obtained prior to arrival.

Passport holders from the following countries can apply for the Australian Tourist Visa online prior to their arrival which allows you a stay in Australia for up to 3 months:

Canada

United States

United Kingdom

Other nationalities can check their eligibility for an e-visa here:

<https://immi.homeaffairs.gov.au/visas/getting-a-visa/visa-listing/electronic-travel-authority-601#Eligibility>

New Zealand passport holders do not need to obtain a visa prior to arrival they will be granted a visa on arrival.

*All other nationalities should check with your nearest embassy or consulate.

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