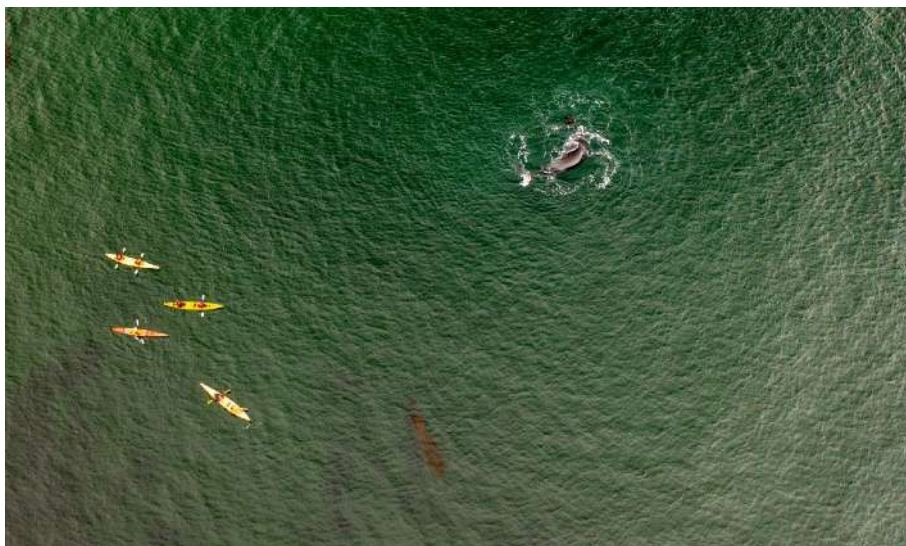


The Three Capes Kayak, Hike and Whale Watch Escape



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The Trip

Join us on the Tasman Peninsula for an adventurous escape combining sea kayaking, hiking and whale watching. The coastline of the peninsula is largely covered by national park with spectacular dolerite cliffs, beautiful sandy beaches and sheltered bays, making it an ideal paddling, hiking and whale watching destination. We'll encounter an abundance of flora and fauna, both on the water and during our spectacular walks. We return to our accommodation base after our active days for delicious meals, hot showers and comfort. Join us for four wonderful days 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 the group hotel in Hobart for an overnight stay.

Day 2: Hotel pick up and transfer to the Tasman Peninsula. B • L • D

Day 3: Kayaking the spectacular coastline of the Tasman Peninsula. B • L • D

Day 4: Hiking to Cape Raoul. B • L • D

Day 5: Whale watch trip and gourmet winery lunch. Return 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, room check in is from 3pm. The group pick up from the hotel the next morning is usually between 7.30am- 8am (this will be confirmed on your final itinerary).

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.

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

We have 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 opportunities and as such, there is no predetermined itinerary. The exact amount of time paddling or distance covered on any trip or outing will vary. Our guides are experts at choosing the best itineraries to suit the group and local weather conditions. Generally, we will plan to paddle between three to six hours with breaks over the course of the day, although we may paddle slightly more or less if weather demands. We 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.

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 an early breakfast followed by a pick up for the two hour drive to Stewarts Bay Coastal Reserve. 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 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 Maignon Bay Lookout and walk down to the spectacular Remarkable Cave. We'll then transfer to the group accommodation, our base for the next three nights. Settle in and relax while your guides prepare a delicious dinner 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 nourishing breakfast the group heads 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 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 where we have the highest probability of spotting whales from our kayaks. Returning to the shelter of the bay we'll explore hidden coves and enjoy a picnic lunch before heading back to base. Paddling time approximately four hours with regular breaks.

B • L • D / LODGE ACCOMMODATION

Day 4: This morning we swap our paddles for hiking boots and walk to stunning Cape Raoul, a 14 km/five hour return trip. The hike, through heath and light forest on a well-maintained track, is a long continuous descent to Cape Raoul along switchbacks and steps and then a continuous ascent on the return. We'll be treated to stunning coastal seascapes that include rock platforms, towering cliffs and columns, seals and hopefully, a migratory whale or two!

For those who prefer a shorter hike, enjoy the 7.5kms return walk to the wild and beautiful Crescent Bay, a stunning pristine beach with towering dunes and crystal clear water. On a clear day you can see Tasman Island and the striking cliffs of Cape Pillar.

B • L • D / LODGE ACCOMMODATION

Day 5: On our last day on the Peninsula, we set off for our whale spotting boat trip. Our aim is to motor to the cliffs and open sea, just a little out of reach of our kayaks, to experience a myriad of wildlife. We hope to spot not only whales on our trip, but also dolphins, seals and albatross. After returning to land, we'll stretch our legs with a spectacular cliff-top hike before transferring to scenic Bangor Vineyard for a gourmet lunch. The trip ends with a transfer back to Hobart and a drop off at your hotel at around 5.30pm.

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

Whale Migration

The Tasman Peninsula hosts migrating whales between May and November. Humpback whales pass along the east coast of Tasmania between May and July on their way to give birth in the warm waters of northern Australia, returning south between September to November. A number of juvenile humpbacks may stay in the area for months at a time, giving great opportunities for regular sightings. Southern right whales head north between June and September and return south between September and late October. The Southern right is a magnificent creature, with females weighing up to 80 tonnes and 18 metres long. Both whale species are increasing in numbers since the ban on commercial whaling. Other whales sighted in the area include the Sei whale and Killer whale.

Climate

The Peninsula experiences cool to cold temperatures in winter and early spring, with average daily temperatures in Jun/Jul between 6-11°C and in Sep/Oct 7-14°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 12-15°C. Rain can occur at any time of the year.

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.

The Peninsula encompasses a spectacular coastal environment including soaring 300 metre high dolerite sea cliffs and 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. A large diversity of plant life is found in the Peninsula's coastal heath and eucalyptus forests, rewarding hikers with a changing landscape.

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 cosy and comfortable lodge accommodation. Bedrooms are a mix of double and twins with shared bathrooms. Linen and bath towels are provided. There's a fully equipped kitchen where your guides 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 and local cheeses. 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.

Our final lunch is a gourmet affair at Bangor Vineyard, a cellar door and restaurant showcasing local produce.

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 due to illness or injury.

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 cag (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.
- 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.
- Warm fleece for paddling.
- Woollen or fleece beanie for paddling.
- Long sleeve rash vest.
- One to two lightweight quick drying t-shirts.
- Quality, breathable rain jacket with hood for walking.
- Quality, breathable rain pants for paddling and walking.
- Sleepwear.
- Footwear for paddling that can get wet (sandals, wet suit booties, Crocs).
- Trail walking shoes or hiking boots for walking.
- Dry footwear for the cottage.
- 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.
- One to two pairs 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.
- A small daypack for walks.
- Sunscreen (water resistant and at least SPF30) and lip salve.

Optional items:

- Wetsuit if you'd like to try snorkelling.
- Paddling gloves (we supply pogies).
- Swimwear (for the bold).
- Binoculars for whale spotting.
- Camera
- Book.
- 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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