

cradle huts overland track



trip highlights

Cradle Mountain Huts Overland Track is a trip of the Great Walks of Tasmania

Discover the rare beauty and extraordinary diversity of Tasmania's world heritage-listed Cradle Mountain - Lake St. Clair National Park

Enjoy a steaming hot shower and fresh-baked afternoon tea, then enjoy the simple pleasures of life in a bush hut

Views into the heart of the World Heritage Area



Trip Duration	7 days	Trip Code: CHO
Grade	Moderate	
Activities	6 day trekking with a pack	
Summary	7 day trip, 6 day trekking with a pack, 4 nights private hut accommodation, 1 night standing camp, 1 night hotel accommodation	

Tasmanian Expeditions

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 Tasmanian Expeditions?

When it comes to experiencing the very best of the Tasmanian wilderness it makes sense to travel with Tasmanian Expeditions. In each and every trip we combine:

- 30 + years experience
- The most experienced professional guides
- An unblemished safety record
- 24 hour backup
- A commitment to sustainable travel practices
- Quality equipment
- Delicious 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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trip dates

Departs daily from 1 October to 1 May

important notes

HS - Holiday Season

H - High Season

DN1 - A high season supplement applies for departures from 1 November to 30 April. A public holiday supplement applies on trips that overlap with a public holiday. This applies in addition to the high season supplement.

DN2 - In addition to the World Expeditions deposit, you will also be required to pay an additional deposit of AUD\$500 (paid in your local currency at the current rate of exchange). The balance of the tour price is payable 90 days prior to departure.

the trip

This seven-day walk along Tasmania's iconic Overland Track is designed for walkers who value the adventure of the wilderness - with the added comfort of hot showers, soft beds, and chef-prepared meals at the end of each day.

Beginning in Cradle Valley and finishing at the southern end of Lake St Clair, this fully guided journey follows a variety of spectacular landscapes within Tasmania's World Heritage Wilderness Area. Expect glacier-carved valleys, rainforest-cloaked ridgelines and alpine meadows alive with native wildlife like wombats, wallabies and Tasmanian devils.

By day, you'll walk with just a light daypack, immersing in the natural beauty while your guides handle the logistics. Each night, retreat to a private ecologically-designed hut or standing camp tucked just off the trail. You'll be welcomed with a hot shower, fresh-baked afternoon tea and the warmth of a potbelly heater. In the evenings, a hearty three-course dinner with Tasmanian wine is served around a communal table - the perfect place to share stories and unwind.

Twin-share rooms with comfortable beds, drying rooms for your gear, and low-impact design features such as composting toilets and solar power mean you can enjoy a lighter footprint without sacrificing comfort.

This trip is ideal for those who want to experience the legendary Overland Track without the need to carry a heavy pack, pitch a tent or prepare their own meals - making it the most comfortable way to explore one of Australia's most spectacular alpine walks.

at a glance

DAY 1	ARRIVE LAUNCESTON
DAY 2	WALDHEIM – BARN BLUFF HUT (13KM, 7 HOURS)
DAY 3	BARN BLUFF HUT – PINE FOREST MOOR (13KM, 6 HOURS)
DAY 4	PINE FOREST MOOR HUT – PELION HUT (11KM, 5 HOURS)
DAY 5	PELION HUT – KIA ORA HUT (8KM, 4 HOURS). OPTIONAL 5 HOUR TO CLIMB MT. OSSA.
DAY 6	KIA ORA HUT – WINDY RIDGE HUT (10KM, 5 HOURS)
DAY 7	WINDY RIDGE HUT – LAKE ST CLAIR (10KM, 5 HOURS)

additional deposits required

In addition to the World Expeditions deposit, you will also be required to pay an additional deposit of \$500AUD of the trip cost (paid in your local currency at the current rate of exchange). This deposit is non-refundable and we recommend you take out travel insurance at the time of booking. Please note that full payment and personal details forms are due 90 days prior to departure.

what's included

- 6 breakfast, 6 lunches and 6 dinners
- Professional guides
- 4 nights twin share accommodation in private huts, 1 night twin share in a standing camp, 1 night twin share hotel accommodation
- Non-alcoholic beverages and a limited selection of Tasmanian wine
- Transport by private minibus
- National Park and Overland Track passes
- Boat transfer across Lake St Clair
- Use of a backpack and Gore-tex jacket for the duration of the walk
- Sleeping bags, pillows and a comfortable mattress at each hut

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- Sleeping sheet and pillowcase to carry with you

what's not included

- Travel to and from Launceston
- Travel Insurance
- Items of a personal nature - car parking etc
- Snacks
- Accommodation before and after the trip

detailed itinerary

DAY 1 Arrive Launceston

Arrive in Launceston and make your own way to the Red Feather Inn for check-in from 2pm, your accommodation for the night. Please arrive no later than 5:00pm. There will be a briefing with your guide at 5:30pm, for introductions and a gear check - your guides will go through your gear thoroughly to ensure you are well prepared. This will be followed by dinner full of seasonal and local produce, cooked by the in-house chef.

meals: D

DAY 2 Waldheim – Barn Bluff Hut (13km, 7 hours)

After an early breakfast, we drive to Waldheim in Cradle Valley. On the summit of Cradle Mountain in 1910, Austrian-born Gustav Weindorfer proclaimed, "This must be a national park for the people for all time". It's fitting our walk begins at Waldheim, where Weindorfer's story is told. We will have morning tea here then set off on the track by 11am. By lunchtime we have walked through our first section of ancient temperate rainforest, have witnessed the dramatic glacially-carved Crater Lake and the steepest section of the whole Overland Track is behind us. The steep section is mostly stepped and takes us about an hour. It gets us onto Marion's Lookout (1,250m) which hopefully offers famous and spectacular views of Cradle Mountain with Lake Dove at its base – worth every step. If the weather is fine, we stop for lunch by the peaceful Plateau Creek before continuing for about another 4 hours around the base of Cradle Mountain, out along the edge of a spectacular glacial cirque, then dropping into Waterfall Valley which we cross before arriving at our hut at the base of the towering Barn Bluff. Several hours of this day's walk is over exposed alpine plateau which allows great views on a clear day, but in rough weather the wind howls over the land making for exciting, and sometimes challenging, walking conditions.

meals: B,L,D

DAY 3 Barn Bluff Hut – Pine Forest Moor (13km, 6 hours)

The walking today is undulating with a few sections of exposed moorland. There are no large hills and the once notoriously muddy Pine Forest Moor is now a duckboard path over the mud! We travel across plains where glaciers once sat and slowly moved, scouring out shallow tarns. Now we see plains of button grass with ancient Pencil Pines sitting with their roots in the water. Rising from the moors, the peaks of Cradle Mountain and Barn Bluff are behind us to the North, and the stately Mount Pelion West directly ahead. We offer an optional side trip today to Lake Will if you are looking for an additional challenge. Keep an eye out for gravel mounds along the way, remnants of Joseph Will's coal mining efforts in the 1890s. Further along the track, Lake Windemere offers an opportunity for an invigorating swim. This evening, at Pine Forest Moor Standing Camp, enjoy dining with views out towards Mt Oakleigh.

meals: B,L,D

DAY 4 Pine Forest Moor Hut – Pelion Hut (11km, 5 hours)

Today we venture through gorgeous myrtle-beech rainforest as we begin with a long, slow descent around the base of Mt. Pelion West down to the Forth River before it plunges into the Lemonthyme

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fast facts

Private Groups:

Group Size Min:

6

Group Size Max:

12

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

trip grading Moderate

This adventure involves trekking for up to 6 or 7 hours a day, walking an average of 10km for 6 consecutive days, carrying a medium sized pack. There are steep sections and terrain can be quite uneven and slipper under foot. You will need a good level of fitness and must be in good health. Be prepared for potential variable weather conditions. If you are interested in participating in the optional side trips mentioned in the itinerary, e.g. Mt Ossa, we recommend undertaking additional training.

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.

Valley. After a break at Frog Flats by the Forth River, which happens to be the Overland Track's lowest point, we have a long, gentle ascent out of the valley onto the beautiful Pelion Plains with uninterrupted views of Mount Oakleigh. There are many side trips in the Pelion Plains area with mountains all around, some excellent swimming holes, abandoned copper mines, or simply peaceful and humbling spots to rest quietly. This evening we'll be nestled amongst dry sclerophyll forest at Pelion Plains Hut.

meals: B,L,D

DAY 5 Pelion Hut – Kia Ora Hut (8km, 4 hours). Optional 5 hour to climb Mt. Ossa.

Today begins with a climb of almost 300m to Pelion Gap through beautiful rainforest. Pelion Gap is a plateau stretching between Mt Pelion East and Mt Ossa, affording fantastic views to the South as well as back to the North. There's plenty of time for side trips from Pelion Gap including the option to summit Mt Ossa. At 1,617m, it is Tasmania's highest peak. There are other less challenging climbs, including to the Japanese Gardens on the slopes of Mt Doris. It's a further two hours of gentle downhill from the gap to the hut, so a moderate day with the option to make it more challenging. Once we arrive at Kia Ora Hut, enjoy a Tasmanian drop with spectacular views out to Cathedral Mountain.

meals: B,L,D

DAY 6 Kia Ora Hut – Windy Ridge Hut (10km, 5 hours)

This is a day of icy-flowing waterfalls and majestic forests. We depart Kia Ora Hut and walk about an hour to Du Cane where a 1910-built hut remains from the long-gone days of animal trapping. This is a fine spot to rest in the native gardens planted by trapper Paddy Hartnet's wife during her long stints in the bush with her husband, overlooked by the spectacular Du Cane Range. From here, we wander through some of the oldest forest in the National Park with King Billy Pines as old as 2,000 years. Here we are above the Mersey River, which descends steeply Northward towards the Bass Strait. There are three major sets of waterfalls and we opt to visit one or more of these, choosing the best to have lunch beside depending on the conditions. During the afternoon, we make our way over Du Cane Gap then descend beside the spectacular Falling Mountain to Windy Ridge Hut. Tonight is a celebratory one, our last evening on the track.

meals: B,L,D

DAY 7 Windy Ridge Hut – Lake St Clair (10km, 5 hours)

Lake St Clair is Australia's deepest natural lake, and as with most of this area, has been shaped by glaciers over 2 million years. The walk is mainly through cool temperate eucalypt forest, and birdsong is all around. We arrive at Narcissus at the Northern end of Lake St Clair in time for lunch before boarding the Lake St Clair cruise boat for the spectacular 17km cruise back to Cynthia Bay. There is a visitor centre at Cynthia Bay, and we usually have about an hour to look around. The return trip to Red Feather Inn is through the trout fishing mecca of the highland lakes, descending the rugged Western Tiers to the broad plains of the Northern Midlands, and passing through the rural townships of Cressy and Longford. You should arrive at Red Feather Inn by around 5pm. There will be a shuttle bus departing at 6m which goes via Launceston airport at approximately 6:15pm, arriving back at Chalmers Church Launceston at about 6:30pm. If you are staying at Quamby Homestead, a shuttle will be organised.

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.

suggested extensions

Bay of Fires Lodge Walk

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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 trips itinerary in the best interests of all involved.

climate

Tasmania is located between Latitudes 40 and 43, with the islands temperature and weather moderated by the surrounding oceans. The cool temperate climate offers four distinct seasons which can interchange on any given day of the year. Summer in-land temperatures average 24 degrees with nights averaging a relatively cool 8 degrees. Rainfall in Tasmania is far higher than any mainland counterpart and averages 2700 millimetres on the west coast and central highlands.

Tasmania's alpine regions can experience heavy rainfalls and temperatures below zero degrees in summer. For group safety and comfort, having adequate gear and equipment for the local conditions ensures accessibility to the wilderness is enjoyed. Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures.

great walks of tasmania

Tasmania has always been one of the world's best kept secrets. It has unique natural beauty, abundant wildlife, unspoilt wilderness and sophisticated food and wine. The Great Walks of Tasmania is a collection of independent guided walks offering unforgettable experiences in Tasmania's most inspiring and extraordinary locations. They combine the best of Tasmanian wilderness walking with excellent guiding, unique accommodation and offer delicious Tasmanian food and wine along the way. Together the walks cover the most celebrated of Tasmania's prime walking tracks.

dietary requirements

Provided we are advised in advance we can cater for the following dietary requests: Vegan, Vegetarian, Lactose Free, Dairy Free, Gluten Free, Pescatarian, No red meat, No pork, No lamb, No seafood, No eggs. For any allergies, we require that you confirm you have an Allergy Emergency Plan and will need to advise us if cross-contamination is a concern as the kitchens are open plan in the huts. Please ensure you discuss your requirements with us at the time of booking or at least 1 month prior to your trip to determine whether we can cater for your dietary needs. Please note that options are limited due to the remote locations on this trip with infrequent provisioning and there may be times when those with special requirements need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travellers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

hygiene

Tasmanian Expeditions is deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for generations to come. The following policies & techniques for personal hygiene in the wilderness will help to reduce our impact and ensure that the trip is sustainable.

*Please keep toiletries to an absolute minimum. If biodegradable products are brought on tour, their suitability will be discussed at your pre-departure briefing. We suggest leaving items such as shampoo, soaps & hair products behind. Natural 100% tea tree oil serves as a good antiseptic soap/shampoo alternative.

*Toilet paper is supplied on every tour and most bushwalking tours will have composting toilets available. On remote expeditions there is the need to dispose of waste as per leave no trace principles which will be discussed at your pre-departure briefing.

*On many of our bushwalking tours there will be the opportunity to have a swim or bathe in

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what you carry

On this bushwalking expedition you will need to carry all personal equipment in a trekking backpack that is 50-70 Litres in capacity. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be 8 - 10kg. The pack and Gore-tex jacket that we provide have a combined weight of 2.5 kg, leaving 5- 7 kg for your personal items.

A comprehensive gear list is available to detail what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you.

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 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.

non exclusive trips

Please note that this trip is not exclusive to Tasmanian Expeditions clients and is operated by our partners in Tasmania. You will be joining a group of adventurers from across Australia and around the world.

private groups

The adventures featured in our brochure, and on our website, are just a starting point for many of our private group travellers. We can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our staff will assist you with all aspects of your private group adventure. Contact our office today.

get social

You can view photos and grab tips from our community of travellers or be the first to know about deals and special events at [Facebook.com/TasmanianExpeditions](https://www.facebook.com/TasmanianExpeditions) or on [Instagram/TasmanianExpeditions](https://www.instagram.com/TasmanianExpeditions) or at [Twitter.com/TasExp](https://www.twitter.com/TasExp)

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Subscribe to our e-newsletter! To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our regular e-newsletter! You can do this online through our website, or contact our office. You can also learn more at [facebook.com/TasmanianExpeditions](https://www.facebook.com/TasmanianExpeditions)

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, accommodation reservations, ferry services, National Parks passes etc. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our staff at your earliest convenience.

how to book

To book this trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function, or if you prefer, download a booking

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form from the website www.tasmanianexpeditions.com.au and return to us by email, or mail your booking form and deposit to Tasmanian Expeditions.

If you have any questions please call Tasmanian Expeditions or your nearest World Expeditions office.

TASMANIAN EXPEDITIONS

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