

overland track: cradle mountain challenge



trip highlights

- Complete the internationally famous Overland Track
- Summit the Iconic Cradle Mountain
- Discover rich bio-diversity; sublime rainforests, beautiful sub-alpine plateaus and spectacular highland landscapes
- End each day at scenic campsites in the remote wilderness
- Summit Tasmania's highest peak, Mt Ossa (weather dependent)
- Enjoy close encounters with native animals, birds and stunning endemic plants



Trip Duration	7 days	Trip Code: OTH
Grade	Moderate to Challenging	
Activities	Trekking with a full pack	
Summary	6 days trekking with a full pack (14-18kgs), 1 night hotel, 5 nights camping	

Tasmanian Expeditions

Thank you for your interest in our Overland Track: Cradle Mountain Challenge 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:

- 30 + years experience
- The most experienced operator on The Overland Track
- Experienced and 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.



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trip dates

2026 06 Dec - 12 Dec **H**

2027 10 Jan - 16 Jan **H**
06 Feb - 12 Feb **H**
07 Mar - 13 Mar

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.

Tasmanian Expeditions does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same sex and if we cannot match you up we will provide a single room (or tent if applicable) at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room (or tent if applicable) pending availability. Please refer to our website for the additional cost.

the trip

The Overland Track holds legendary status as Australia's premier alpine walk. This enhanced itinerary begins with a night at Cradle Mountain, allowing you to settle into the alpine environment before embarking on one of the country's most iconic multi-day treks. With favourable weather conditions, you'll also have the opportunity to summit the craggy peaks of wulinantikala/Cradle Mountain, adding an unforgettable challenge and perspective to your Overland Track experience.

Walking from north to south, the Overland Track traverses Tasmania's highest mountain region, stretching from the foothills of wulinantikala/Cradle Mountain to the rainforest-clad shores of the deepest natural lake in the Southern Hemisphere, Iiyawulina/Lake St Clair. The World Heritage-listed landscape is truly breathtaking and will leave you enchanted, inspired and deeply connected to Tasmania's wild places.

Each day reveals a new and dramatically different landscape. Journey through ancient myrtle forests, across glaciated dolerite terrain and expansive alpine plateaus dotted with sparkling tarns and lakes, while passing beneath Tasmania's highest peak, kunanyi/Mt Ossa. Along the way, you'll have the chance to encounter the unique wildlife that calls this remarkable wilderness home, including wombats, echidnas and Tasmania's curious endemic birdlife.

This trek is suitable for first-time multi-day hikers who are comfortable carrying a fully loaded pack. If you don't have your own backpack, don't worry, our trip includes the use of a quality trekking pack and essential equipment suited to the conditions. Carefully planned food drops throughout the journey help keep pack weights manageable while ensuring you'll be well nourished for each day's adventure.

Then there are your guides, the best in the business. Passionate, experienced and highly knowledgeable, your professional guides will ensure your adventure is both enjoyable and immensely rewarding. From preparing delicious meals and providing support on the trail to sharing stories of the region's rich natural and cultural heritage, they will bring the Overland Track to life every step of the way.

at a glance

DAY 1	CRADLE MOUNTAIN ARRIVAL & WELCOME DINNER
DAY 2	CRADLE MOUNTAIN SUMMIT & WATERFALL VALLEY
DAY 3	WATERFALL VALLEY TO LAKE WINDERMERE
DAY 4	LAKE WINDERMERE TO PELION PLAINS
DAY 5	PELION PLAINS TO KIA ORA
DAY 6	KIA ORA TO BERT NICHOLS
DAY 7	BERT NICHOLS TO LAKE ST CLAIR AND RETURN TO LAUNCESTON

what's included

- 2 professional wilderness guides
- 1 night hotel accommodation at Cradle Mountain in twin share rooms
- 5 nights camping in twin share tents
- Welcome dinner at Cradle Mountain
- 6 breakfasts, 7 lunches, 6 dinners snacks and hot drinks
- Trek Pack: inflatable sleeping mat, 70-90L backpack, sleeping bag, inner sheet and gaiters
- Food drop provisions along the track
- Transport by private minibus between from/to Launceston
- Lake St. Clair ferry passage
- National Park fees
- Overland Track Permit

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- Emergency communications & group first aid kit

what's not included

- Travel to and from Launceston
- Accommodation before or after the trip
- Items of a personal nature - alcoholic beverages, car parking etc
- Travel insurance
- Face masks and hand sanitiser

detailed itinerary

The Overland Track trip commences with a **COMPULSORY** briefing at Tasmanian Expeditions Offices: 3/33 Churchill Park Drive, Invermay at 10am on the day of departure. It is **ESSENTIAL** that you make your travel arrangements to enable you to attend this briefing and that you bring along with you all of the gear and clothing required for your expedition as we will depart immediately afterward.

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 itinerary and objectives of the tour
- Cross-check of required gear and clothing
- Distribution and packing 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
- Opportunity to pack your backpack and leave it with your guides, ready for the following morning

DAY 1 Cradle Mountain Arrival & Welcome Dinner

Your adventure begins at our Launceston base at 10am with a comprehensive trip briefing and gear check, giving you the opportunity to meet your guides and fellow hikers while ensuring you're fully prepared for the days ahead.

Following the briefing, we depart for Cradle Mountain, travelling through Tasmania's picturesque northern landscapes. A light lunch will be enjoyed en route before arriving at our accommodation nestled within the World Heritage-listed Cradle Mountain National Park.

The afternoon is yours to settle in and soak up the crisp alpine atmosphere. Take time to relax, explore the surrounding area, repack your hiking gear, or stretch your legs before the journey ahead.

As evening falls, we gather for a welcome dinner, sharing stories and anticipation for the iconic Overland Track adventure that awaits.

Briefing Time: 2 hours

Drive Time: 3 hours

Accommodation: Cradle Mountain

meals: L,D

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fast facts

Private Groups:

Group Size Min:
6

Group Size Max:
10

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

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

DAY 2 Cradle Mountain Summit & Waterfall Valley

An early start this morning gives us exclusive access to the Overland Track trailhead before the shuttle buses begin operating, allowing us to experience this remarkable wilderness in the quiet of the morning and ahead of the crowds.

Setting out from Waldheim, we begin our journey along the iconic Overland Track, winding through ancient rainforest and alpine heathland before emerging onto the spectacular Cradle Plateau. Passing glacial tarns and expansive alpine landscapes, we are treated to uninterrupted views of Tasmania's rugged high country.

Weather permitting, those keen for an extra challenge will have the opportunity to make the ascent of Tasmania's most iconic peak. Climbing the rugged slopes of Cradle Mountain, we are rewarded with sweeping views across the Tasmanian Wilderness World Heritage Area, where jagged mountain ranges and glacial lakes stretch to the horizon. Rejoining the Overland Track, we continue our journey across the plateau, with the imposing silhouette of Cradle Mountain remaining a constant companion.

Our day concludes at Waterfall Valley, where we settle in for our first night on the Overland Track beneath some of Tasmania's most dramatic mountain scenery.

Walking Distance: 10.7km | Walking Time: 6-8 hours + side trips

*The Cradle Mountain summit side trip is weather dependent and may not be possible in adverse conditions. Your guides will determine whether conditions are suitable on the day.

meals: B,L,D

DAY 3 Waterfall Valley to Lake Windermere

After breakfast at our campsite we 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 our packs we head back across the rolling buttongrass plains to our stunning campsite. We spend the afternoon kicking back with a hot drink taking in the fabulous views from camp, and perhaps having another refreshing swim.

Walking Distance: 7.8km + side trips | Walking Time: 3 hours + side trips

meals: B,L,D

DAY 4 Lake Windermere to Pelion Plains

Today is a wild day of moorlands and mountain views. We don our packs and walk across Pine Forest Moor with spectacular views across the massive Forth River Valley to the lofty heights of Mt Oakleigh and to today's destination at its base. We descend around Mount Pelion West to a popular lunch spot at Frog Flats. After lunch we walk up through tall, lush forest onto the great expanse of Pelion Plains. We have the option of a short side trip to Old Pelion Hut to gain a deeper appreciation of the park's rich history.

Walking Distance: 16.8km | Walking Time: 7 hours

meals: B,L,D

DAY 5 Pelion Plains to Kia Ora

From camp we 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 we continue south into Pinestone Valley to our creek-side campsite overlooking the grand spires of Cathedral Mountain.

Walking Distance: 8.6km + side trips | Walking Time: 5 hours + side trips

meals: B,L,D

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Moderate to Challenging

This trip involves trekking for up to six or seven hours a day. 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, over tree roots 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.

Suggested preparation: We recommend one hour of strenuous exercise 3-4 times per week (this can be cycling, jogging or walking) interspersed with relatively demanding bushwalks carrying a full pack weight (between 15-17kg). 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.

DAY 6 Kia Ora to Bert Nichols

Today we walk through towering rainforests of Leatherwood and Sassafras trees, heading towards three of Tasmania's largest and most spectacular waterfalls. The first we visit is Fergusson Falls, named after a former ranger at Lake St Clair, followed by Dalton Falls. 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. We walk up through Du Cane Gap then descend to our campsite at Bert Nichols.

Walking Distance: 9.6km + side trips | Walking Time: 4 hours + side trips

meals: **B,L,D**

DAY 7 Bert Nichols to Lake St Clair and return to Launceston

Today we pack our backpacks for the final day on the track, which takes us through mixed eucalyptus and stands of temperate rainforest to the shore of Lake St Clair, the deepest natural lake in the Southern Hemisphere. As we near Lake St Clair we can gaze up to the peaks of Mt Ida and majestic Mount Olympus. We catch a 30 minute ferry across the lake, providing spectacular views back upon the mountains we've walked past, and a wonderful conclusion to our Overland Track trek.

After time to explore the visitor centre and a celebratory lunch, we board the bus for our return drive across the Central Plateau to Launceston. We 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: 4 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.

am i suitable for this trip?

Physical and mental preparation for your trip cannot be highlighted enough. 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.

climate

The cool temperate climate offers four distinct seasons which can interchange on any given day of the year. Summer inland temperatures average 24 degrees with nights averaging a relatively cool 8 degrees.

The Overland Track area can experience heavy rain and temperatures below zero degrees even 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 is required for The Overland Track.

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.

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

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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 trip's itinerary in the best interests of all involved.

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 and tell a few stories before heading off for the night's rest.

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. As we are unable to guarantee a nut-free or allergen-free trip we strongly encourage travelers with severe or life-threatening allergies to take all necessary medical precautions. Guests must travel with all necessary medications for allergies and be capable of self-administration.

accommodation on the trip

The first night of the tour will be spent in comfortable twin share hotel rooms at Cradle Mountain after which the remaining 5 nights of the tour will be spent camping along the track at designated commercial campsite areas. These areas have timber platforms for our tents to be pitched on and nearby rainwater tanks and composting toilet facilities. Tasmanian Expeditions provides strong, 2 person, bushwalking tents (twin share), which provide each occupant with a personal access door and vestibule for individual use. Our tents weigh approx 3.5kg 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.

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 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.

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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 between 15-18kg. This will need to include the following items:

- Sleeping bag
- Inflatable mat
- Portion of the shared tent
- Portion of the group food
- All personal items that you 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.

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 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, such as reserving Overland Track passes. 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.

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

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