

The Three Capes Paddle



Tasman Peninsula - The Three Capes Paddle



The Trip

The Tasman Peninsula, located in south-east Tasmania, is surrounded by the Tasman Sea to the south and east, Storm Bay to the west and to the north by Norfolk Bay. 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, spectacular walks. Relax in our private lodge and delight in delicious and hearty meals. Join us for a fantastic escape exploring the diversity of the Peninsula's natural sea and landscapes.

A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

Day 1: Make your way to our group hotel in Hobart for an overnight stay.

Day 2: Pick up from the group hotel and transfer to the Tasman Peninsula. Day one of paddling . Lodge accommodation. **B • L • D**

Days 3–4: Exploring the spectacular coastline of the Tasman Peninsula. Lodge accommodation. **B • L • D**

Day 5: Last paddle day. The trip ends with a transfer to Hobart. **B • L**

Meeting Place and Time

Make your way to the Vibe Hotel Hobart, our group accommodation for the first night of the trip, check in is from 3pm. There's a group pick up from the hotel the next morning, usually between 7.30am- 8am (this will be confirmed on your final itinerary), then it's a two hour drive to Stewart's 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 this trip, however, it is important to have a good 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. Paddles supplied are Werner Skagit at 220cm length and split for easy adjustment to suit your style. The kayaks are stable, easy to paddle and control and suited for beginners to experts. On day two 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.

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).

The fitter you are, the more you will enjoy the paddling. It's a good idea to begin some regular exercise like walking, gym classes, cycling or swimming well before the trip. If you have not paddled before, consider organising some tuition pre 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 times should be seen as an approximate guide only.

Day 1: Make your way to the Vibe Hotel Hobart, room check in is from 3pm. Enjoy staying in the centre of Hobart with galleries, cafes, restaurants and wine bars at your doorstep. For some fresh air head up to Kunanyi/Mount Wellington for spectacular vistas over Greater Hobart, Bruny Island and down towards the South West Wilderness area.

NO MEALS INCLUDED / VIBE HOTEL HOBART (SUBJECT TO AVAILABILITY)

Day 2: We start the day with breakfast at the hotel followed by an early morning pick up for the two hour drive to Stewarts Bay Coastal Reserve. Prior to launching, your guides will run through a full kayak safety briefing before a short paddle to the Port Arthur historic site where we experience a very scenic and unique view of from our kayaks. Continuing our paddles south, we pass dramatic cliffs and sandy beaches before finishing at Safety Cove. We meet our vehicle and transfer to the group accommodation, our base for the next three nights. For dinner, your guides will prepare a gourmet meal with a focus on local produce. Paddling time today is approximately three to four hours with regular breaks.

B • L • D / LODGE ACCOMMODATION

Day 3: After a hearty breakfast prepared by your guides, the group transfers 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 may 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 time approximately four hours with regular breaks.

B • L • D / LODGE ACCOMMODATION

Day 4: This morning we drive to Lime Bay Coastal Reserve for the day's kayak exploration. We break up the paddling and stop to stretch our legs at convict coal mines historical site. Continuing north, we paddle past delicate sandstone cliffs and sandy beaches, spotting stingrays and sea eagles before finishing at Lime Bay. We meet our vehicle and transfer to our accommodation. Paddling time is approximately four hours with regular breaks.

B • L • D / LODGE ACCOMMODATION

Day 5: Our final day on the Tasman Peninsula. This morning, we launch the kayaks from the shelter of Pirates Bay and experience true ocean kayaking 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 back at Pirates Bay where we stretch our legs with a short walk prior to transferring back to Hobart. We end the trip with a drop off at your Hobart accommodation between 5-5.30pm. Paddling time today is approximately three to four hours.

B • L / END OF TRIP ARRANGEMENTS (NO ACCOMMODATION INCLUDED)

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.

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. 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 and as such, there is no predetermined itinerary. The exact amount of time paddling or distance covered on any trip or outing will vary from trip to trip. Our guides are experts at choosing the best itineraries to suit the group and local weather conditions. Generally, we will plan to paddle between 3-6 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 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. Please talk to your guides if you have any questions or concerns during the trip.

Accommodation

We stay the first night in a central Hobart city hotel. This is followed by three nights at our private lodge with expansive water views. Bedrooms are a mix of double and twin share with ensuite bathrooms. 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.

Meals

Meals are freshly prepared by the guides in the fully equipped kitchen of our accommodation. We 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 and a delicious dessert.

We are happy to cater for vegetarians and other special dietary requirements. Please note your dietary requirements on your online Guest Details 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 take out everything they bring in including sweet wrappers, batteries, etc.

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, including if you become ill due to Covid-19.

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.

For those not a resident of Australia, please purchase a comprehensive travel insurance policy that covers medical and emergency costs.

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 accommodation each evening. Your guides carry a VHF marine radio for emergencies.

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

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.

Money Matters

Your tour cost includes:

- One night's accommodation in Hobart (twin share).
- Return transfers between Hobart city and the Tasman Peninsula.
- Three nights share accommodation on the Tasman Peninsula..
- All meals from breakfast on Day 2 to lunch on Day 5.
- A glass of wine/beer/cider with dinner.
- Double and single expedition kayaks, paddles, pfd, spray skirts.
- One 20L dry bag.
- A paddling bag (waterproof jacket).

- Pogies (paddling mittens).
- Professional sea kayak guides.
- Comprehensive first aid kit and emergency safety equipment.

Your tour cost *does not* include:

- Flights, airport transfers and meals in Hobart (except breakfast at the hotel).
- Travel insurance.
- Single room supplement fee.

Medical Matters

Any passenger undertaking this trip is required to provide us with an online 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 online. 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.
- Woollen or fleece beanie.
- One pair of warm socks.
- One pair of walking socks.

- 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 Southern Sea Ventures. A local number will be noted on your final itinerary.

SOUTHERN SEA VENTURES

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