



*Spectacular kayaking along the Southern hemisphere's highest sea cliffs, amazing blowholes and deep sea caves.*

## 4-DAY TASMAN PENINSULA TRIP ESSENTIALS

Much of the Tasman Peninsula is protected as national park, and with its beauty and natural diversity, it is a spectacular kayaking destination. You will kayak past Australia's highest sea cliffs, soaring to over 300 metres, amazing blowholes and deep sea caves. Abundant marine life and sea birds are guaranteed.

On land there are options for short walks including to explore fascinating coastal rock formations such as Tessellated Pavement. Each night we return to a comfortable bed at our exclusive beachfront accommodation with private rooms (double or twin share) and shared facilities.

This 4-day adventure includes return transport from Hobart, 3 nights accommodation at Pavilion on Pirates, all meals, snacks and drinks, stable double sea kayaks, all specialist paddling equipment, national park entry, two experienced expedition kayak guides and all taxes.

### Day One

We will pick you up from your Hobart accommodation between 8am and 9am on the first day of your adventure. We will be planning to paddle a full day on your first day, so come prepared to kayak.

We will be kayaking on arrival on the Tasman Peninsula, so come ready to kayak and have all gear required for the day easily accessible in your luggage.

### Meals and Food

All meals, snacks and drinks, including all cooking equipment and eating utensils, are provided from lunch on day 1 to breakfast on the last day. We can cater for most dietary requirements, (e.g. vegetarians, lactose/gluten intolerant etc). If you have a dietary requirement please let us know when you book.

A glass of Tasmanian wine or beer is provided with dinner each evening. If you would like to purchase additional alcohol there will be opportunity to stop at a local bottle shop during the trip.

## Accommodation

Accommodation is at Pavilion on Pirates at Eaglehawk Neck on the Tasman Peninsula. The accommodation has a spa and easy access to the beach. We are also within walking distance from the famous Tessellated Pavement.

Pavilion on Pirates has five bedrooms with shared facilities.

Singles may be required to share with another single of the same sex. A single supplement of 50% applies to secure a private single room.

## Safety and Medications

Tasman Peninsula is approximately 1 hour drive from the nearest medical and chemist facility. We therefore recommend bringing all medication you will require for your trip.

**If you are taking any medications please be sure to let your guide know.** It is also important that you let us know if you have any pre-existing medical conditions or injuries. Our supplies of non-prescription medications are limited. If this is a concern, feel free to bring your own. All Roaring 40's Kayaking's trip leaders hold sea kayaking and wilderness first aid qualifications. We carry an extensive first aid kit, satellite phone, location beacon, marine radio, flare kits and towing equipment in case of emergencies.

## Weather

The Tasman Peninsula enjoys a maritime climate that tends to even out the temperature extremes. Daytime summer temperatures can range from 10° to 35°C and some rain or drizzle is to be expected. Evening temperatures drop below 10°C.

From December to April the winds are traditionally at their calmest, but there is always a possibility of windy days. On these days we will try to find protected paddling locations, or offer walking options instead.

## Kayaking Equipment

We pride ourselves on providing participants with high-quality sea-kayaking equipment. In practical terms it means that you will have a PFD that fits, a quality spray deck, a light paddle, good-quality paddle jacket and pants, pogies (paddling mitts) and a well-maintained sea kayak. Of course, you are welcome to bring your favourite paddling accessories, such as split paddle, PFD and paddling jacket.

## Power and phones

There will be power to charge mobiles and cameras at Pavilion on Pirates. We recommend turning phones off during your tour for your enjoyment and that of others.

## Biosecurity

The greatest threat to Tasmania's land plants is an introduced plant disease called root rot (*Phytophthora cinnamomi*). Root rot is spread on the muddy boots and camping gear of visitors. Once root rot infects an area, it cannot be removed. **Before you pack, please CHECK, CLEAN AND DRY all clothing and equipment**, paying particular attention to boots and velcro on clothing.

## Itinerary

Due to the variability of the weather, and the range of options available to us across the Tasman Peninsula, we have no fixed schedule. Whilst we do our best to fulfil the wishes and aspirations of our participants, our first priority is participant safety. The number of days paddling, and the number of hours in the kayaks on each of those days, is highly variable and dependent upon both participants and conditions. Our guides are experienced at optimising each day's plan to make the most of prevailing conditions.

On a typical day we will aim to kayak for approximately 2-3 hours in the morning and 2-3 hours in the afternoon. Kayaking speed is relaxed (i.e. it is like going for a relaxed walk rather than a sprint).

There may also be days when kayaking is not possible due to strong winds. Bring footwear and clothing suitable for walking on these days.

## COVID-19 Policy

To ensure your health and safety we have implemented a range of COVID-Safe measures and updated cancellation policy. Read our COVID-19 Safe Policies on our website -

<https://roaring40skayaking.com.au/COVID-Policy>

## Deposit and Final Payments

Deposit and payment conditions apply as follows:

- For all bookings made more than 60 days prior to the departure date, a deposit of \$400 per person is required to secure the booking. The balance is payable no less than 60 days prior to the departure date.
- Bookings made 60 days or less prior to departure are required to make full payment to secure the booking.
- Payment can be made by direct deposit, cheque or credit card (a credit card surcharge of 1% applies to payments over \$400 per person).
- Children: This kayaking expedition is not recommended for children under 18 unless they have experience kayaking (please contact us to discuss suitability). No child discount applies.

## Cancellation Policy and Travel Insurance

The following cancellation policy applies:

- Bookings cancelled more than 60 days prior to departure will be charged a fee of \$400.
- Bookings cancelled between 60 to 30 days prior to departure will be charged 50% of the trip cost.
- Bookings cancelled inside 30 days prior to departure will be charged the full value of the booking. No refund will apply.

Roaring 40's Kayaking reserves the right to cancel any trip due to weather conditions, insufficient numbers or other circumstances outside of its control. In such a case, participants will be given a choice of:

- Transferring payments towards another trip date; or
- Receiving a full refund; or
- If insufficient numbers, payment of an additional fee to have the trip run as scheduled.

Roaring 40's Kayaking will not be responsible for reimbursement of cost of flights, accommodation, hire car, meals or any other incidental costs which are or may be incurred in relation to the cancelled trip.

***Important: Roaring 40's Kayaking strongly recommends purchasing travel insurance that covers losses due to unforeseen events that result in cancellations.***



## GEAR LIST

### Essential Clothing

- Lightweight thermal long sleeve top for paddling
- Lightweight thermal long johns for paddling
- Lightweight fleece for paddling
- Quick drying shorts
- Quick drying long trousers
- 2 or 3 lightweight quick drying t-shirts
- Warm polar fleece or down jacket
- Quality breathable rain jacket with hood for walking
- Swimwear
- Sleepwear
- Footwear for paddling that can get wet (*sandals, wet suit booties, Crocs*)
- Trail walking shoes/runners or lightweight hiking boots if you prefer ankle support
- Shoes/sandals for at the accommodation
- Sun hat
- Sun glasses
- Beanie or woolly hat
- Pair of gloves (just in case)
- 1 pair of warm socks
- 1 pair of walking socks
- Underwear for 4 days

### Essential Personal Items

- Water bottle / hydration system (*minimum 1 litre capacity*)
- Personal toiletries including soap/shampoo and any medications you may need
- Beach towel or pack towel
- Sunscreen and 50+ Lip Balm
- Insect repellent
- Headlamp with spare batteries

### Optional Items

- Short or long sleeved rash vest
- Long sleeved quick drying shirt for sun protection
- Sarong
- Paddling gloves
- Gaiters
- Camera
- Book
- Journal and pen
- Small frameless daypack
- Extra wine or spirits (*we supply a glass of wine/beer with dinner each evening but you are welcome to bring extra supplies*)

### What we provide:

- Transport to and from the Tasman Peninsula
- Kayaks and all kayaking equipment including PFD, spray skirts and paddle
- 1x dry bag for your personal belongings while kayaking
- Waterproof paddling jacket and pants
- Pogies (paddling mitts)
- All linen and bath towels
- All meals, drinks and snacks including a glass of wine/beer each evening
- All cooking equipment including cups, plates and eating utensils
- Toilet paper and toilet kit
- Antibacterial hand gel
- Comprehensive first aid and emergency safety equipment
- Two professional sea kayak guides

### What's not included:

- Flights to Tasmania
- Accommodation prior to and after your trip
- Insurance (we strongly recommend you purchase travel insurance)



## GEAR NOTES

### Thermals

Synthetic or wool thermals are a critical element to comfort in cooler and wet weather. The synthetic or wool material wicks water away from the skin, keeping the layer closest to you warm and dry. We strongly recommend you bring at least one set of thermals for paddling. Garments that are any type of cotton, cotton blend or silk are not suitable (once these fabrics get wet they will become cold on your skin).

### Rain gear

We supply a waterproof paddling jacket and waterproof pants for kayaking. The jacket has velcro around the wrist to help stop water from running along your arms when kayaking. The pants we provide are non-breathable, but great for stopping the wind when you get out of the kayak.

We recommend you bring your own breathable waterproof jacket for walking opportunities.

### Footwear

Kayakers have to be prepared to get their feet wet! You can either opt for water sandals (like Tevas/Keens), light neoprene booties or Crocs (most of our guides wear Crocs!).

We plan to also do some walking, and if we have strong winds we may also look at some longer walks. Trail hiking shoes or runners are ideal, or lightweight hiking boots if you prefer ankle support. Note the trails can be muddy and rutted so your shoes can get wet and dirty.

It is also great to have a dry pair of shoes for around the accommodation. Sandals, runners or crocs are good options.

### Water bottle/hydration system

You will require at least 1 litre of water carrying capacity. Each morning and night, and at lunch, you will be able to re-fill your water bottles. Each kayak will have a deck bag where you can store either your water bottle or hydration pack.

### Equipment we supply

- Kayaks – Misson ECO NIIZH 565
- Paddles – Galasport Seawolf carbon
- Paddle Jackets – Palm or Kokatat





## 4 Day Tasman Peninsula Example Itinerary

This itinerary is an **example** of a typical 4-day Tasman Peninsula kayaking adventure. All days are adapted to suit the weather and the desires of the individual participants to ensure a safe and satisfying experience for everyone.

### Day 1

We will pick you up at your Hobart accommodation between 8am and 9am on the first day of your adventure. After a one and a half hour drive we arrive at Bangor, a private property with spectacular coastal scenery. We have permission to access this property, and after picking up the keys we drive to Lagoons Beach. After lunch on the beach we will launch our kayaks to explore the spectacular cliffs and caves along this coastline.

### Day 2 and 3

Over a hearty breakfast, our guides will check the weather and discuss plans with the group. Depending on the conditions, we'll explore bays and beaches, cliffs and caves and also maybe blowholes. The coastline is spectacular and there are plenty of options for pleasant paddling in most weather conditions. There are also some great walking options if weather does not allow us to paddle. Options include:

- Eaglehawk Neck, exploring blowholes and caves
- Pirates Bay to Fortescue Bay
- Stewarts Bay, part Port Arthur Historic Site
- Convict Coal Mines
- Walking options include: Bivouac Bay (4 hours), Waterfall Bay (1 hour), Clarks Cliffs (4 hours), Crescent Bay (5 hours), Cape Hauy (4 hours), Cape Raoul (5 hours), Shipstern Bluff (4 hours).

### Day 4

The final day we plan to paddle around Fortescue Bay. Fortescue Bay boasts a permanent seal colony and the spectacular rock formations 'The Candlestick' and 'The Totem Pole'. After lunch at Bivouac Bay we will paddle back to our launch site past a semi-submerged shipwreck, keeping an eye out for the resident sea eagles soaring above us.

We anticipate you will return to Hobart between 5pm and 6pm on the final day.