

cradle huts overland and peaks adventure walk



trip highlights

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

Summit the peaks of the Overland Track including Cradle Mountain, Mount Ossa and Mount Oakleigh

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: CPO
Grade	Challenging	
Activities	6 day trekking with a pack	
Summary	7 day trip, 6 day trekking with a pack, 5 nights private hut accommodation, 1 night historic inn 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

2026
04 Nov - 10 Nov
10 Nov - 16 Nov
20 Nov - 26 Nov
29 Nov - 05 Dec
05 Dec - 11 Dec
12 Dec - 18 Dec
18 Dec - 24 Dec
27 Dec - 02 Jan **HS**

2027
05 Jan - 11 Jan
12 Jan - 18 Jan
16 Jan - 22 Jan
27 Jan - 02 Feb
01 Feb - 07 Feb
09 Feb - 15 Feb
15 Feb - 21 Feb
25 Feb - 03 Mar
01 Mar - 07 Mar
03 Mar - 09 Mar
09 Mar - 15 Mar
16 Mar - 22 Mar
31 Mar - 06 Apr

important notes

HS - Holiday Season

DN1 - 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.

1 - A public holiday supplement applies on trips that overlap with a public holiday.

the trip

Experience the Overland Track with a side of adventure. This seven day hut-based walk is a fabulous way for adventurous people to experience the iconic Overland Track while summiting some serious peaks along the way.

The walk itself starts in heart-pumping style with a summit climb of Cradle Mountain. Across six days in deep World Heritage Area wilderness, we tackle other peaks on our way south. Day 4 is the biggest at 18km including Mount Oakleigh and we back this up the following day climbing Tassie's highest peak, Mount Ossa.

Each evening's accommodation on The Overland Track is in one of five ecologically sustainable private huts nestled away in this remarkable park. Just off the track, each hut is a haven to retreat to at the end of the day and features hot showers, a potbelly heater and twin-share rooms with comfortable beds. A hearty three-course dinner is prepared by your guides, with fine Tasmanian wine and cheerful conversation, a very pleasant way to relax after an active day.

at a glance

DAY 1	ARRIVE LAUNCESTON
DAY 2	WALDHEIM – BARN BLUFF HUT (15KM, 10HRS)
DAY 3	BARN BLUFF HUT – PINE FOREST MOOR (13KM, 6HRS)
DAY 4	PINE FOREST MOOR HUT – PELION HUT (19KM, 10HRS)
DAY 5	PELION HUT – KIA ORA HUT (13KM, 8.5HRS)
DAY 6	KIA ORA HUT – WINDY RIDGE HUT (11KM, 5HRS)
DAY 7	WINDY RIDGE HUT – LAKE ST CLAIR (11KM, 4HRS)

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
- 5 nights twin share accommodation in private huts, 1 night twin share accommodation in a historic inn in Launceston
- 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
- 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

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→ 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, followed by a group dinner served with seasonal and local produce, cooked by the in-house chef.

meals: D

DAY 2 Waldheim – Barn Bluff Hut (15km, 10hrs)

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, venturing through ancient temperate rainforest, passing the dramatic glacially-carved Crater Lake. We climb the steepest section of the whole Overland Track today. Reaching Marion's Lookout (1,250m) after negotiating steps leading through steeper sections, offers a satisfying reward. Providing weather conditions allow, we enjoy staggering views of Cradle Mountain and Dove Lake. Every uphill step is worth it. If the weather is fine, we stop for lunch by the peaceful Plateau Creek. We then embark on the challenging climb of Cradle Mountain where, on clear days, the views are spectacular. It's then 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 (1,559m), having completed the steepest part of your journey (excluding side trips). 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, 6hrs)

Today we'll be walking across plains where glaciers once rested, slowly moving and scouring out shallow tarns. The track provides an undulating trek with a few sections of exposed moorland and multiple hill climbs and descents. We take our time venturing across vast button grass plains where ancient pencil pines fringe alpine tarns. Rising from the moors, the peaks of Cradle Mountain and Barn Bluff are behind us. Look ahead, and the stately Mt Pelion West comes into view. Those looking for an additional challenge today can take a side trip to Lake Will. Hugged by pencil pines and with its narrow quartzite sand rim, Lake Will is striking. 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 Hut, enjoy dining with views out towards Mt. Oakleigh.

meals: B,L,D

DAY 4 Pine Forest Moor Hut – Pelion Hut (19km, 10hrs)

This morning we venture through gorgeous myrtle-beech rainforest as we descend around the base of Mt Pelion West, down to the Forth River before it plunges into Lemonthyme Valley. We'll take a break at Frog Flats beside the Forth River, which happens to be the Overland Track's lowest point. From here, it's a gentle ascent back out of the valley. We leave thick Eucalypt forest behind as the trees part to reveal Pelion Plains. Uninterrupted views of Mt Oakleigh's dolerite spires now come into play. The Pelion Plains area offers a host of side trips, hugged by mountainous terrain. Our quest? To climb Mt Oakleigh. It's our biggest day at 18 kilometres, so we pace ourselves knowing the warmth and comfort of Pelion Plains Hut awaits, nestled amongst dry sclerophyll forest.

meals: B,L,D

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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 Challenging

This adventure involves trekking for up to 10 hours a day, walking an average of 12km for 6 consecutive days, carrying a medium sized pack. There are steep sections and terrain can be quite uneven and slippery under foot. On this trip there are a number of mandatory mountain climbs and side trips on most days, which the group will all participate in.

You will need an excellent level of fitness and must be in good health. Be prepared for potential variable weather 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.

DAY 5 Pelion Hut – Kia Ora Hut (13km, 8.5hrs)

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 are plenty of side trips from Pelion Gap including our mission for the day, to summit Mt Ossa. At 1617m, it is Tasmania's highest peak. Reaching the top, there's plenty of time to take in 360 degree island views and enjoy a well-earned lunch. Back down at Pelion Gap it's a further few hours of gentle downhill to the hut. Once we arrive at Kia Ora Hut, enjoy a Tasmanian drop with spectacular views out to Cathedral Mountain. Conditions dictate our climb, as Mt Ossa's boulder fields can be dangerous in heavy rain and snow. Your highly-trained guides can assess whether alternate peaks are more suitable.

meals: B,L,D

DAY 6 Kia Ora Hut – Windy Ridge Hut (11km, 5hrs)

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. Du Cane Hut is a fine spot to rest, surrounded by native gardens and 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 much as 2,000 years old. Now, we are above the Mersey River, which descends deeply northward towards Bass Strait, spilling down cliff faces. There are three major sets of waterfalls in the area. We aim to visit one or more of these, choosing the best to have lunch beside depending on 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 (11km, 4hrs)

Lake St Clair is Australia's deepest natural lake, and as with most of this area, has been shaped by glaciers. 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 Idacclair 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 6pm 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

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking.

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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.

Day walks with a day pack, along with overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also. These walks are best undertaken on walking tracks involving relatively steep ascents and descents and in variable weather conditions.

Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

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

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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 nearby suitable lakes & streams. A quick drying micro/travel towel is recommended for washing/drying.

*On remote bushwalking expeditions personal hygiene can be maintained with wet wipes/moist towelettes.

*If possible, organic/natural brands of insect repellent, sunscreen, deodorant and toothpaste are preferred – small quantities are lighter to carry!

*Sanitising hand gel will be provided at mealtimes & around camp/cabins. Having a small personal quantity is also recommended – approx 60ml is sufficient.

accommodation on the trip



At the end of each day's walk, your private hut is a haven of warmth, shelter and comfort. It's a place to relax, rest and be refreshed after the pleasant exertions of a day on the track.

First, a steaming hot shower and fresh-baked afternoon tea, then enjoy the simple pleasures of life in a bush hut: Mellow lighting and candles; strong-brewed coffee; a good book from the small collection; sitting by the heater and warm, dry socks.

Later on, the rustic dining table is the focus for convivial company - a hearty three-course meal prepared by your guides, with fine Tasmanian wine and cheerful conversation.

At the end of the evening in your private twin-share room, a soft bed and sound sleep will prepare you for the discoveries of a new day.

Each hut is architecturally designed to maximize cross flow ventilation and operate with maximum efficiency with renewable energy.

The remote location of the huts demands that they are autonomous in terms of servicing; rain water is channelled off the roof into tanks and self-composting, water-free batching toilets are used. Phosphorous free soap is provided for guests and all waste water is separated through grease traps and sand filters, and the residue is physically removed from site regularly along with all other rubbish. Gas and solar are the only sources of power used for lighting, heating and cooking.

The provisioning of these huts ready for each operating season is a unique procedure, once again due to their remote location. Only twice each season, supplies of food, wine and gas cylinders are flown in by helicopter over a two day period, while all garbage and waste matter is flown out. Nothing is left within the National Park. All waste is removed by helicopter.

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pre and post tour accommodation

If you would like any additional nights in Launceston, please ask your reservations consultant for suggestions. It is not possible to stay extra nights at the Red Feather Inn as this accommodation is used only for group tour nights.

equipment provided

If you prefer to use your own backpack or waterproof jacket rather than the ones provided, you are welcome to do so. You will have the opportunity to try our gear on the evening of Day 1 and can leave any excess luggage at the Red Feather Inn to be returned to you on the last day.

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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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 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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