



Australasia

women, wild & wise: tasmania's flinders island with suzan muir



trip highlights

Walk with Suzan Muir, whose grounded approach encourages a deeper way of experiencing the natural world

Slow down and immerse yourself in Flinders Island's wild coastal landscapes, from granite peaks to remote northern shores

Stay in a secluded Eco-Comfort Camp, with evenings under expansive skies and time to rest, share and unwind



Trip Duration	6 days	Trip Code: LLFI
Grade	Introductory to Moderate	
Activities	Walking with a Day Pack	
Summary	6 day trip, 6 days walking with a day pack, 5 nights at our Eco-Comfort Camp	

Tasmanian Expeditions

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. 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.

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



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Join wilderness guide and Alone Australia finalist Suzan Muir for a special women's journey of walking, nature and conversation on Flinders Island.



trip dates

2027 07 Mar - 12 Mar

the trip

This guided Flinders Island journey focuses on slowing down, connecting with nature, and sharing the experience with like-minded women, guided by Suzan Muir.

Walking alongside Suzan - wilderness guide, Alone Australia finalist, and deep observer of the natural world. You'll experience the island as a place of quiet learning, presence and reflection. Through gentle facilitation and shared experience, Suzan encourages a deeper connection to self, to others, and to the land beneath your feet. Each day unfolds on foot across Flinders Island's diverse terrain, from windswept beaches and coastal heathlands to granite peaks and remote northern shores. The focus is not on distance or difficulty, but on how you move through the landscape, with time to pause, listen, swim, observe and simply be. Although a small island of just 1,333 square kilometres, Flinders Island holds an extraordinary diversity of ecosystems, from dunes and lagoons to woodland and rugged mountain ridges. Wildlife is abundant, with wombats grazing at dusk and seabirds riding the coastal winds.

This is a fully supported, comfort-based experience, with a single base at our secluded Eco-Comfort Camp. Evenings are spent sharing nourishing meals, conversation and reflection, with space to unwind and settle into island life.

Suzan's approach draws on years of living closely with the land, offering a grounded perspective on self-reliance, balance and connection. Through simple, guided practices and group sharing, she creates space for reflection, helping to deepen your experience of place and the sense of belonging that comes from spending time in nature.

about your leader/escort

Suzan Muir has spent a lifetime cultivating a quiet, powerful connection to nature. Living off-grid in Victoria with her husband and two dogs, she has embraced a life deeply tied to the rhythms of the land, harvesting, crafting, and gathering much of what she needs directly from the country around her. Her love of wild places began in childhood and has shaped decades of exploring Australia's most remote landscapes. As a wilderness guide and deep wilding facilitator, Suzan brings a calm, thoughtful approach to life outdoors, grounded in respect and gentle curiosity. Suzan is also known for starring in Alone Australia, where she spent 63 days thriving in the wilderness. Her time on the series showcased not only her broad bush skills, from shelter-making to foraging, but also her quiet resilience, patience and capacity to find contentment and even joy in challenging, solitary conditions.

at a glance

DAY 1	FLY TO FLINDERS ISLAND, EXPLORE CASTLE ROCK
DAY 2	MT KILLIECRANKIE & COASTAL EXPLORATION
DAY 3	NORTH EAST RIVER & PALANA
DAY 4	PATRIARCH INLET & WILDLIFE SANCTUARY
DAY 5	BLUFF TRACK & TIME IN NATURE
DAY 6	TROUSERS POINT WALK & DEPARTURE

what's included

- Hosted by Suzan Muir - Alone Australia finalist, off-grid adventurer and wilderness guide
- Professional wilderness guides
- 5 nights at our exclusive Eco-Comfort Camp on a twin share basis (single use tents for solo travellers at no extra charge, subject to availability)
- Gourmet meals incorporating fresh Flinders Island and Tasmanian produce (5 breakfasts, 6 lunches & 5 dinners)

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- Safari-style walk in tents with single bed including all linen, quilt and pillow
- Return scenic flights from Bridport with Flinders Island Aviation valued at \$450 per person
- Transport by private minibus
- Emergency communications & group first aid kit
- National Park fees

what's not included

- Travel to and from Launceston
- Accommodation in Launceston before or after the trip
- Items of a personal nature
- Travel insurance

detailed itinerary

DAY 1 Fly to Flinders Island, explore Castle Rock

We arrive on Flinders Island by scenic flight, crossing Bass Strait to a place where the pace of life immediately begins to soften. Host Suzan Muir will introduce the journey ahead, not just the walks, but the intention behind our time on the island.

Our first gentle walk leads us along the shoreline to Castle Rock, a striking granite formation rising from the coast. This is a chance to arrive fully - to slow down, notice the textures of the land, and begin to tune into the rhythm of the island.

There is time in the afternoon to settle into camp, wander the beach, or simply rest after the journey. In the evening, we gather for our first shared meal, with space to connect as a group and ease into the days ahead. Suzan will introduce the first of her reflective practices, inviting a gentle opening to the experience.

Walking distance: 3km

meals: L,D

DAY 2 Mt Killiecrankie & coastal exploration

We begin the day with a steady climb up Mt Killiecrankie, one of the island's most prominent peaks. The focus is not on reaching the summit quickly, but on moving with awareness and noticing the changing landscape beneath our feet.

From the summit, expansive views open across the coast before we descend toward Stacky's Bight. There is time here for a swim, a rest on the rocks, or quiet observation of the sea and sky.

The afternoon walk toward The Docks is shorter and unhurried, weaving through granite outcrops and coastal formations. Back at camp, the evening offers time to unwind, maybe to write, draw, or simply sit with the day's experience. After dinner, Suzan will host a relaxed group discussion, creating space to share reflections and observations.

Walking distance: 7km

meals: B,L,D

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fast facts

Group Size Min:

8

Group Size Max:

14

Leader:

Expert Local Leader & Escort

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

Introductory to Moderate

This adventure involves hiking 2 or 5 hours a day at a steady pace. You will need a good level of fitness and must be in good health. Be prepared for potential variable weather conditions.

Suggested preparation: 45 minutes of aerobic type exercise, three to four times a week. Hill walking with a pack in variable weather conditions, kayaking or road cycling is also recommended depending upon the activity you plan to undertake.

DAY 3 North East River & Palana

We travel to the remote northern edge of the island, where the landscape feels vast, open and elemental. Walking along the coastline and through the Palana dunes, there is space to spread out and experience the environment individually as well as together.

The group will come together at intervals for shared discussion, deepening the experience through conversation and perspective.

There is the option for a swim before returning to camp. The afternoon and evening are intentionally spacious. A gentle evening session with Suzan offers further opportunity for reflection.

Walking distance: 8- 9km

meals: B,L,D

DAY 4 Patriarch Inlet & Wildlife Sanctuary

At Patriarch Inlet, we explore shorter walking sections, allowing more time to pause, sit and take in the surroundings. The landscape here invites a quieter experience, watching birdlife, feeling the coastal air, and noticing the details often missed at a faster pace.

A visit to the volunteer-run wildlife sanctuary offers the chance to observe native animals up close. The remainder of the day is flexible, with time at camp or in nature. Suzan will guide a longer workshop or group session.

Walking distance: 7km (flexible)

meals: B,L,D

DAY 5 Bluff Track & time in nature

Today's walk along the Bluff Track is gentle and expansive, with wide coastal views.

There is space for conversation and personal reflection. The afternoon is left open, creating an opportunity for deeper rest or creative expression. Suzan will again offer a reflective practice or group discussion.

Walking distance: 5km

meals: B,L,D

DAY 6 Trousers Point walk & departure

Our final morning is unhurried. We walk to Trousers Point, one of the island's most beautiful coastal settings, with views across clear waters to the granite slopes of Mount Strzelecki. Before departing, the group gathers one final time with Suzan for a closing reflection, an opportunity to acknowledge the experience and carry something of it forward. We then transfer to the airport for our return flight to Bridport, continuing on to Launceston where the trip concludes around 5pm. We recommend you book a nights stay in Launceston (not included).

Walking distance: 2km

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 its temperatures and weather moderated by the surrounding oceans. Its cool temperate climate offers four distinct seasons, and conditions can change quickly at any time of year.

March is a lovely time for walking on Flinders Island, with generally mild conditions, but Tasmania's famously changeable weather means it is important to come prepared for warm sunshine, cool temperatures, wind and rain. Wind, particularly along the west-facing coastline, can make conditions feel considerably cooler, and unseasonal heavy rain is possible.

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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.

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.

As part of our Wild & Wise experience, there will also be times when we pause outdoors for conversations and reflection. You'll naturally feel cooler when sitting still than when walking, so warm layers are particularly important. We recommend bringing a fleece or warm mid-layer, windproof and waterproof outer layer, and a warm hat so you can rug up and remain comfortable while we linger outdoors.

great walks of tasmania

World Expeditions and Australian Walking Holidays are a founding member of the Great Walks of Australia. This is a 'best of' selection that uses our high end walking experiences with the aim of putting Australia on the map as a truly world class walking destination. This industry led collective joins together 13 of Australia's best walking holidays, characterised by exclusive, special accommodation that complements the walk perfectly. Lodges are exclusive to each organisation and are not open to the general public, ensuring that each of the Great Walks of Australia is truly one of a kind. The 13 walks are Cradle Mountain Huts Overland Track, The Maria Island Walk, The Bay of Fires Walk, the Freycinet Experience Walk, The Twelve Apostles Walk, The Arkaba Walk, Scenic Rim Trail, Murray River Walk, Cape to Cape in Luxury, Three Capes Walk, Seven Peaks Walk and two of our very own The Larapinta Trail and Flinders Island Walking Adventure.

meals during the trek

You will not go hungry on our trips. Tasmanian Expeditions aims to provide high quality local Tasmanian produce to supply, nutritional, filling and delicious meals for our guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality and presentation of their meals and their ability to cater to a wide range of dietary requirements. Each guide is able to select their own menu for the destination.

While our guides will have fruit and muesli bars on offer as snacks during the trip, if you have a favourite snack that keeps you going while spending a long day in the outdoors we suggest you bring some from home.

- Breakfasts - ranges from continental with local jams to hot breakfasts with freshly brewed Ritual Coffee
- Lunches - variation each day from heart, fresh salads and wraps/rolls with an assortment of cold meats and fresh ingredients
- Dinners - varies from trip to trip, 3 course dinners - for example, a cheese platter to start, a hot main meal with protein and 2 sides, and local chocolate or cakes to finish

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

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that the trip is sustainable.

- We have a toilet at our camp. In the wilderness there is the need to dispose of waste as per leave no trace principles which will be discussed at your pre-departure briefing.
- There will be many opportunities to have a swim or bathe in the beautiful, turquoise ocean. A quick drying micro/travel towel is recommended for washing/drying.
- Personal hygiene can be further maintained with the hot showers at camp. Shampoo, conditioner and body wash will be provided for use in the showers.
- Please keep other toiletries to an absolute minimum.
- 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. Having a small personal quantity is also recommended – approx 60ml is sufficient.

accommodation on the trip

The camping for this tour is situated at our exclusive eco-comfort camp site on Flinders Island. A permanent kitchen and dining platform provide rustic shelter from the elements and a panoramic spot to enjoy a hot drink, a chat about the day's events and a hearty evening meal together. Bathroom facilities include a toilet and a basic hot shower. The scenery is spectacular and there will be ample opportunities to enjoy a refreshing swim in the crystal clear waters on the island many beaches. We provide 2 person Tasmanian designed and made canvas sleeping pods. The tents are elevated on platforms and have an entrance deck to allow you to keep the interior nice and clean and somewhere to sit and enjoy the peace. You will sleep on wooden single bed frames and sheets, pillow, and a mattress are provided.

For solo travellers a single tent is available at no additional charge. There are a limited number of tents at camp so single tents are subject to availability and group size. .

pre and post tour accommodation

You will need to arrive into, and stay the night in Launceston the day before the tour commences as we have an early morning departure on day 1.

Our preferred hotel in Launceston for pre and post tour accommodation is the Penny Royal Leisure Inn. The Penny Royal Leisure Inn offers a discount for all Tasmanian Expeditions clients.

We recommend booking a night of accommodation in Launceston at the end of the trip also. We usually arrive back at the accommodation at 5pm but flight delays due to bad weather between Flinders Island and Bridport can happen.

what you carry

For your expedition you will need to carry all equipment in a day pack approx 25 - 30L in capacity. This will need to include the following items:

- Water and snacks
- All personal items that you have decide to bring along
- All wet weather gear

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.

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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.