

AUSTRALIA

Tasmania

# Freycinet Peninsula Kayak Expedition



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## Six day trip - six days kayaking with hikes

The Freycinet Peninsula, located on Tasmania's east coast, is one of Australia's most iconic national parks. The scenery is spectacular, with clear turquoise water, white sandy beaches and secret coves, all framed by a craggy granite mountain range. Some proposed highlights of the trip include paddling to Schouten Island, exploring the inaccessible eastern coastline and a hike to Mt Freycinet, the highest point on the Peninsula. Join us on this six day adventure as we paddle, hike and camp in one of Australia's most amazing coastal environments.

## A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

**Day 1:** Hobart pick up. Drive to Freycinet NP. Begin paddling. Camping. L • D

**Days 2-5:** Exploring the spectacular Freycinet Peninsula. Camping. B • L • D

**Day 6:** Morning paddle and walk. Transfer to Hobart. Trip concludes. B • L

## Meeting Place and Time

We'll pick you up from your Hobart accommodation on the morning of Day 1 (usually at 8am, this will be confirmed on your final itinerary). It's about a two and a half hour drive from Hobart to Freycinet National Park.

## Sea Kayaking

Our paddling will mostly take place in Great Oyster Bay, which is sheltered from the open ocean swell. However, we do hope to access the spectacular cliffs on the east coast of Freycinet Peninsula and to do so may require up to three hours in a kayak with the possibility of landing or launching in small waves. For the most part, the paddling is of moderate level and some previous kayaking experience is recommended. You do not need to be an expert kayaker or know how to roll, however, 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 Wilderness Systems Tsunami singles and Mission Eco Niizh doubles, all sit-in with rudder. The kayaks are stable, easy to paddle, control and suited for beginners to experts. On day one of the trip 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. Participants are welcome to request a single kayak although the final allocation is at your guide's discretion.

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

Other equipment supplied include your pfd (life jacket), two 20 litre dry bags, 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 and hiking. It's a good idea to begin some regular exercise like walking, jogging, cycling or swimming well before the trip.

It is important to remember that the group will kayak at the pace of the slowest paddlers. We generally limit our group size to a maximum of 12 clients plus two guides.

## 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. Access to the outer coast is only possible in good weather. Paddling distances are an approximate guide only.**

**Day 1:** We start the trip with a morning pick up (around 8am) from your Hobart accommodation for the two and a half hour drive to Freycinet National Park. We pack the kayaks and prior to launching, your guides will run through a full kayak safety briefing. Today's destination is Hazards Beach, a long beautiful beach that runs along Freycinet Peninsula's west coast. We set up camp and enjoy our first night under the stars. Paddling distance approximately 11 km.

L • D / CAMPING

**Day 2:** After a hearty breakfast prepared by the guides, we break camp, pack the kayaks and paddle to Cooks Beach campsite. The campsite is located at the southern end of the 1km-long Cooks Beach, set among dense coastal scrub and alive with birdlife. After setting up camp, we intend to hike to the summit of Mt Graham or Mt Freycinet (12-14 km return with some steep sections) to enjoy excellent views. The hike is optional and those who prefer not to participate are able to stay at the camp and enjoy some beach walking. Paddling distance today is approximately 12-15 kms.

B • L • D / CAMPING

**Day 3:** An early start for the paddle across the Schouten passage to Schouten Island (before the winds get up for the day). After landing, we take a break before either paddling around the outside of the island or, if winds forbid, swapping paddles for hiking shoes to summit the 400m Schouten Island Bare Hill. Paddling distance: 11kms.

B • L • D / CAMPING

**Day 4:** Weather permitting, we paddle the outside coast of the Freycinet Peninsula to Wineglass Bay, an opportunity to make a unique approach to an iconic and stunning location. Overnight Wineglass Bay. Paddling distance approximately 18 kms.

**B • L • D / CAMPING**

**Day 5:** We set off early to paddle the northern section of the Freycinet Peninsula. We make a stop at Sleepy Bay before paddling to Friendly Beaches, our last campground for the trip. Paddling distance is 18kms.

**B • L • D / CAMPING**

**Day 6:** We have a relaxing morning planned with a paddle and walk along the Friendly Beaches coastline. We'll be picked up after lunch and shuttled back to Hobart, with a drop off at your Hobart accommodation at around 5-6pm. Paddling distance is 8 kms.

**B • L / TRIP CONCLUDES**

## Climate

Freycinet 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, 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.

## Camping

We camp for five nights in stunning beach locations. During the trip we'll be self-sufficient and all food, water and camp gear are carried in the kayaks. Provided are twin share tents, or you may like to bring your own tent, provided it is of suitable size. Composting toilets are available at Hazards Beach, Cooks Beach, Wineglass Bay and Friendly Beaches. There are no shower facilities. All camping gear, including cooking equipment, is supplied.

## The Freycinet Peninsula

The Freycinet Peninsula is a paddler's dream with turquoise waters, white sandy beaches, orange boulders lining the shores and mountains of granite rising from the sea. Located approximately 190 kms north-east of Hobart, the Freycinet National Park was first established in 1916 and is one of Tasmania's oldest. The geology of the Peninsula is dominated by Devonian granites with an embedded pink feldspar, giving it an iconic pink coloration. The landscape is covered in dry sclerophyll forests with an over story of black peppermint and a rich and diverse understory of heaths and banksias. The park boasts some 49 endemic Tasmanian species of animals including echidnas, wombats, wallabies and potoroos. The ocean is rich in marine life, including Australian Fur seals, dolphins and, on a seasonal basis, several species of whales.

Freycinet National Park is located within the territory of the indigenous Oyster Bay nation, which extended from the Derwent Estuary up the east coast to Fingal Valley and westward to the Midlands. Historic records suggest that the Freycinet Peninsula and Schouten Island were part of the area of the toorerno-

maire-mener clan within the Oyster Bay nation. Significant Aboriginal sites are found along the coastlines, dunes and estuaries including shell middens, rock quarries, stone artifacts and rock shelters. These sites have a strong and continuing connection to the Tasmanian Aboriginal community and visitors are requested to respect and appreciate these areas of global significance.

## **Trip Organisation**

The trip is designed to take advantage of the best paddling opportunity on any given day. 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 include hiking opportunities in the itinerary and may substitute walking for paddling in the case of high winds.

## **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, 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**

Travel insurance is highly recommended. Please make sure your insurance policy covers lost monies in the event that you need to cancel your trip.

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.

## **Time & Communication**

Tasmania is on Australian Eastern Daylight Time (AEDT).

Mobile coverage is usually available where we paddle. We recommend you join the trip with your devices fully charged and carry spare batteries where

applicable. Bring along a power bank or compact solar charger if you have one as there is no electricity at the campsites.

Your guides carry a VHF marine radio for emergencies and satellite communication devices.

We ask that you switch your phone to silent and consider other group members when using technology.

## Meals

Meals are freshly prepared by the guides who are fantastic camp cooks. 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 varied daily with emphasis on Tasmanian ingredients. Mains may be pasta with a freshly made sauce, lamb curry with chutney, a Mexican spread or a laksa with fresh ingredients.

**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 Freycinet National Park.
- National Park entry and camping fees.
- All meals and snacks from lunch on Day 1 to lunch on Day 6.
- Double or single expedition kayaks, paddles, pfd, spray skirts.
- Tent, mat, sleeping bag and liner (notify us if you prefer to bring your own).
- Two 20L dry bags for your sleeping bag and clothes.
- All cooking equipment including cups, plates and eating utensils.
- Toilet paper, toilet kit, antibacterial hand gel.
- Waterproof paddling 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 form 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.

## Packing List

Please contact the office if you have any questions.

### 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).
- Two to three lightweight quick drying t-shirts.
- Warm polar fleece or down jacket.
- Synthetic quick drying long trousers.
- Medium/heavy weight thermal long sleeve top for night.
- Medium/heavy weight thermal long johns or polar fleece pants for night.
- Quality, breathable rain jacket with hood for walking.
- Quality, breathable rain pants for walking or shorts and gaiters.
- 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 camp (sneakers or Crocs).
- Sun-glasses with a cord to prevent them from falling into the water.
- Sun hat with a stiff brim.
- Woollen or polar fleece gloves.
- Woollen or fleece beanie (one for paddling and one for camp).
- One pair of warm socks for night.
- Two pairs of walking socks.
- Underwear for the duration.
- Headlamp with spare batteries.
- Water bottle/hydration system (minimum one litre capacity).
- Personal toiletries and medications. if you bring soap please make sure it is bio-degradable.
- 60ml of sanitising hand gel.
- Pack towel-light and quick dry.
- Sunscreen (water resistant and at least SPF30) and lip salve.
- Insect repellent.



### **Optional items:**

- Small dry bag for camera, sunscreen.
- Short or long sleeved rash vest.
- Long sleeved quick drying shirt for sun protection.
- Paddling gloves (we supply pogies).
- Gaiters.
- Swimwear.
- Camera
- Book.
- Small daypack (frameless).
- Small inflatable camping pillow.
- Swimming goggles or mask and snorkel.
- Plastic bags for wet gear.
- Wine or spirits (no glass please and be mindful that space in the kayaks is at a premium).

### **Delays or Problems**

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

#### **SOUTHERN SEA VENTURES**

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MG 29/10/21