Australasia

# overland track self guided hike






## trip highlights

- Hike the internationally famous Overland Track in your own time
- Summit Tasmania's highest and most iconic peaks, including Mt Ossa and Cradle Mtn
- Enjoy up-close encounters with native wildlife
- Spend each evening at scenic camps in the remote wilderness
- High quality gear and delicious light weight food provided
- Ferry transfer across Lake St Clair
- All logistics taken care of so you can relax and enjoy the track



| | | |
|---|---|---|
| **Trip Duration** | 6 days | **Trip Code:** CSG |
| **Grade** | Moderate | |
| **Activities** | Self guided bushwalking, Trekking with a full pack | |
| **Summary** | 5 nights accommodated in public, National Park Huts. Tent as backup | |

## Tasmanian Expeditions

Thank you for your interest in our Overland Track Self Guided Hike trip. Tasmanian Expeditions offers the largest range of active adventure holidays across Australia's island state. With over three decades of experience, our comprehensive range of active trips include every iconic Tasmanian walk, Franklin River rafting expeditions, Self Guided walking and cycling trips, Family and Gourmet Adventures as well as award-winning Multi Activity tours. We also offer a number of carefully selected accommodated walks and day tours operated by trusted partners. All our guided tours are led by highly experienced and passionate guides and include meals, internal transport, accommodation, National Park fees and group camping equipment. If you cannot find the right trip for you we can easily customise a private trip or special itinerary just for your group.

### 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
- Experienced and 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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1 – © 2026 Tasmanian Expeditions Pty Limited -
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*Travel at your own pace through the heart of the Cradle Mountain-Lake St Clair National Park*




## trip dates

Daily departures between October and April

## important notes

**H -** High Season

**HS -** Holiday Season

**Note: -** A high season supplement applies from 1 December to 15 February, and for any trip that overlaps a public holiday.

**DN2 -** This trip is not suitable for solo travellers. Please contact our team for alternative tour suggestions.

**DN3 -** Permits for the 27/28 season will not be available until July 2027. Dates will be subject to confirming permits once available.

## the trip

This adventure takes place on palawa and pakana Country. We acknowledge their enduring connection with this Country, as they are the traditional custodians of this land, and we journey in respect of their Country.

Want to hike The Overland Track but don't want to travel with a group? The Overland Track Self Guided tour is perfect for walkers who are confident with their outdoor skills and would prefer to take on Tasmania's most iconic walk independently. This full-pack self guided trek through the Tasmanian Wilderness World Heritage Area takes you from the stunning crags of wulinantikala/Cradle Mountain to the rainforest-clad shores of liyawulina/Lake St. Clair. Lightweight tents and quality food will keep your backpacks as light as possible, allowing you to enjoy every step as you discover some of Mother Nature's finest creations including waterfalls, dolerite mountains, lakes, tarns and diverse ecosystems. This itinerary has been designed for walkers who prefer to travel without a group yet still enjoy the convenience of having all the transport, food, equipment and logistics arranged for you. Receive a full briefing in Launceston before your trek begins, including a chance to ask our experienced local guides for their tips on The Overland. Once on the track you are your own leader, with the opportunity to discover and appreciate the World Heritage wilderness in your own time.

## at a glance

A MANDATORY PRE TREK BRIEFING WITH GEAR HANDOVER WILL BE HELD AT APPROX. 4PM ON THE DAY PRIOR TO YOUR TRIP DEPARTURE AT OUR WORK SHED IN LAUNCESTON. IT IS ESSENTIAL THAT YOU MAKE YOUR TRAVEL ARRANGEMENTS TO ENABLE YOU TO ATTEND THIS BRIEFING, WE THEREFORE RECOMMEND SPENDING AT LEAST 1 NIGHT IN LAUNCESTON.

| | |
|---|---|
| DAY 1 | LAUNCESTON TO CRADLE MOUNTAIN NATIONAL PARK, WALK TO WATERFALL VALLEY HUT |
| DAY 2 | TREK TO LAKE WINDERMERE HUT |
| DAY 3 | TREK TO PELION PLAINS |
| DAY 4 | TREK TO MOUNT OSSA AND KIA ORA HUT |
| DAY 5 | TREK TO BERT NICHOLS HUT |
| DAY 6 | TREK TO LIYAWULINA/LAKE ST. CLAIR. FERRY TRANSFER TO VISITORS CENTRE, RETURN TO LAUNCESTON |

## what's included

- **Backpack and tent**
- **Sleeping bag, inner-sheet and inflatable sleeping mat**
- **Fuel stove, fuel, cook-set and eating utensils**
- **Lightweight meals**
- **5 breakfast, 6 lunches, 5 dinners**
- **Overland Track Permit and National Park Pass (this is valid for 2 months from the nominated start date of your walk and can be used in other National Parks in Tasmania after your trip)**
- **Emergency communications (EPIRB)**
- **Ferry transfer across Lake St Clair**
- **Transfer Launceston to Cradle Mountain, Lake St Clair to Launceston**
- **Maps and Tasmanian Parks & Wildlife Service Guidebook (provided at pre trek briefing - 1 set per group booking)**

## what's not included

- **Guides and on-trail services**
- **Items of a personal nature: alcohol, travel insurance etc**

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- → **Meal complements: snacks and food other than lightweight main meals**
- → **First Aid Kit**
- → **Face masks and hand sanitiser**
- → **Accommodation pre and post trip in Launceston**

## detailed itinerary

A mandatory pre trek briefing with gear handover will be held at approx. 4pm on the day prior to your trip departure at our work shed in Launceston located at 3/33 Churchill Park Drive, Invermay (you will need to make your own way). It is essential that you make your travel arrangements to enable you to attend this briefing, we therefore recommend spending at least 1 night in Launceston. The briefing will be approximately 1 hour in duration and will include the following:

- Explanation, if required, of how to use all the provided gear
- Outline of inherent risks of the trek and our safety procedures
- Forecast weather conditions
- Outline of the route, including highlights and suggestions from our experienced operations team.

This is a valuable opportunity for you to ask questions you may have prior to embarking on your trip.

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

We pick you up early this morning in Launceston, from one of our two pick up locations. Our first pick up point is at 7:15am from the Grand Chancellor and our second pick up point is at 7:30am at the Penny Royal. We then drive 2.5 hours to Cradle Valley, Ronny Creek; the official start of the Overland Track. From here your self guided adventure on the Overland Track begins. Spend the morning walking up past lakes and tarns to the top of the Cradle Plateau where you are rewarded with views of Dove Lake and an endless horizon of impressive mountain ranges. After lunch, weather and time permitting, you may opt for a side trip to the craggy summit of wulinantikala/ Cradle Mountain before making your way to Waterfall Valley Hut

for your first night in the Great Outdoors.

Walking Distance: 10Km + side trips | Walking Time: 5 Hours + side trips.

*You will need to arrive in Launceston the day before your trip, ensuring that you arrive in time to attend the 4:00pm pre-trip briefing.

**meals: L,D**

### DAY 2 Trek to Lake Windermere Hut

After breakfast at your campsite you 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 your pack, you head across rolling button grass plains to the beautiful hut and campsites at Lake Windermere. You may like to spend the afternoon kicking back with a hot drink taking in the fabulous views, and perhaps having another refreshing swim.

Walking Distance: 8km + side trips | Walking Time: 3 hours + side trips

**meals: B,L,D**

### DAY 3 Trek to Pelion Plains

Today is a wild day of moorlands and mountain views. Your morning takes you across Pine Forest Moor offering spectacular views across the Forth River Valley to the heights of Mount Oakleigh and to today's destination, Pelion Plains, at its base. Descend around Mount Pelion West to a popular lunch spot at Frog Flats. Your afternoon takes you up onto Pelion Plains with marvellous views of fluted Mount Oakleigh and some of the biggest wombats our guides have seen in the park!

Walking Distance: Up to 17km | Walking Time: 7 Hours

**meals: B,L,D**

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## fast facts

**Private Groups:**

**Group Size Min:**
2

**Group Size Max:**
10

Available for this trip*

**Singles:**
A single supplement is available for this trip*

**Leader:**
This journey is unescorted

**Advice for people with limited mobility**
Not suitable

**Brochure Reference:**
Tasmanian Expeditions

Credit card details are required at the time of gear collection as deposit for any gear that is returned extremely dirty, not returned, or is damaged/broken from incorrect use. Details of the credit card will be destroyed upon return of all equipment in correct working order.

### DAY 4 Trek to Mount Ossa and Kia Ora Hut

From camp you 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 you continue south into Pinestone Valley to Kia Ora Hut, overlooking the grand spires of Cathedral Mountain.

Walking Distance: 9km + side trips | Walking Time: 5 hours + side trips

**meals: B,L,D**

### DAY 5 Trek to Bert Nichols hut

Today you walk through towering rainforests of Leatherwood and Sassafrass trees, heading towards three of Tasmania's largest and most spectacular waterfalls. You can choose to visit any or all of these three waterfalls. There is Dalton Falls and Fergusson Falls, named after a former ranger at Lake St Clair. 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. After the falls, you walk up through Du Cane Gap then descend to the Bert Nichols Hut.

Walking Distance: 10km + side trips | Walking Time: 4 hours + side trips

**meals: B,L,D**

### DAY 6 Trek to liyawulina/Lake St. Clair. Ferry transfer to visitors centre, return to Launceston

Today you pack your backpack for the final day on the track, which takes you through mixed eucalyptus and stands of temperate rainforest to the shore of liyawulina/Lake St Clair, the deepest natural lake in the Southern Hemisphere. As you near Lake St Clair you can gaze up to the peaks of Mt Ida and majestic Mount Olympus. You enjoy a 30 minute ferry trip across the lake, providing spectacular views back upon the mountains you have walked past, and a wonderful conclusion to your Overland Track trek.

At the visitor centre you will be met by your Tasmanian Expeditions transfer bus and driver. Congratulations on completing your self-guided Overland adventure! We will drive across the scenic Central Plateau and 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: 3 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.

## 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.

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## responsible 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 safe guard 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 five or seven hours a day, perhaps more depending on your pace. 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 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. You will be carrying a full pack of around 15-20kg and should be prepared for potential variable weather conditions. You will also need to be comfortable with map reading and self guiding. Self guided trips require individuals to use problem solving skills, be adaptable and have a keen eye. It is recommended that you are comfortable in the outdoors, with map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!).

## 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. 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 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

Overland Track Permits include access to the public National Park Huts however the availability of a bed cannot be guaranteed. All Overland Track walkers must carry a tent and be prepared to camp in case of emergency or lack of space in a National Park hut. Many walkers choose to camp as the campsites are stunning, especially in good weather! We provide you with high quality, strong bushwalking tents. You will be shown how to put up and pull down the tent at your pre-departure briefing.

Modern composting toilets are located at each camp.

## pre and post tour accommodation

Our preferred hotel in Launceston for pre and post tour accommodation is the Penny Royal Leisure Inn. Once your trip booking has been confirmed your reservations consultant will send you a booking link and a discount code for the hotel. The Penny Royal Leisure Inn offers a discount of 15% for all Tasmanian Expeditions clients. Alternatively we have discounted rates

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Suggested preparation: We recommend one hour of strenuous exercise 4 times per week (this can be cycling, jogging or walking) interspersed with relatively demanding bushwalks carrying a full pack weight (up to 20kgs). 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 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 trips itinerary in the best interests of all involved.

and are happy to book the accommodation on your behalf. Discounted rates are not available during Christmas, New Years, Easter, and other peak periods throughout the year.

## equipment provided

-Backpack, tent, stove and cookset, fuel, sleeping bag & innersheet, sleeping mat

-Lightweight meals (Strive brand - you will select your preferences at your briefing)

-5 breakfast, 6 lunches, 5 dinners

-Maps and emergency communications (EPIRB)

-Overland Track Permit and National Park Pass

- Transfer Launceston to Cradle Mountain, Lake St Clair to Launceston

if you prefer to bring any of your own gear, please discuss this with your reservations consultant and advise details of the items so that this can be reviewed to confirm if it will be suitable.

## what you carry

For your expedition you will need to carry all equipment in a full trekking backpack that is 75-90litres in capacity. Depending on the quantity of personal gear and toiletries the average pack weight will be approximately 20kg+. This will need to include the following items:

-Sleeping bag, inner-sheet, tent, sleeping mat

-All food and cooking equipment

-All personal items that you have decide to bring along

-All clothes and wet weather gear

-Emergency equipment

## 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.

## protecting the environment

Tasmanian Expeditions operates in some of the world's most pristine and beautiful environments, including the Tasmanian Wilderness World Heritage Area. It is our priority to leave these places unspoilt and as they were for all future visitors to enjoy.

The Leave No Trace principles and minimal impact practices specific for your adventure will be introduced at the initial group briefing and reinforced by your guides when required out in the field. Following our 'hygiene' suggestions listed on these trip notes is a productive first step in helping the environment. Our environmental policies together with your help and cooperation will ensure that we can safe guard the pristine wilderness in which we operate.

In 2013 we achieved Ecotourism Certification at the ECO IV level for all the tours we own and operate. The ECO Certification Program is a world first, developed to address the need to identify genuine nature and ecotourism operators. The program is no being exported to the rest of the world as the International ECO Certification Program.

## 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 or on Instagram/TasmanianExpeditions or at Twitter.com/TasExp

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## subscribe to our e-newsletter

Subscribe to our e-newsletter! Be kept up to date with our new and exciting adventure opportunities, special promotions and adventure news. You can subscribe through our website or by contacting our office.

## trip availability

If this trip sounds right for you then we encourage you to call us now to check availability. Limited space on our small group trips is just one reason why you may not be able to join your desired departure. Many of our adventures require us to secure services on your behalf far in advance and 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 contact our reservations team 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

1300 666 856

WORLD EXPEDITIONS:

Australia: 1300 720 000

United Kingdom: 0800 0744 135

New Zealand: 0800 350 354

Canada and USA: 1 800 567 2216

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