

AUSTRALIA

The Three Capes Paddle

4-Day Trip



Tasman Peninsula - The Three Capes Paddle



4-Day Trip 4 days kayaking

The Tasman Peninsula is very nearly an island, being surrounded by the Tasman Sea to the south and east, Storm Bay to the west and to the north by Norfolk Bay but connected to the mainland by a narrow isthmus. The coastline, largely covered by national park, is made up of spectacular dolerite cliffs, beautiful sandy beaches and sheltered bays, making it an ideal paddling destination. We'll encounter an abundance of flora and fauna, both on the water and on short but spectacular hikes. Our base is a beachside private lodge built for peace, privacy and comfort. Join us on a Tassie escape with four wonderful days exploring the diversity of the Peninsula's cultural and natural landscapes.

A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

Day 1: Pick up from Hobart. Paddle to Lime Bay. Lodge accommodation. L • D

Days 2-3: Exploring the spectacular coastline of the Tasman Peninsula. Lodge accommodation. B • L • D

Day 4: Kayak and hike. Transfer to Hobart. End of trip arrangements. B • L

Meeting Place and Time

We'll pick you up from your Hobart accommodation on the morning of Day 1 (time will be confirmed closer to trip departure) for the two-hour drive to Lime Bay coastal reserve where we begin the paddle adventure.

Sea Kayaking

Sea kayaking is an activity that any reasonably fit person can participate in and could be compared to brisk walking or cycling. Previous kayaking experience is not necessary for the four-day itinerary, but it is important to have a sound level of fitness and, most of all, a sense of adventure. The degree of difficulty of the trip **will depend on the weather** we encounter. We ask that all participants feel confident in swimming.

The kayaks used are single and double sit-in expedition sea kayaks with rudder. The kayaks are stable, easy to paddle and control. They are very forgiving and are suited for beginners to experts. On day one you will be given a thorough briefing on all aspects of sea kayaking techniques with ample time to practice and familiarise yourself with the kayaks. We generally limit our group size to a maximum of 12 clients plus two guides.

Paddles used are Werner Skagit paddles at 220cm length. All paddles are split paddles for easy adjustment to suit your style.

Other equipment supplied include your pfd (life jacket), one 20 litre dry bag, a set of pogies (paddling mittens), cagoule (an over-the-head style jacket that has seals on the waist, wrist and neck offering protection from wind and rain).

In general, the fitter you are, the more you will enjoy the paddling. It's a good idea to begin some regular exercise like walking, jogging, cycling or swimming well before the trip. If you have not paddled before, consider organising some tuition before your trip.

Proposed Itinerary

Due to the unique nature of this area and the variability of weather, there is no fixed route or schedule. The following itinerary is a sample only. Please note that the weather, logistical conditions and group preference will determine the day to day activities. Paddling distances should be seen as an approximate guide only.

Day 1: We start the trip with a morning pickup (around 8am) from your Hobart hotel for the two-hour drive to Lime Bay Coastal Reserve. Prior to launching, your guides will run through a full kayak safety briefing before a short paddle to the infamous convict coal mines historic site. After a picnic lunch, we'll stretch our legs and explore the area. We continue our paddles north, past delicate sandstone cliffs and sandy beaches to finish at Lime Bay. We meet our vehicle and transfer to the The Bolthole, our accommodation for three nights. After settling in, it's time to relax on the large deck looking out to Pirates Bay, Clyde Island and Cape Huay. For dinner, your guides will prepare a gourmet meal with a focus on local produce. Paddling distance approximately 12 km.

L • D / LODGE ACCOMMODATION

Day 2: After a hearty breakfast prepared by your guides, we drive a short distance to Fortescue Bay, located in the heart of the Tasman National Park. This morning's paddle is towards Cape Huoy, one of the highlights of the Three Capes Track. If the weather allows, we can make our way to the base of the Candle Stick, a mecca for rock climbers from around the world and conveniently located beside a seal haul-out. We will pause here while Australian fur seals play in the water around us. Depending on sea conditions, we can paddle underneath the candlestick to the open sea beyond. Returning to the shelter of the bay we'll explore hidden coves and enjoy a picnic lunch before heading back to our accommodation, perhaps even pausing for a quick swim on the way. Paddling distance approximately 12-15 kms.

B • L • D / LODGE ACCOMMODATION

Day 3: This morning we launch the kayaks from the shelter of Pirates Bay and experience true ocean paddling as we paddle south past the Tasman Arch and Blowhole. Towering sea cliffs, deep sea caves and abundant marine life are highlights of today's paddle. Lunch is enjoyed at Bivouac Bay where we can stretch our legs on a hike with great views over the sea cliffs. Transfer back to the

lodge. Paddling distance today is around 15 kms.

B • L • D / LODGE ACCOMMODATION

Day 4: After another delicious breakfast, we head for Port Arthur for our final day on the Tasman Peninsula. Launching from a nearby cove we have a unique opportunity to experience the site by kayak before paddling south to the spectacular Crescent Bay for lunch. After a rest and a swim for the bold, we will round out the afternoon with a 2.5 km return hike to the summit of Mt Brown. From here it is only a short paddle back to our waiting vehicle and on to Hobart. We end the trip with a drop off at your Hobart hotel at around 5.30pm. Paddling distance today is around 15 kms.

B • L / END OF TRIP ARRANGEMENTS

Climate

The Tasman Peninsula has a cool, temperate climate dominated by the westerly flow of winds that blow across the Southern Ocean. November to April are the warmest months with air temperatures ranging from as low as 8°C to a comfortable 23°C, although fluctuations above and below these averages are common, often all in the space of a day! The ocean temperatures remain relatively stable over the course of the year with the temperature averaging between a refreshing 13-17°C from November to April. While rain can occur at any time of year, the summer months are typically dominated by a warm, dry northerly stream of air.

Accommodation

We stay three nights at The Bolthole, a large private house set on a secluded 5.8-acre bush block with coastal forefront and direct access to Pirates Bay. The lodge has five bedrooms; one king bed with ensuite, two rooms with queen beds, one twin bedded room and a bunk room with four single beds. Your trip cost depends on room selection. The lodge has one private ensuite, one full bathroom and two separate toilets (one outside) and an outdoor shower. Linen and bath towels are provided. There's a fully equipped kitchen where your guides will whip up fabulous meals for the group. Single travellers may be asked to share a room. Rooms will be allocated according to preference, group makeup and time of booking.

The Tasman Peninsula

The Tasman Peninsula is connected by a narrow isthmus at Eaglehawk Neck to the Forestier Peninsula, which in turn, is connected to the mainland by East Bay Neck. Only 90 minutes from Hobart, the peninsula is an area of dramatic beauty and natural diversity and home to the Three Capes Track, a 48km walk that encompasses Cape Hauy, Cape Pillar and stunning views to Cape Raoul. The aboriginal inhabitants of the area, preceding European arrival, are the Pydairrme people. Their territory was what is now known as the Tasman and Forestier Peninsulas. Tasman National Park straddles both peninsulas and contains a spectacular coastal environment including soaring 300-metre-high dolerite sea cliffs. The Peninsula is home to a wide range of land and marine animals, including Australian fur seals, penguins, dolphins and migrating whales. It's also home to the endangered swift parrot and many forest-dwelling birds. Endangered wedge-tailed eagles and sea eagles can also be seen overhead. The Tasman Peninsula possesses a large diversity of plant life in its

coastal heath and eucalyptus forests, rewarding hikers with a changing landscape.

Trip Organisation

The Tasman Peninsula has a broad range of paddling options from tranquil, sheltered bays to towering cliffs exposed to the Southern Ocean. The trip is designed to take advantage of the best paddling opportunity on any given day. As such there is no predetermined itinerary and the exact amount of time paddling or distance covered on any trip or outing will vary. The guides are experts at choosing the best itineraries to suit the group and local weather conditions. Generally, we will plan to paddle between 4-6 hours with breaks over the course of the day, although we may paddle slightly more or less if weather demands. We will typically include some short walks in the trip and may substitute walking for paddling in the case of high winds. It is important to remember that the group will kayak at the pace of the slowest paddlers.

Expedition Staff

The guides' role is to co-ordinate the expedition and ensure the safety of the group. They will design the itinerary to maximise your experience and keep you informed of the objectives and progress of the trip. Guides will decide on safety matters and administer the medical kit if required, they carry VHF marine radios, mobiles and an EPIRB (radio beacon) or similar emergency device. The guides have a rich knowledge of Tasmania's natural and cultural history which they are always excited to share. Should you have any enquiries during the trip, feel free to ask your guides.

Travel Arrangements

Should you voluntarily decide to alter your travel arrangements after commencement of your trip, Friendly Islands Kayak and our ground operator, Southern Sea Ventures are not responsible for any additional charges involved. Our staff will assist you if possible but you are responsible for organising these arrangements yourself. Delays may occur due to weather or transport difficulties.

Travel Insurance

It is necessary to take out a personal comprehensive travel insurance policy. Please make sure your insurance policy covers lost monies in the event that you need to cancel your trip or the trip has to be cancelled/curtailed due to inclement weather. Friendly Islands Kayak and Southern Sea Ventures are not responsible for any expenses incurred due to flight delays.

Australian residents should note: Under the Federal Government Medicare Act it is prohibited for any domestic travel insurance product to provide any financial reimbursement with regards to ambulance or air ambulance services. We advise clients to take specific cover for ambulance services through the respective State Ambulance Service providers or through your own private health insurance.

Ensure you have read your travel insurance policy thoroughly and are familiar with the claim process in case it becomes necessary to make an emergency claim. We will require proof of your insurance prior to departure.

Time & Communication

Tasmania is on Australian Eastern Daylight Time (AEDT).

Mobile coverage is usually fine on the trip and your devices can be charged at the lodge each evening. Your guides carry a VHF marine radio for emergencies.

Meals

Meals are freshly prepared by the guides in the fully equipped kitchen in the lodge. We'll take advantage of the seasonally available local produce including fresh seafood, local cheeses and berries. Breakfasts are a mix of hot and cold, with items such as muesli, fruit salad, scrambled eggs and pancakes on offer. Lunches are picnic-style, with a selection of wraps, crackers, cheese, cold meat and salad. Dinners are prepared with fresh ingredients and varied daily. Dinners may start with fresh local oysters (perhaps with a glass of Tasmanian wine), followed by the main, such as Tasmanian salmon, ending with a delicious dessert.

We are happy to cater for vegetarians and other special dietary requirements. Please write your dietary requirements on your medical form.

Conservation

It has always been our motto that "we take only photographs and leave only footprints". We are keenly aware of the ecology of the beautiful Tasmanian wilderness and try to limit our impact. We ask that each person takes out everything they bring in including sweet wrappers, batteries, etc.

Money Matters

Your tour cost includes:

- Return transfers between Hobart city and the Tasman Peninsula.
- Three nights' accommodation at The Bolthole at Pirates Bay.
- All meals from lunch on Day 1 to lunch on Day 4.
- Double expedition kayaks, paddles, pfd, spray skirts.
- One 20L dry bag.
- A paddling cag (waterproof jacket).
- Pogies (paddling mittens).
- Two professional sea kayak guides.
- Comprehensive first aid kit and emergency safety equipment.

Your tour cost *does not* include:

- Flights, accommodation and meals in Hobart.
- Travel insurance.

Medical Matters

Any passenger undertaking this trip is required to provide us with a medical questionnaire filled out completely and accurately. Be sure to let your guide know of any medications you take (and side-effects) as well as noting this on your medical form. Your guides carry a comprehensive medical kit and are trained in wilderness first aid.

Equipment & Clothing: What You Need to Bring

The list below should be used as a guide when packing. Please contact the office if you have any questions.

Gear List

Essential Items:

- Lightweight thermal long sleeve top for paddling.
- Lightweight thermal long johns for paddling.
- Lightweight fleece for paddling.
- Quick drying shorts for paddling (like board shorts). Long
- sleeved quick drying shirt for sun protection. Two to three
- lightweight quick drying t-shirts.
- Warm polar fleece or down jacket.
- Quality, breathable rain jacket with hood for walking.
- Quality, breathable rain pants for walking or shorts and gaiters.
- Sleepwear.
- Footwear for paddling that can get wet (sandals, wet suit booties, Crocs). Trail
- walking shoes/runners or light weight hiking boots for walking.
- Dry footwear for the lodge.
- Comfortable casual evening wear for the lodge.
- Sun-glasses with a cord to prevent them from falling into the water. Sun
- hat with a stiff brim.
- Pair of lightweight gloves.
- Woolen or fleece beanie.
- One pair of warm socks.
- One pair of walking socks.
- Underwear for the duration.
- Headlamp with spare batteries.
- Water bottle/hydration system (minimum one litre capacity).
- Personal toiletries and medications.
- Beach towel.
- Sunscreen (water resistant and at least SPF30) and lip salve. Insect
- repellent.

Optional items:

- Short or long-sleeved rash vest.
- Wetsuit if you'd like to try snorkelling.
- Paddling gloves (we supply pogies).
- Swimwear.



- Camera
- Book.
- Small daypack.
- Swimming goggles or mask and snorkel.
- Plastic bags for wet gear.
- Wine or spirits.

Delays or Problems

In case of last-minute delays or problems, contact our ground operator, Southern Sea Ventures. A local number will be noted on your final itinerary.

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SS: 29/10/20