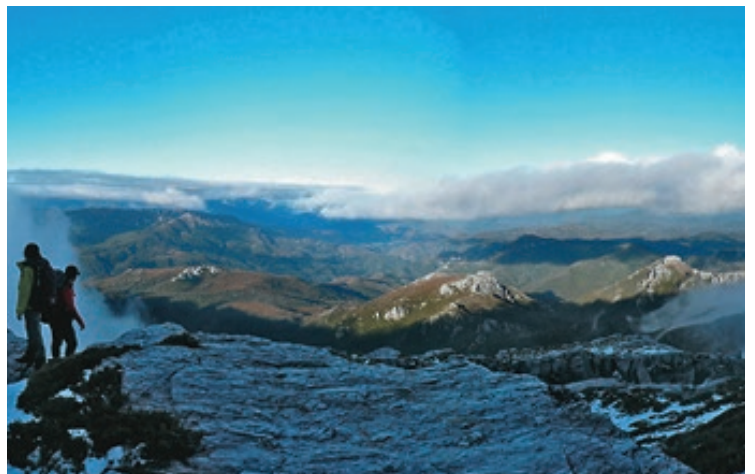


frenchmans cap trek



trip highlights

- Spectacular and challenging walking
- Unsurpassed views of the entire World Heritage Wilderness
- Endemic sub-alpine flora
- Extraordinary side trips to high peaks
- Discover the history and hard work behind this epic track
- Summit the iconic quartzite peak of tuynti/Frenchmans Cap



Trip Duration	5 days	Trip Code: FFT
Grade	Moderate to Challenging	
Activities	Trekking with a full pack	
Summary	5 day trip, 4 days trekking with a full pack, 4 nights camping, 1 day trekking to the summit with a day pack	

Tasmanian Expeditions

Thank you for your interest in our Frenchmans Cap Trek 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, 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.



frenchmans cap trek

Summit Tasmania's iconic peak in the remote south west



trip dates

2026 23 Nov - 27 Nov

2027 11 Jan - 15 Jan **H**
15 Feb - 19 Feb **H**

important notes

H - High Season

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

the trip

Trekking to Tuynti/Frenchmans Cap is an unforgettable challenge, a journey through some of the most remote and spectacular landscapes in Tasmania's World Heritage Wilderness. Rising 1446 metres above sea level in the Franklin-Gordon Wild Rivers National Park, this gleaming white quartzite peak is an awe-inspiring sight, towering over the surrounding wilderness and offering one of the most breathtaking summit views in Australia. From the top, the vast expanse of Tasmania unfolds before you, with panoramic views stretching to the Arthur Range, Mt Ossa and Macquarie Harbour.

This 54km return trek takes you deep into wild and untouched terrain, crossing open button grass plains, weaving through lush rainforests, and tackling steep, rocky ascents. Along the way, you'll experience the region's unique biodiversity, from ancient plant life to endemic bird species, all thriving in this rugged and pristine environment.

Taking on such a remote and challenging trek is not to be underestimated, which is why joining a guided group provides the ultimate advantage. With expert leadership, logistical support, and a carefully planned itinerary, you can focus on the experience rather than the details. Our itinerary allows five days on the trail, increasing the likelihood of reaching the summit in the best possible conditions. Safety, knowledge, and camaraderie are at the core of this adventure, ensuring you can fully embrace the challenge while supported by experienced guides who know the track inside out.

For those who seek an immersive wilderness adventure and the satisfaction of summiting one of Tasmania's most iconic peaks, this trek offers the perfect combination of physical challenge, remote beauty, and expert guidance.

at a glance

A COMPULSORY PRE-DEPARTURE BRIEFING IS HELD THE DAY PRIOR TO THE TRIP COMMENCING AT 3:00 PM AT TASMANIAN EXPEDITIONS OFFICES: 3/33 CHURCHILL PARK DRIVE, INVERMAY, LAUNCESTON. PLEASE SEE ITINERARY BELOW FOR FURTHER DETAILS

DAY 1	TRANSFER FROM LAUNCESTON, TREK TO LAKE VERA
DAY 2	LAKE VERA TO LAKE TAHUNE
DAY 3	SUMMIT TUYNTI/FRENCHMANS CAP AND EXPLORE SURROUNDING AREA
DAY 4	LAKE TAHUNE TO LAKE VERA
DAY 5	TREK TO TRAIL HEAD, TRANSFER TO LAUNCESTON

what's included

- 2 professional wilderness guides
- 4 nights camping
- 4 breakfasts, 5 lunches, 4 dinners, snacks and hot drinks
- Transport by private minibus
- National Park fees
- Tent, inflatable sleeping mat and gaiters
- Group camping equipment including all cooking and eating equipment
- Emergency communications and group first aid kit

what's not included

- Travel to and from Launceston
- Accommodation prior to and after the trip
- Items of a personal nature such as alcoholic beverages, car parking in Launceston etc
- Travel insurance
- Sleeping bag, back pack

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→ Face masks and hand sanitiser

detailed itinerary

The expedition commences with a **COMPULSORY** pre-departure briefing at Tasmanian Expeditions offices in Launceston at 3:00 pm the day prior to departure. It is **ESSENTIAL** that you attend this briefing and that you bring along with you all of the gear/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 general itinerary
- Cross-check of essential gear and clothing
- Distribution 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 pickup times and locations for the following morning's departure

DAY 1 Transfer from Launceston, trek to Lake Vera

We pick you up early this morning in Launceston, from one of our two pick up locations. Our first pick up point is at 6:15am from the Grand Chancellor and our second pick up point is at 6:30am at the Penny Royal. We then travel 3 hours south-west to the start of the Frenchmans Cap Track. This scenic drive is the perfect opportunity for your guides to introduce the region to you as you watch the landscape change from the historic buildings of Launceston to the rugged wilderness of the Tasmanian Highlands.

Reaching the trail head, we enjoy our packed lunch before we wave goodbye to the bus and start walking! We cross the Franklin River then climb gently through the tea tree forests of Mt Mullens. If the weather is clear we will be given our first stunning views of Frenchmans and the surrounding peaks. Tonight we camp by the picturesque Lake Vera, where your guides will whip up a hearty evening meal and brief you on the next exciting day.

Walking distance: 16 km | Walking time: 6-7 hours.

*You will need to arrive in Launceston the day before your trip, ensuring that you arrive in time to attend the 3:00pm pre-trip briefing.

meals: L,D

DAY 2 Lake Vera to Lake Tahune

From Lake Vera we head toward tonight's camp at Lake Tahune, nestled below the summit of Frenchmans Cap. The track takes us steeply up through Barron Pass where unsurpassed views of Frenchmans can be enjoyed from a distance. The sight of the epic, quartzite peak rising up and out of the surrounding dense wilderness is breathtaking and gives even the most experienced bushwalker an invigorating jolt of excitement. We sidle Sharlands Peak and pass through the Artichoke Valley before descending into camp.

Walking Distance: 6 km | Walking Time: 8 hours

meals: B,L,D

DAY 3 Summit tuynti/Frenchmans Cap and explore surrounding area

Today we ascend the imposing summit of tuynti/Frenchmans Cap. The climb is challenging and immensely rewarding; an absolute highlight of Tasmanian bushwalking. The ascent is approximately 1.7 km in distance and takes roughly 2 hours. The views from the top are incomparable, taking in a vast expanse of the wild and rugged south-west. After time to completely absorb the scenery, we

frenchmans cap trek

Summit Tasmania's iconic peak in the remote south west



fast facts

Private Groups:

Group Size Min:

5

Group Size Max:

8

Private group options are available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Tasmanian Expeditions

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 safeguard the pristine wilderness areas in which we operate.

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

trip grading

have the option of taking a track through the saddle and North Col and sidle past Lion Head to Lake Nancy where we can have a well deserved lunch while enjoying the views north-west towards Mt. Mary and the mighty Franklin River.

In the afternoon we return to our comfortable camp at Lake Tahune and enjoy another hearty meal high up in the Tasmanian wilderness.

Walking Distance: 3 km | Walking Time: 4-7 hours

meals: B,L,D

DAY 4 Lake Tahune to Lake Vera

This morning gives us the opportunity to summit Frenchman's Cap once more if inclement weather held us back yesterday. We then return on rough track through diverse forests and mountain passes to the stunning camp at Lake Vera. Our packs are feeling lighter today and we have a spring in our step that only a Tasmanian bushwalker truly understands; There's nothing like five days in the wilderness to clear your head and energise your soul! It is well worth returning to Lake Vera, a magical campsite nestled below the dominating forested heights of the White Needle and Philips Peak. Tonight your guides will prepare our last evening meal in the wilderness, and we enjoy our final night out under the stars.

Walking Distance: 6 - 9 km | Walking Time: 3-5 hours

meals: B,L,D

DAY 5 Trek to trail head, transfer to Launceston

After breakfast we pack up camp and return across the Loddon Plains to the trail head. This morning's walk enables us to take in the epic mountainous landscape we have explored over the last five days, and reflect upon all we have achieved. We clean our bushwalking gear at the wash down station – to prevent the spread of plant diseases – then board our awaiting bus. We drive back to Launceston, via the scenic Central Highlands and Great Lake, stopping for lunch along the way, reaching Launceston between approximately 5:30 to 6:30pm. Our two drop-off points in Launceston are the Grand Chancellor and the Penny Royal.

After a hot shower and donning fresh clothes, you may like to meet up with your fellow bushwalking companions at one of Launceston's great eateries for a celebratory dinner.

Walking distance 16 km | Walking time 6-7 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.

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

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Moderate to Challenging

This adventure involves trekking in remote areas for up to 8 to 10 hours a day, possibly more. You will carry a full pack weighing up to 20kg. Your pack will be heavier as the start of the trip, and will get lighter as you eat the food in your pack. With remoteness comes potential to encounter variable weather conditions, including rain and strong winds. You will need an excellent level of fitness and be completely comfortable in adverse weather conditions and remote locations where evacuation may be very difficult. The trail can be wet and/or muddy in sections, and very steep at times.

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 22kgs). 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 for our more challenging treks is multi day bushwalking involving relatively steep ascents and descents and in 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.

approximately \$10 from the city centre.

am i suitable for this trip?

To undertake a moderate to challenging trip you should have an excellent level of fitness. You will be carrying a full pack (weighing 18-22kg) while trekking in remote areas for up to 8-10 hours a day. Previous multi day hiking experience is highly recommended, as is previous experience on a full pack trek. Given the challenging nature of this trip it is also essential that you will have time to train in the lead up to this trek.

Physical and mental preparation for your trip cannot be highlighted enough. Along with your physical preparation, you should 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.

physical fitness

For a moderate to 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.

Day walks with a full 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 island's 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 your wilderness experience is enjoyable. Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures.

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.

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Summit Tasmania's iconic peak in the remote south west



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.

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

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. 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 and techniques for personal hygiene in the wilderness will help to reduce our impact and ensure our trip is sustainable:

-Please keep toiletries to an absolute minimum. This is a benefit to the environment and to the weight of your pack! If you bring biodegradable products their suitability will be discussed at your pre-tour briefing. We suggest embracing the 'bush look' and leaving shampoo, soaps and hair products behind. Natural 100% Tea Tree oil serves as a good antiseptic soap/shampoo alternative.

-Toilet paper is provided and composting toilets are available at Lake Tahune and Lake Vera camps. In the wilderness we need to dispose of waste as per Leave No Trace Principles, which will be explained by your guides.

-On this trek there are some opportunities to refresh yourself with a swim or bathe in mountain

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lakes and streams. We recommend bringing a quick drying micro/travel towel for washing and drying.

-Please note that if you choose to bring wet wipes/moist towelettes on the track it is required that you carry used wipes out again in your own backpack as there is no rubbish disposal on the trail and wipes cannot be put in the composting toilets.

-If possible, organic/natural brands of toothpaste, sunscreen, insect repellent and deodorant are preferred.

-Hand sanitiser will be provided at mealtimes and around camp. Having a small personal quantity is also recommended – 60ml is sufficient.

accommodation on the trip

Tasmanian Expeditions provides strong, twin-share bushwalking tents, which give each occupant a personal access door and storage vestibule for individual use. Our tents weigh between 2.5 and 3.2kg 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. Brands that are most commonly used are Wilderness Equipment and One Planet. Your guides will show you how to pitch the tent, then it will be your job during the trek to put up and pull down your tent each day.

There are modern composting toilets located at Lake Vera and Lake Tahune camp. When out on the track, there is the need to dispose of waste as per Leave No Trace principles. Your guides will explain these at your initial trip briefing.

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, ensuring you arrive before the scheduled pick up time. Alternatively we have discounted rates 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

A tent and thermarest are provided on this trip. Please refer to the gear list in this document for more details.

what you carry

For your expedition you will need to carry all equipment in a full trekking backpack that is 75-90 litres in capacity. Depending on the amount of personal gear and toiletries, the average pack weight is max 20kg. You will carry:

- Sleeping bag
- Inflatable sleeping mat
- Portion of the shared tent
- Portion of the group's food
- Your own drinking water for the day
- All personal items that you have decided to bring along
- All wet weather gear

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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.

luggage

Luggage will be stored in locked vehicle or trailer for the duration of the trip - it is recommended to leave excess luggage at your accommodation for safe keeping if possible.

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 safeguard 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 now being exported to the rest of the world as the International ECO Certification Program.

private groups

The adventures featured in our brochure and on our website are just the starting point for many of our private group travellers. We love creating custom designed itineraries for groups of friends, work colleagues, charities, schools and clubs. 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)

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.

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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

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United Kingdom: 0800 0744 135

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